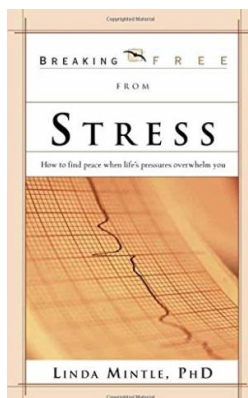


## Breaking Free From Stress: How to Find Peace when Lifes Pressures Overwhelm You



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