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Obviously, I was a fan of Unwind! 7 Principles for a Stress-Free Life. While I only touched on a couple of key areas of focus, the book provided many other strategies and "workouts" to aid in ridding your life of unnecessary and unhealthy stress.

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About Dr. Olpin
Kwanzaa, which in Swahili means "first fruits," is a seven-day celebration that takes place each year from December 26 through January 1. On each night of the holiday, families gather to light a ...