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Sacred Rest - Dr. Dalton-Smith - I Choose My Best Life

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Her newest release is Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity. In this episode,

Dhru and Dr. Saundra talk about the seven types of rest and why a deficiency in any one of these areas can have unfavorable effects on your health, happiness, relationships, creativity, and productivity.

Broken Brain with Dr. Saundra Dalton-Smith

Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity by Saundra Dalton-Smith available in Hardcover on Powells.com, also read synopsis and reviews. Staying busy is easy. Staying well rested-now there's a challenge. How can you keep your energy,...

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