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Effect of maternal soothing on infant stress

Child Development, January/February 1999, Volume 70, Number 1, Pages 11-20 Effect of Maternal Soothing on Infant Stress Response Michael Lewis and Douglas S. Ramsay

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If you have chronic anxiety, be in nature regularly. Take a walk in the woods. Sit by a brook. Feed the ducks in the park. There is nothing as soothing as getting in

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