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Unwind!: 7 principles for a stress-free life author Max ...

Obviously, I was a fan of Unwind! 7 Principles for a Stress-Free Life. While I only touched on a couple of key areas of focus, the book provided many other strategies and “workouts” to aid in ridding your life of unnecessary and unhealthy stress.

Digesting Unwind! 7 Principles for a Stress-Free Life ...

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Description Unwind!: 7 Principles for a Stress-Free Life. This book by Michael Olpin, a top-notch stress expert, and Sam Bracken, a no-longer-stressed-out writer, stands out from other books on stress management in one significant way: its “whole-person” approach. Unwind!

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The basic principles of economics can't be violated without stressful consequences.” — Michael Olpin, Unwind!: 7 Principles for a Stress-Free Life 1 likes

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