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The Practice (Paperback) Simple Tools for Managing Stress, Finding Inner Peace, and Uncovering Happiness. By Barb Schmidt. Health Communications Inc, 9780757317989, 176pp. Publication Date: May 6, 2014. Other Editions of This Title: Digital Audiobook (8/18/2014) Compact Disc (8/19/2014) MP3 CD (8/19/2014) Compact Disc (8/19/2014)

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