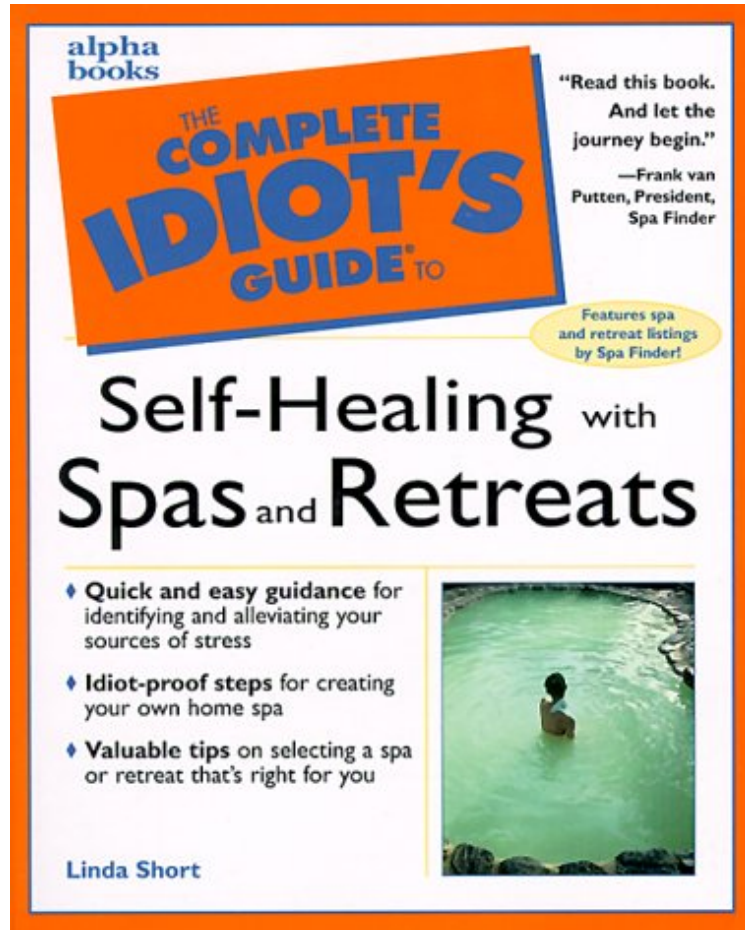


Complete Idiot's Guide to Self Healing with Spas and Retreats

Linda Short

**Download PDF | ePub | DOC | audiobook | ebooks*



 Download

 Read Online

Linda Short : Complete Idiot's Guide to Self Healing with Spas and Retreats before purchasing it in order to gage whether or not it would be worth my time, and all praised Complete Idiot's Guide to Self Healing with Spas and Retreats:

You're no idiot, of course. You know stress can take a serious toll on your health. But figuring out how to soak away your troubles only adds to your stress, and your dreams of an easier life are going right down the drain. Don't yell "retreat" just yet! The Complete Idiot's Guide to Self-Healing with Spas and Retreats is a step-by-step manual on how to identify stressors in your life and then establish a spa or retreat experience that's right for you--whether it's an extended vacation, a day trip, or a mini-facility in your home. In this Complete Idiot's Guide, you get: