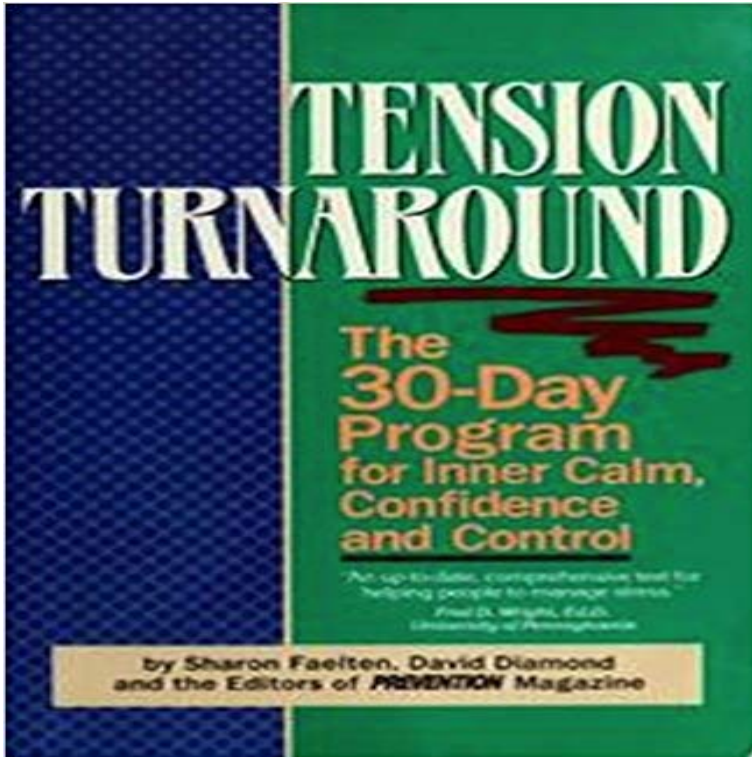


# Tension Turnaround: 30-Day Program for Inner Calm, Confidence, and Control



From the back cover: This book covers all of life's stressors, little and big, and is a delight to read. The suggestions for coping with stress are research-backed, easy-to-follow techniques that work. Sara E Snodgrass, Associate Professor, Florida Atlantic University

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