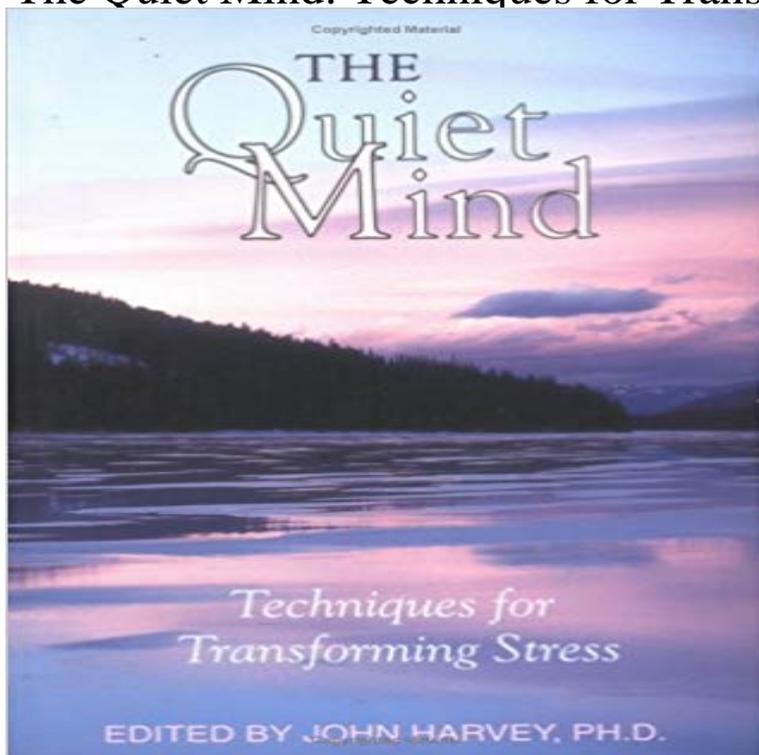


## The Quiet Mind: Techniques for Transforming Stress



A comprehensive view of how mind, body and emotions interact to create stress and what can be done to control it.

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