



# #WTFnov8 - 2016 Presidential Election - Self-help Us All!: Voters D-Tox Activity Guide & Emergency Kit

*Lisa La Bonte*

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Irreverent and engaging 'Voters D-Tox Activity Guide & Emergency Kit' aimed to help redirect the mind by way of activities to: discuss, demolish, doodle, deliberate. "Do!" this book to alleviate election anxiety and reduce stress during what seems a most toxic election cycle that culminates Jan. 20!

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