



Stopping Stress before It Stops You: A Game Plan for Every Mom

Dr. Kevin Leman

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Stopping Stress before It Stops You: A Game Plan for Every Mom Dr. Kevin Leman

Dr. Kevin Leman has seen scores of women who are overcome by stress. With humor, insight, and practical solutions, this bestselling author helps women manage the stress points in their lives: kids, career, husband, housework, money, and crammed schedules. Women will find out how to begin enjoying a more serene lifestyle by making stress work for them.

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