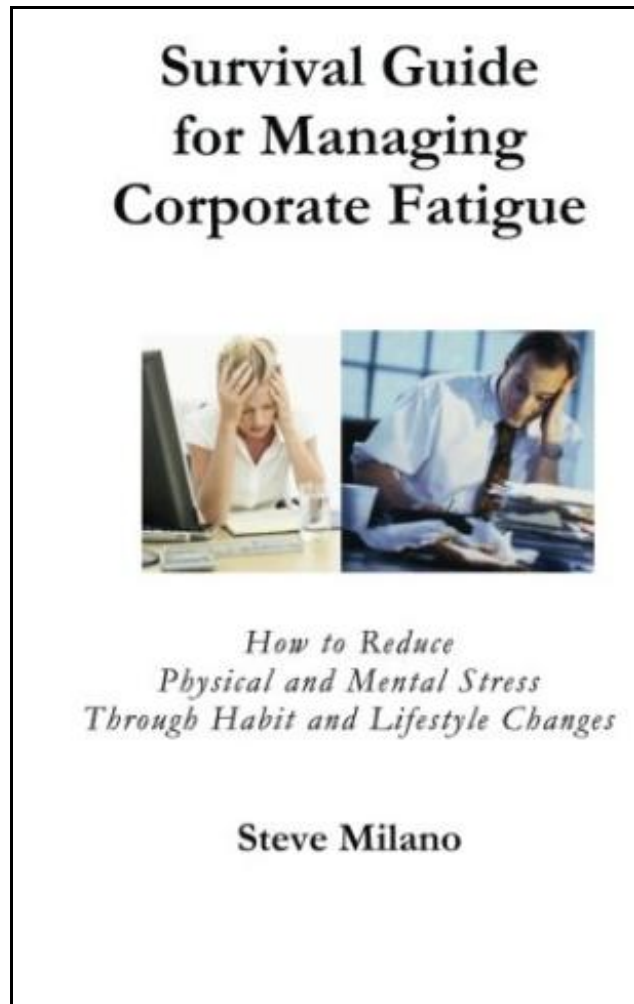


## Survival Guide for Managing Corporate Fatigue How to Reduce Physical and Mental Stress Trough Habit and Lifestyle Changes



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