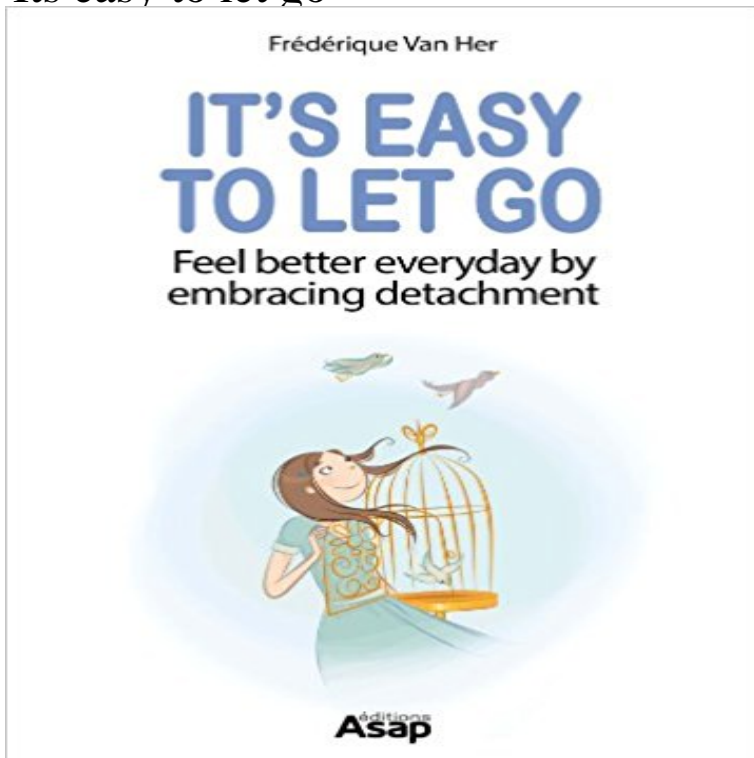


Its easy to let go



What is the purpose of this guide? Caught up in our stressful lives, it is sometimes hard to feel well and happy. We have to juggle, and successfully manage, our social, professional and family lives and it is often very difficult to find the time to find oneself. We expend a lot of energy in an effort to control everything and we become, at times, worried, tense, flustered, overwhelmed and tired. Perhaps it is time to look after ourselves and to lead the life that suits us best. Let us try to regain our peace of mind and serenity: let us let go.

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