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HEALTH & WELLNESS



The Healing Whisper: A Return to Peace
with host Dr. Mary Anne Chase
Archives Available
December 12th 2014: All stressed out!

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Dr. Chase will be discussing solutions to some of your most common holiday stressors. Most things that stress us out during this holiday season are really internal beliefs that get triggered and amplified by external circumstances. Discover what may be triggering you and stressing you out, and what you can do to heal.

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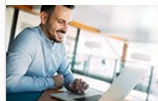
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