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Positive Thinking: Everything you have always known about positive thinking but were afraid to put into practice

Vera Peiffer

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Positive Thinking: Everything you have always known about positive thinking but were afraid to put into practice Vera Peiffer
This book helps you set up a personal success program that looks at stress at work and at home, pinpoints how stress, worry and other confidence zappers develop, and tackles the symptoms of an unhealthy lifestyle.

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