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Becoming more relaxed is easier than you think

Here at your fingertips are dozens of different ideas on how to unwind and reduce stress. With *100 Ways to Stay Calm* as your guide, things are going to get a little more peaceful, a little more relaxing, and a whole lot less hectic. From setting lavender out in your home to practicing mantra meditation, these hundred simple tips will help you take the stress out of your day.

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