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SMALL WINS EVERYDAY

'A brilliant companion
to modern oncology'

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'A non-negotiable
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The Calm Prescription

75 Scientific Ways
to Create Better Health,
Longevity and Happiness

CITATIONS AND REFERENCES

Introduction: The Calm Prescription – A Path to True Wellness

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Part 1: Foundations of Calm and Wellness

1.1. Finding the Harmony Within

Based on the author's own experience and research.

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[Part 2: 75 Simple Ways to Shift from SNS to PNS \(Sympathetic to Parasympathetic\)](#)

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