

**A DAILY DOSE OF SANITY: A FIVE-MINUTE SOUL
RECHARGE FOR EVERY DAY OF THE YEAR**

Joann Erick Rappa

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A Five-Minute Soul Recharge for Every Day of the Year and find peace of mind in the midst of people and events that might distract us.

Cohen, Alan [WorldCat Identities]

In the tradition of Alan's highly popular award-winning book *A Deep Breath of A Daily Dose of Sanity: A Five-Minute Soul Recharge for Every Day of the Year*.

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