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Resources:

Web Sources:

Meditation:

Wellsphere At:

www.wellsphere.com

Himalayan Institute At:

www.himalayaninstitute.org

Stress management:

HelpGuide.org

Mayo Clinic.com

Book Sources:

Guide to Stress Reduction

By: John Mason

Integral Health: The Path to Human Flourishing

By: Elliot Dacher

Meditation & Stress Reduction

Himalayan Institute

952 Bethany Turnpike

Honesdale, Pa 18431