



# 52 maneras de reducir el estrés en su vida (52 Maneras de...) (Spanish Edition)

Connie Neal

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**52** maneras de reducir el estrés en su vida (**52** Maneras de...) (**Spanish Edition**) Connie Neal La vida genera mucho estrés, pero es posible lidiar con él de formas muy sanas. Aprenda con este libro a reducir, lidiar y limitar los efectos negativos de la pesada carga de estrés.



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