



Girl in a Funk: Quick Stress Busters (and Why They Work)

Tanya Napier, Jen Kollmer

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Stress? You've got it covered. Between full-time school, part-time jobs, and some-time boyfriends, your moods swing like monkeys in the Amazon. But *Girl in a Funk* can help. With dozens of quick and easy ways to reduce your stress and stay on top of your game, this handy chill-out manual includes mental tricks, spa treatments, self-acupressure, breathing exercises, and loads of other natural remedies for feeling frazzled, fearful, or just plain frustrated. You'll also learn about the science of stress, and how these tips can help. So, pause for a moment and take a deep breath. With *Girl in a Funk*, reclaiming your serenity can be as easy as one, two . . . chamomile tea.

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Lisa Bentley:

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