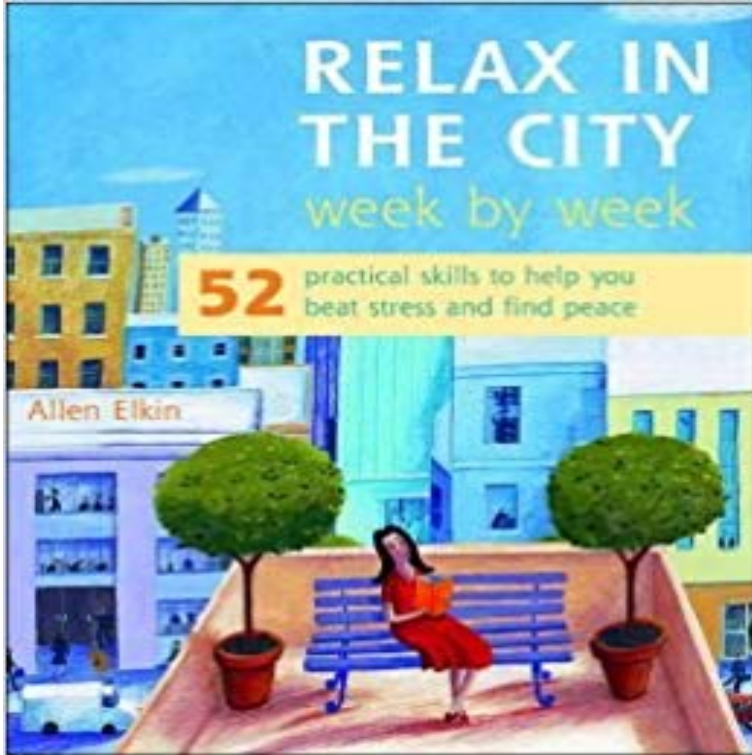


# Relax In The City Week By Week: 52 Practical Skills To Help You Beat Stress And Find Peace



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