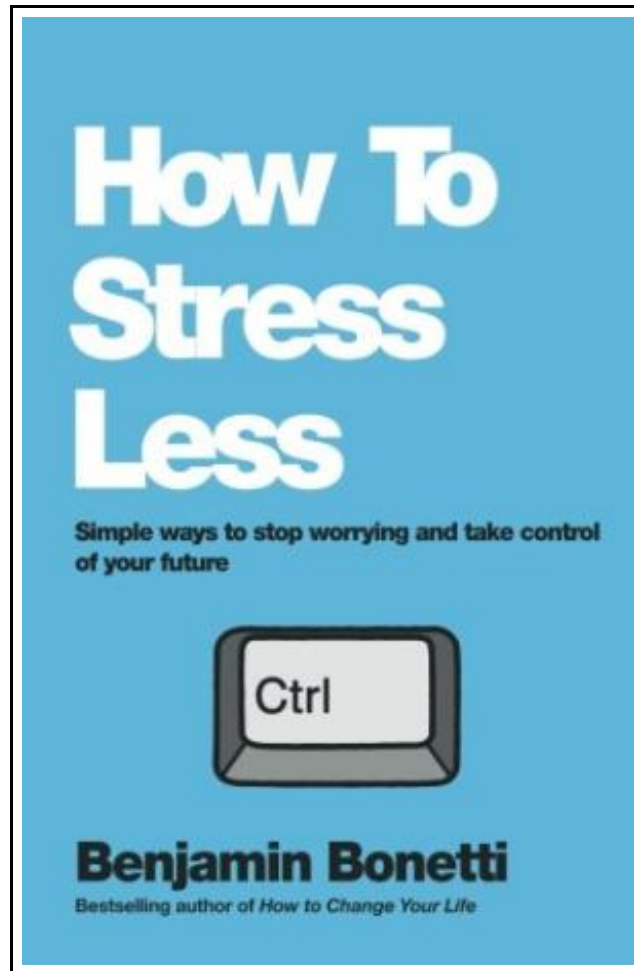


## How to Stress Less: Simple Ways to Stop Worrying and Take Control of Your Future



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