



Rx for Stress In a Jar: Tips for Less Stress in Your Life

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Ideas and activities you can use to deal with the stress you are feeling about friends, school, or things happening at home. Ages 8 & up, 101 cards, 3" recyclable plastic screwtop jar.

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From reader reviews:

Jennifer McMorris:

Have you spare time for the day? What do you do when you have much more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent their particular spare time to take a walk, shopping, or went to the actual Mall. How about open as well as read a book eligible Rx for Stress In a Jar: Tips for Less Stress in Your Life? Maybe it is to get best activity for you. You understand beside you can spend your time using your favorite's book, you can cleverer than before. Do you agree with it is opinion or you have additional opinion?

Stanley Wells:

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