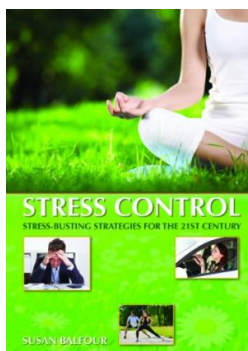


## Stress Control: Stress-Busting Strategies For The 21st Century



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