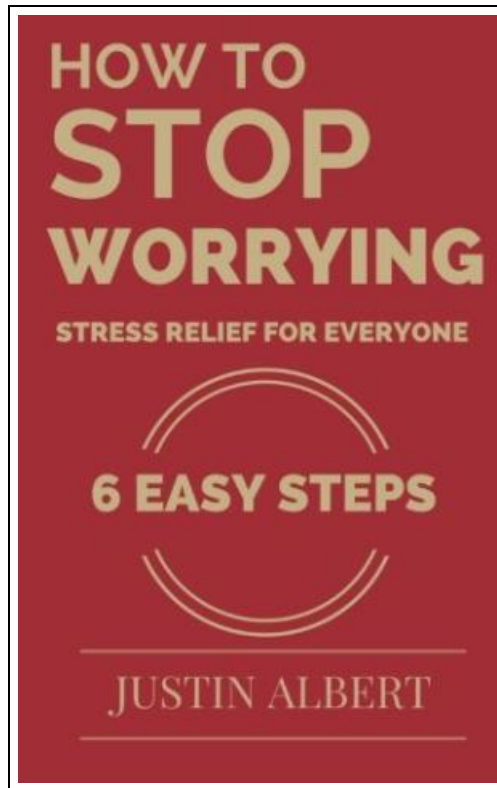


## How to Stop Worrying - Stress Relief for Everyone: Stress Management for Life: Stress Management Techniques



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