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# THE SPONTANEOUS HAPPINESS TOOLKIT: GUIDED PRACTICES FOR PEAK EMOTIONAL WELLNESS (MIXED MEDIA PRODUCT)



SOUNDS TRUE INC, United States, 2012. Mixed media product. Book Condition: New. Workbook 241 x 140 mm Language: English. Brand New Book. Just as the body is designed to heal itself, says Dr. Andrew Weil, so too are we wired for emotional well-being. For anyone facing depression, anxiety, or just wanting more joy in their lives, Dr. Weil and his colleagues are ready to help. This complete stand-alone program includes: . Breathing techniques for emotional calm and resilience ....

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- Authored by Andrew T. Weil
- Released at 2012



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