



Rx for Stress

By Free Spirit Publishing

Free Spirit Publishing Inc., U.S. Cards. Book Condition: new. BRAND NEW, Rx for Stress, Free Spirit Publishing, This title offers ideas and activities you can use with the stress you are feeling about friends, school or things happening at home. "Free Spirit" is your one source for Attitude Matters[registered] In a Jar[registered] products. The correlation between attitude and learning proves that attitude does matter. Unique, engaging, topics for all ages, these go-anywhere and easy-to-use jars make learning fun, portable, and spontaneous. Enjoy the games and cards alone or with others at home, at school, at childcare, in the office, while travelling, at parties, in youth groups, and at camp.



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Reviews

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-- **Ethel Mills**

This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

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