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[] The book that has had some of the most profound influence in my life as a homemaker is Say Goodbye to Survival Mode.

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Podcast: Play in new window | Download. Crystal Paine is the creator of moneysavingmom.com (which helps her readers to be a better home economist). She is the author

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I'm sure many of my readers have heard of Crystal Paine's new book, Say Goodbye to Survival Mode: 9 Simple Strategies to Stress Less, Sleep More, and Restore Your

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Say Goodbye to Survival Mode by Crystal Paine was exciting! In the book she includes 10 chapters that incorporate "9 simple strategies to stress less, sleep more

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