



# Beyond Stress: Strategies for Blissful Living

*NAPOLI MARIA*

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# Beyond Stress: Strategies for Blissful Living

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## Beyond Stress: Strategies for Blissful Living NAPOLI MARIA

Living in the twenty-first century allows one to call upon the use of technology and modern conveniences to help solve dilemmas that may be encountered. However, “*Beyond Stress: Strategies for Blissful Living*” steps away from such conventional responses.

*Beyond Stress: Strategies for Blissful Living* emphasizes natural approaches to overcoming modern inconveniences in order to balance a healthy and positive lifestyle. Expertise from eight different authors, with highly educated and diverse backgrounds, provides students with trusted information that allows them to gain knowledge in an easy-to-read fashion.

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