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# HANDBAG MEDITATIONS: CHILL OUT ON THE RUN (PAPERBACK)



Balboa Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. When in doubt, breathe. If you are too busy or stressed to meditate, this book is for you! If you have always wanted to try meditation but don't know where to begin, this book is for you! Handbag Meditations for Women is an easy-to-use guide for women's daily lives, whether at home, work, or out and about. Discover super-quick...

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- Authored by Alison Nancye
- Released at 2012



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