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Ebook Wellness Planner

**Karen Frank Barney, Margaret
Perkinson**

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Harris,2020-11-19 Creating Balance is a step by step mindful journaling and art based planner for creatives who want total clarity on how to live a life of intuitive wellness Unlike other wellness planners that present a guru s method or an influencer s opinion Creating Balance helps you tune into your own intuitive wisdom so you create a body mind environment that enables you to finally reach your wellness goals over time **Occupational Therapy with Aging Adults - E-Book** Karen

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