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SEEKING
SERENITY



THE 10 NEW RULES
FOR HEALTH
AND HAPPINESS
IN THE AGE OF ANXIETY

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CHN Contributor



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Book Review

Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).

(Doris Beier)

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