



BreakTime: A Personal Guide to Reduce Your Daily Stress

Dr. Richard A. Detert

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A book that has techniques to reduce stress in 1-3 minutes frequently through out the day. Use the power of a minute to take short breaks to put the brakes on your pace of living. Encounter brief relaxation and imagery techniques, mediate daily hassles with joyful uplifts, stretch different muscles to let go of tension, plus more.

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