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The Don't Sweat Affirmations: 100 Inspirations to Help Make Your Life Happier and More Relaxed (Don't Sweat Guides)

Richard Carlson

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100 affirmations that reinforce the don't sweat philosophy of life: that not letting the little things get to you is a great way to reduce stress overall. These peaceful, beautifully written affirmations are simple statements that hold a big impact. Readers who repeat only several affirmations a day will find their lives becoming more calm and less frantic immediately.

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