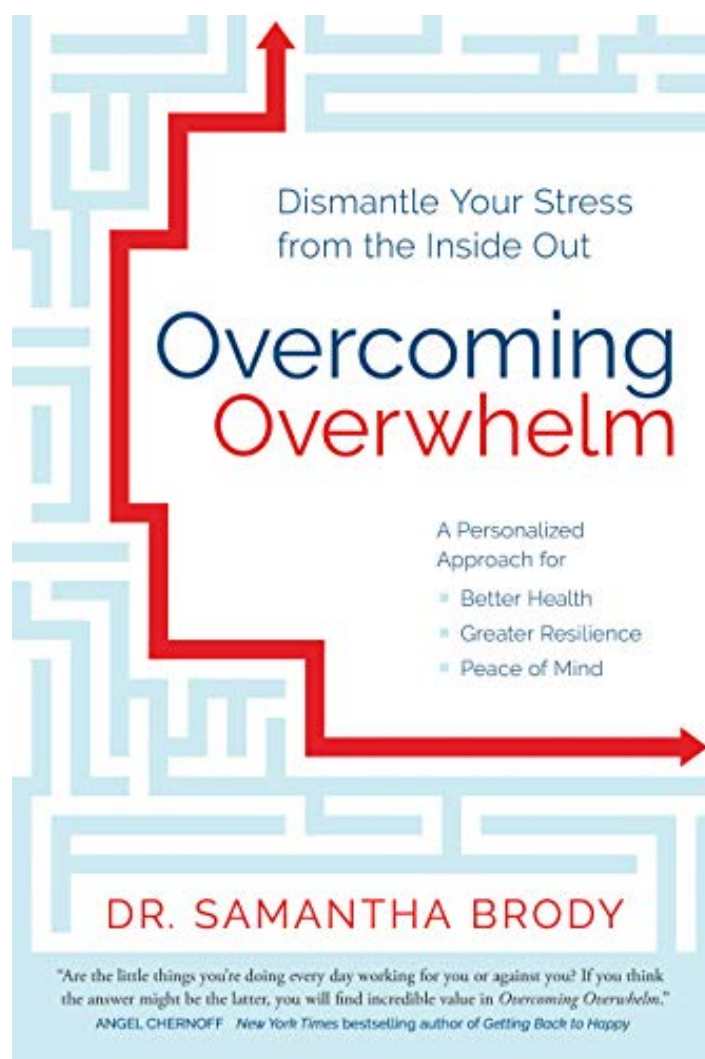


# Overcoming Overwhelm: Dismantle Your Stress from the Inside Outpdf by Samantha Brody



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