

WANT HELP MANAGING YOUR STRESS?



# I want to be calm

HOW TO DE-STRESS

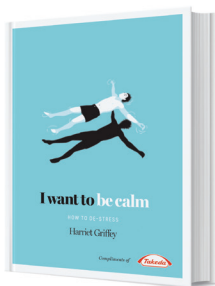
Harriet Griffey

You can get your complimentary book, *I Want To Be Calm*, at **RelaxationTipsOffer.com**

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Looking to find new ways to relax? We can send you a copy of Harriet Griffey's book, *I Want To Be Calm*.

*I Want To Be Calm* provides insight into day-to-day issues that can be overwhelming and offers simple, achievable ways on how to manage your stress.



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