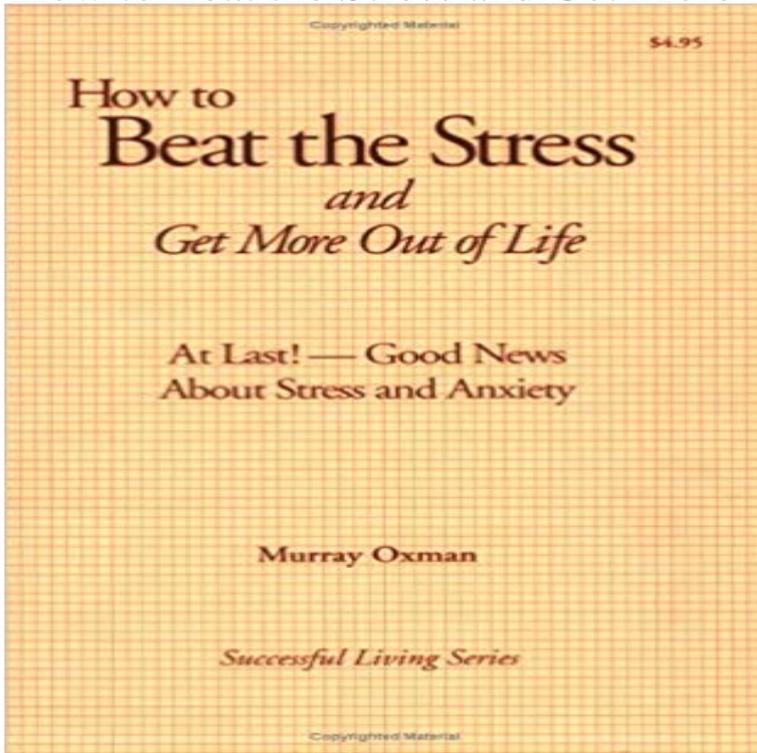


## How to Beat the Stress and Get More Out of Life



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