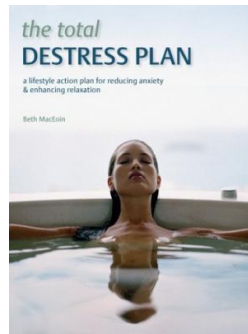


The Total De-Stress Plan: A Lifestyle Action Plan for Reducing Anxiety & Enhancing Relaxation



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