



# Achieving The Mind-Body-Spirit Connection: A Stress Management Workbook

*Brian Luke Seaward*

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**Achieving The Mind-Body-Spirit Connection: A Stress Management Workbook** Brian Luke Seaward  
Achieving the Mind-Body-Spirit Connection: A Stress Management Workbook is a self-help workbook for individuals seeking guidance in managing personal stress. It contains a combination of insightful content and original self-assessment exercises with the overall purpose of creating a sound and successful stress management program. Features of this workbook include Brian Luke Seaward's unique holistic perspective on uniting mind, body, spirit and emotions and a writing style acclaimed for being very user friendly, often described as if one is having a conversation with the author.

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