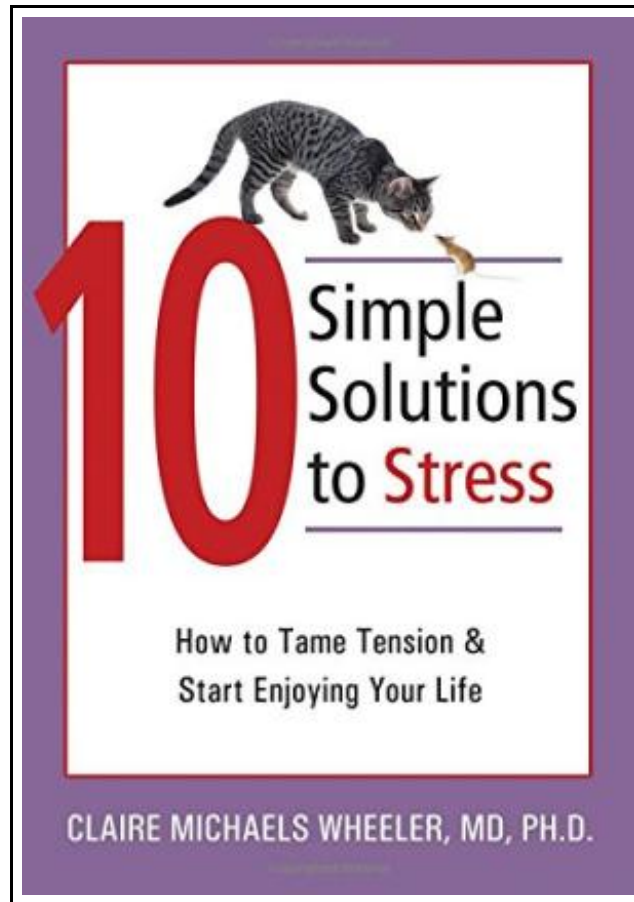


## 10 Simple Solutions to Stress: How to Tame Tension and Start Enjoying Your Life



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