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The Keys To Simple Living

Allison Carson

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The Keys To Simple Living

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The Keys To Simple Living Allison Carson
What ever happened to the good old days? Our daily lives seem so stressed out. But, what to do about it. That is what this booklet is all about.

Part One - Stress

Topics Include:
• Defining stress
• How to measure stress
• Good stress vs. bad
• The Stress Test

Part Two - Stress Solutions

Includes topics like
• The importance of taking time for yourself
• How to have a family night. What's the difference?
• Prayer vs. Meditation
• Why a having a purpose makes our lives easier.
• Links to related interviews and teachings.

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About the Author: Allison Carson is single parent who lives in PA. and the owner of the blog AllisonCarson.com. She is dedicated to helping getting rid of the clutter in people's lives. She believes part of her purpose in life is to help people to live a simpler happier life and this book is a product of that desire. For more information and additional tips go her website or follow her on twitter @Organized_Ali

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