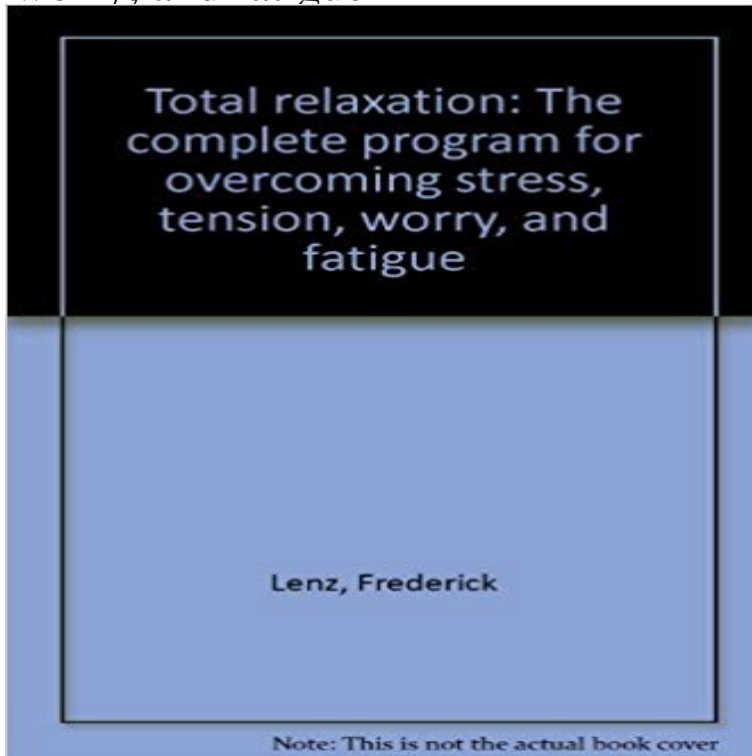


Total relaxation: The complete program for overcoming stress, tension, worry, and fatigue



Book by Lenz, Frederick

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