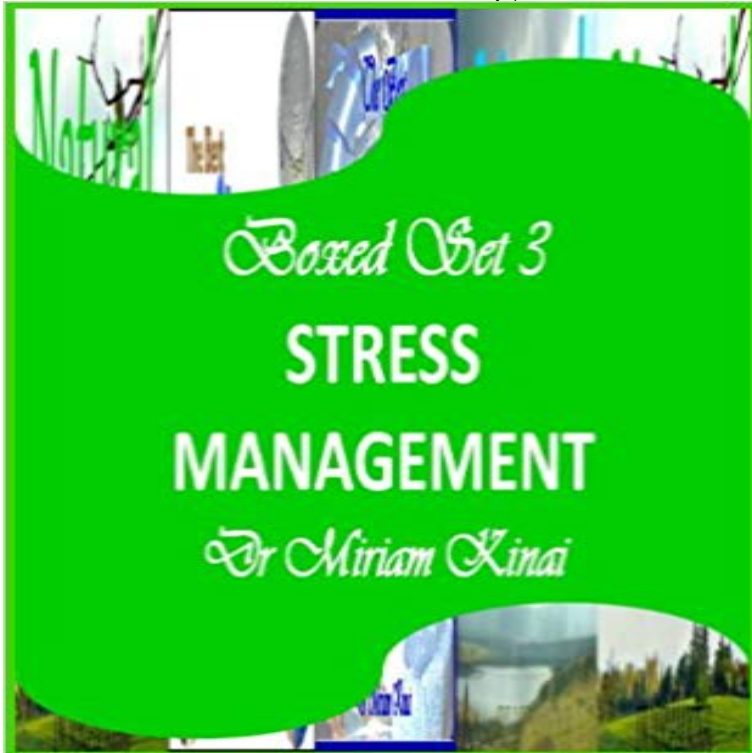


Boxed Set 3 Stress Management



Boxed Set 3 Stress Management contains the following books: 1. Natural Relaxation Techniques 2. The Best Stress Management Supplements 3. Music Therapy for Stress Management 4. Bible Prayers for Stress Management 5. Christian Relaxation Techniques. Natural Relaxation Techniques teaches you how to relax and relieve stress using biological and organic stress management strategies. The Best Stress Management Supplements teaches you about the vitamins, mineral, amino acids and other nutrients you can take to support your body when you are dealing with stress. Music Therapy for Stress Management teaches you the different ways you can use music to cope with stress. Bible Prayers for Stress Management teaches you prayers from the Word of God that you can use to manage stress more effectively. Christian Relaxation Techniques teaches you Biblical ways to relax and relieve stress.

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