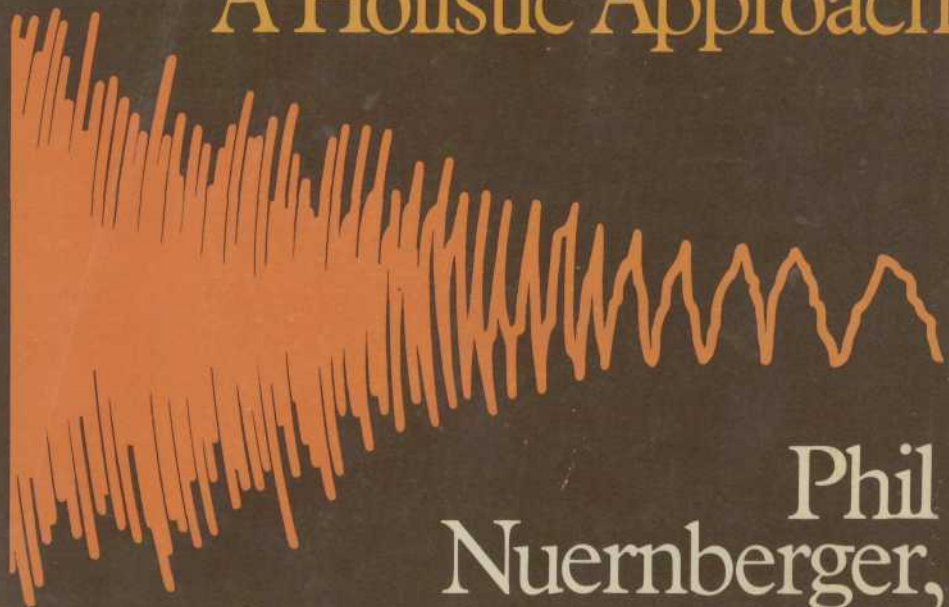


# Freedom from Stress

A Holistic Approach



Phil  
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Foreword by Barbara B. Brown, Ph.D.

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