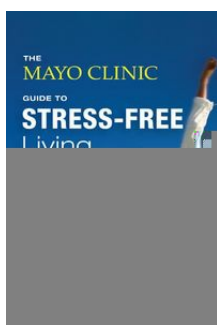


THE MAYO CLINIC GUIDE TO STRESS-FREE LIVING

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Author	Amit Sood
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As soon as you wake up, before you get out of bed, let your first thought be one of gratitude. Start with a few deep breaths and then think about five people in your life you're grateful for. While breathing in slowly and deeply, bring the first person's face in front of your closed eyes. Try to see this person as clearly as you can. Then send him or her silent gratitude while breathing out, again slowly and deeply. Repeat this exercise with...

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