



# **Your Coffee Break for the Brain: A Compilation of Stories and Quotes, Inspirations and Tips (Volume 1)**

*Dr. Jane F. Cundy*

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## **Your Coffee Break for the Brain: A Compilation of Stories and Quotes, Inspirations and Tips (Volume 1) Dr. Jane F. Cundy**

Listen closely..."Take a deep breath and relax" is just what the Dr. ordered. "Your Coffee Break for the Brain" is a tribute to life and humanity. The nature of these Stories and Quotes, Inspirations and Tips range from emotional and heart warming to educational. These stories excite the imagination. "Your Coffee Break for the Brain" is designed to help you de-stress and make time to relax even in the middle of your busiest and most hectic day. The compilation of famous quotes and inspirations easily help you let go of old baggage and shift into your own personal power instantly.

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