



The Art of Peace and Relaxation Workbook

Brian Luke Seaward

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This workbook contains over 130 exercises in the form of surveys, questionnaires, inventories, and journal entries, to help you make some or all of these skills part of your daily routine, achieve balance, and stop “victim consciousness.” Moreover, by doing these exercises you will find they become a great study guide for the textbook, *Managing Stress*. By combining effective coping skills (mind) and effective relaxation techniques (body) you will be able to achieve frequent and quality periods of total body wellness.

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