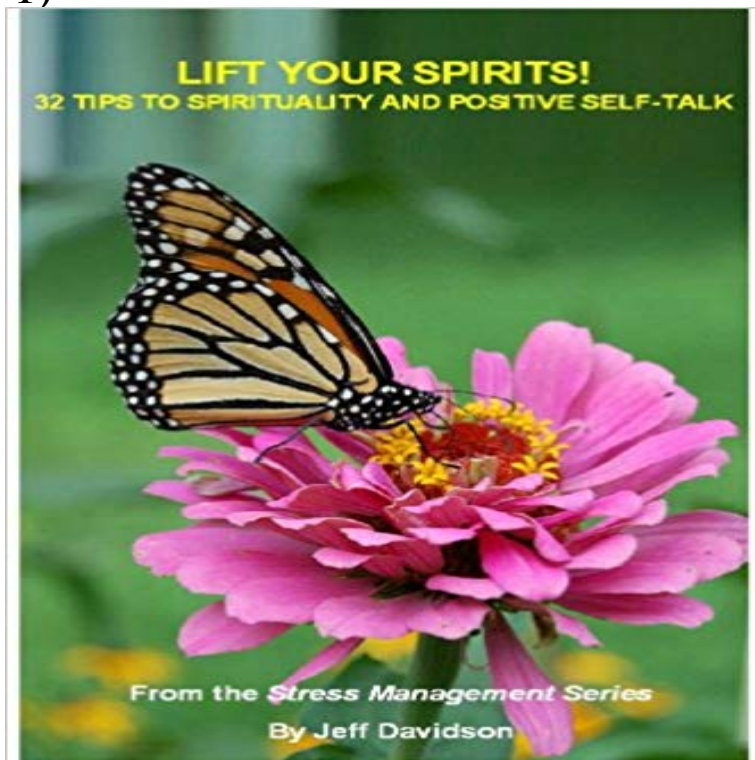


# 32 Tips to Spirituality and Positive Self-Talk (Stress Management Book 1)



If you've used prayer throughout your life to feel closer to God, more spiritual, and closer to your fellow man, you may have experienced corollary benefits such as a calmer mind, the ability to endure pain more easily, and the ability to reduce levels of stress. If you haven't engaged in prayer or other forms of focused dialogue, then keep reading. Here, we'll blow the lid off of many of your preconceived notions and clue you in as to some of the most powerful stress reduction measures available on earth, and everywhere else.

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