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THE COMPLETE GUIDE

Stress Management

The Complete Guide to Finding Calm, Building Emotional Resilience & Living a Balanced Life

58 Chapters | 60+ Infographics | Worksheets & Quizzes | 30-Day Challenge

Suman Biswas

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Author: Suman Biswas

Publisher: Amazebazaar.com · https://amazebazaar.com

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ISBN: To be assigned

First Edition: 2026

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