

Unwind 7 Principles For A Stress Free Life

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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.

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Unwind!: 7 Principles for a Stress-Free Life by Michael Olpin, Sam Bracken. 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.

Amazon.com: Unwind!: 7 Principles for a Stress-Free Life ...

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Unwind!: 7 Principles for a Stress-Free Life by Michael ...

The authors apply the 7 Habits to stress management through 7 Paradigms that they suggest we should all have. Because of this, it is a must have book that is the perfect companion to "7 Habits of Highly Effective People".

Unwind!: 7 Principles for a Stress-Free... book by Max Lucado

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