



The Solution: Wired for Joy Journal

Laurel Mellin

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This is a specialty journal that introduces you to the skills taught in The Solution method designed by Laurel Mellin. It is a four session course which teaches the basic skills to reduce stress in your life and create more joy. You will learn The Solution 5-Point System. No previous Solution Training is required. This does not come with the Solution Pocket Reminder or the 3 month membership in The Solution Internet Community

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