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While Relaxation For Dummies (Book And CD) provides important insights, it is not without its weaknesses. One of the primary challenges noted in the paper is the narrow focus of the research, which may affect the generalizability of the findings. Additionally, certain assumptions may have influenced the results, which the authors acknowledge and discuss within the context of their research. The paper also notes that more extensive research are needed to address these limitations and investigate the findings in broader settings. These critiques are valuable for understanding the limitations of the research and can guide future work in the field. Despite these limitations, Relaxation For Dummies (Book And CD) remains a critical contribution to the area.

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