

TENSION TURNAROUND

The
**30-Day
Program**
for Inner Calm,
Confidence
and Control

"An up-to-date, comprehensive text for
helping people to manage stress."

Frederic M. Mittleman, Ph.D.
University of Pennsylvania

by Sharon Faelten, David Diamond
and the Editors of **PREVENTION** Magazine

Tension Turnaround The 30 Day Program

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