



Lift Me Up/Calm Me Down

Stephanie L. Tourles, Barbara L. Heller M.S.W.

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Relax. Energize. They are two faces of the same coin; two keys to achieving balance in life. Which gave us an idea--why not put together a truly balanced book with tips for both calming down and lifting up in one book? *Lift Me Up/Calm Me Down* offers two books in one, packaged in a hip, engaging graphic style that is sure to lift any reader's spirits.

This playful, inspiring book offers dozens of great ideas, reassuring quotes, and simple suggestions for pampering yourself, whether your frazzled nerves need calming or your tired soul needs uplifting. The text is complemented by fun, representational graphics and contemporary colors that make looking at this book a pleasureable experience in itself. The combination of fresh ideas, a mood-altering look, and a fun two-books-in-one format makes *Lift Me Up/Calm Me Down* the perfect bedside companion for anyone seeking greater balance in life. And with two great covers (on both front and back) this book makes one irresistible gift package--no wrapping paper needed!



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