



The Solution: A 5-Day Emotional Makeover for Controlling Stress and Worry

Lucinda Bassett

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Learn how to overcome stressful challenges in your life with *The Solution: A Five-Day Emotional Makeover for Controlling Stress and Worry*. The program is designed to help you regain your freedom and peace of mind through techniques that teach you how to take control of your mental, emotional, and physical self. From Lucinda Bassett.

The set includes five five-day program CDs, one quick-fix CD, one guidebook journal, one coupon for an online stress test, and one \$250 coupon toward personal coaching sessions.

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