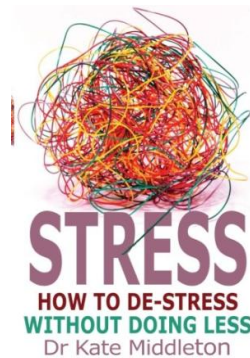


## Stress: How to De-stress without Doing Less



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### Book Review

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