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December 21st 2018: Simple Tips For Self-care

Discover quick and easy ways to reduce stress. Join author and success coach, Rachel O'Brien-Eddy, as she reveals simple tips for self-care. Your health, happiness, and wellbeing are important. On this episode of Infinite Success Radio, Rachel shares how to build self-care and relaxation into your daily schedule. Plus, she shares a two-step process to regain balance and control even on the most stressful days. Too busy for a spa day? Discover natural remedies to create a calm and relaxed state in the comfort of your own home. Have questions or ideas for the show? Send us an email to radio@conn

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