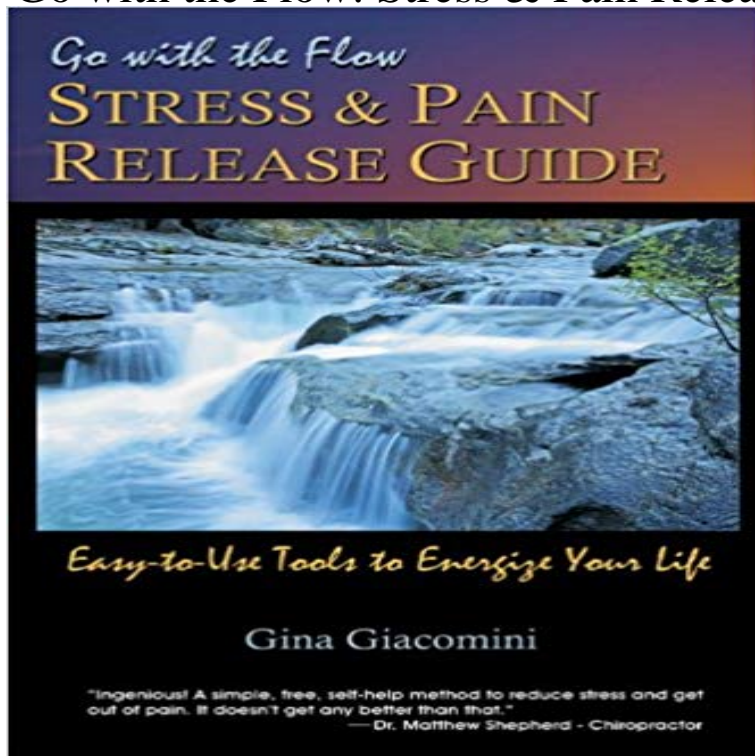


Go with the Flow: Stress & Pain Release Guide



This guide offers quick, easy techniques to intuitively respond to stress and pain using an inner approach with powerful outer results. Relieve anxiety and increase awareness with this whole body approach to life. Throughout the body, inner instincts and insights are waiting to be activated. Release the fight or flight response, rediscover the instinctual self and re-humanize your life. Includes step-by-step illustrated instructions.

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