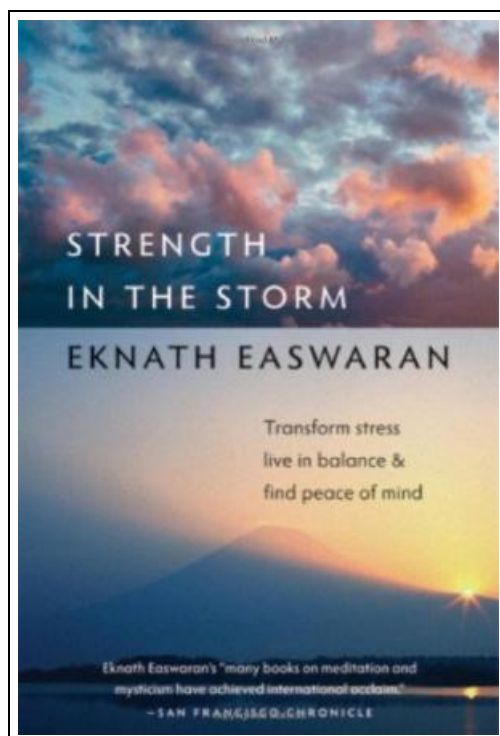


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## STRENGTH IN THE STORM: TRANSFORM STRESS, LIVE IN BALANCE, AND FIND PEACE OF MIND

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