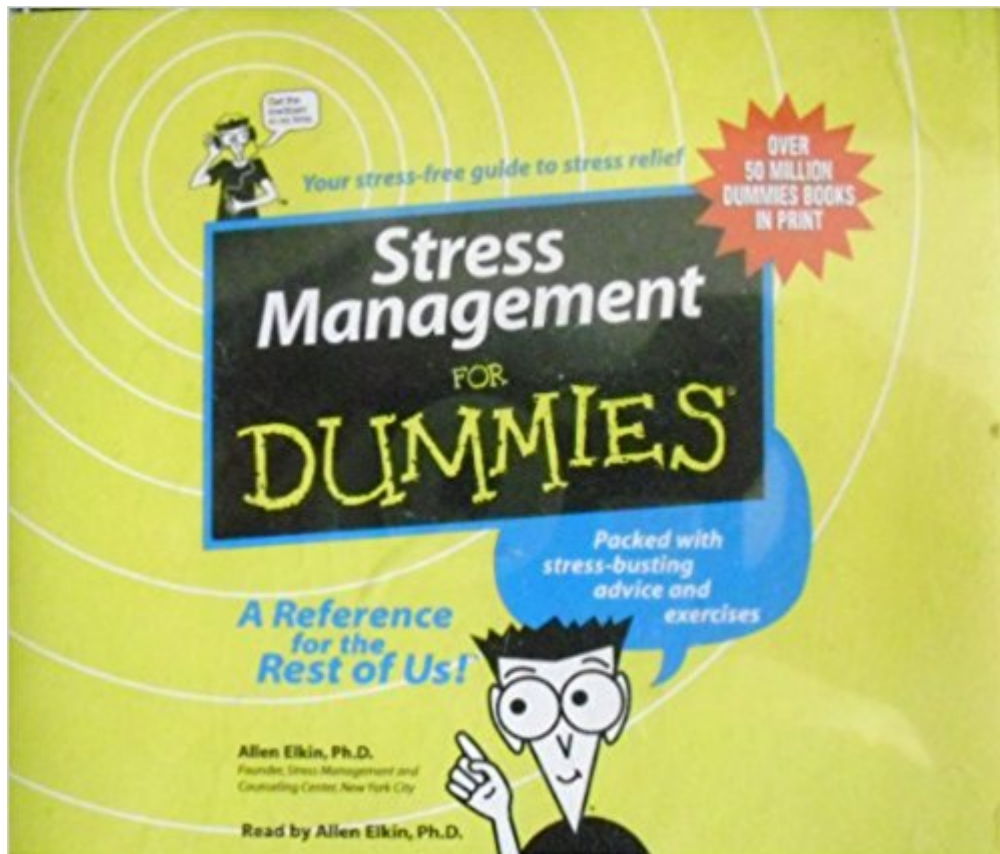




The book was found

Stress Management For Dummies - 2 CD Audiobook



Synopsis

IDG BOOKS set of 2 CDs

Book Information

Series: For Dummies Series

Audio CD

Publisher: Harper Audio (2000)

Language: English

ASIN: B00IBKZVI2

Package Dimensions: 5.5 x 5 x 1 inches

Shipping Weight: 5.6 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #887,328 in Books (See Top 100 in Books) #399 in [Books > Books on CD](#)
> Health, Mind & Body > General #16746 in [Books > Health, Fitness & Dieting > Mental Health](#)

Customer Reviews

IDG BOOKS set of 2 CDs

[Download to continue reading...](#)

Stress Management for Dummies - 2 CD Audiobook Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety (Indigo D Combat Stress Injury: Theory, Research, and Management (Psychosocial Stress Series) Meditation for Beginners: Ultimate Guide to Relieve Stress, Depression and Anxiety (Meditation, Mindfulness, Stress Management, Inner Balance, Peace, Tranquility, Happiness) Mortgage Management For Dummies (For Dummies (Lifestyle)) Franchise Management For Dummies (For Dummies (Lifestyle)) Animals Adult Coloring Book: Stress Relieving Patterns of Elephants, Cats, Dolphins, Owl, Peacock, Panda, Fox, and More (Stress Relieving Designs) (Volume 1) Adult Coloring Book Designs: Stress Relieving Patterns, Mandalas, Cats, Flowers, Animals, Henna, and Paisleys for Stress Relief Relaxation and Zen The Adult Coloring Book for

Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) Coloring Books For Adults Volume 1: 40 Stress Relieving And Relaxing Patterns, Adult Coloring Books Series By ColoringCraze.com (Adult Coloring Books, ... Anti Stress Coloring Books For Grownups) American Football Sketch Gray Scale Photo Adult Coloring Book, Mind Relaxation Stress Relief: Just added color to release your stress and power brain ... and grown up, 8.5" x 11" (21.59 x 27.94 cm) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) Stress Effects: A fascinating look at the effects of stress on breathing patterns, gut microbiome, adrenals and addiction. Why Zebras Don't Get Ulcers : An Updated Guide To Stress, Stress Related Diseases, and Coping ("Scientific American" Library) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) Anxiety - 220 Stress Free Cures: 120 Simple Ways to Reduce Stress in Your Life & 100 Powerful Quotes

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)