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### **New York City For Dummies: Carroll, Myka ... - amazon.com**

I'm not a big fan on the "Dummies" series, but this one is excellent. Less patronising and straining to be fun and friendly than most of them. The author offers a very wide range of ways to approach relaxation, recognising that different things work for different people. The CD is also good - he has a very gentle calming voice.

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