

A woman with long brown hair, wearing a white sleeveless top and light blue jeans, is sitting in a meditative pose on a grassy hill. Her hands are pressed together in a prayer position, and she is looking towards the right. The background features a steep, green hillside with patches of white snow or light-colored rocks. A large, semi-transparent, light blue shape on the right side of the image contains the text "Stress Release".

Stress Release

Release Your Stress Paperback

Rachel S Tattersall



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