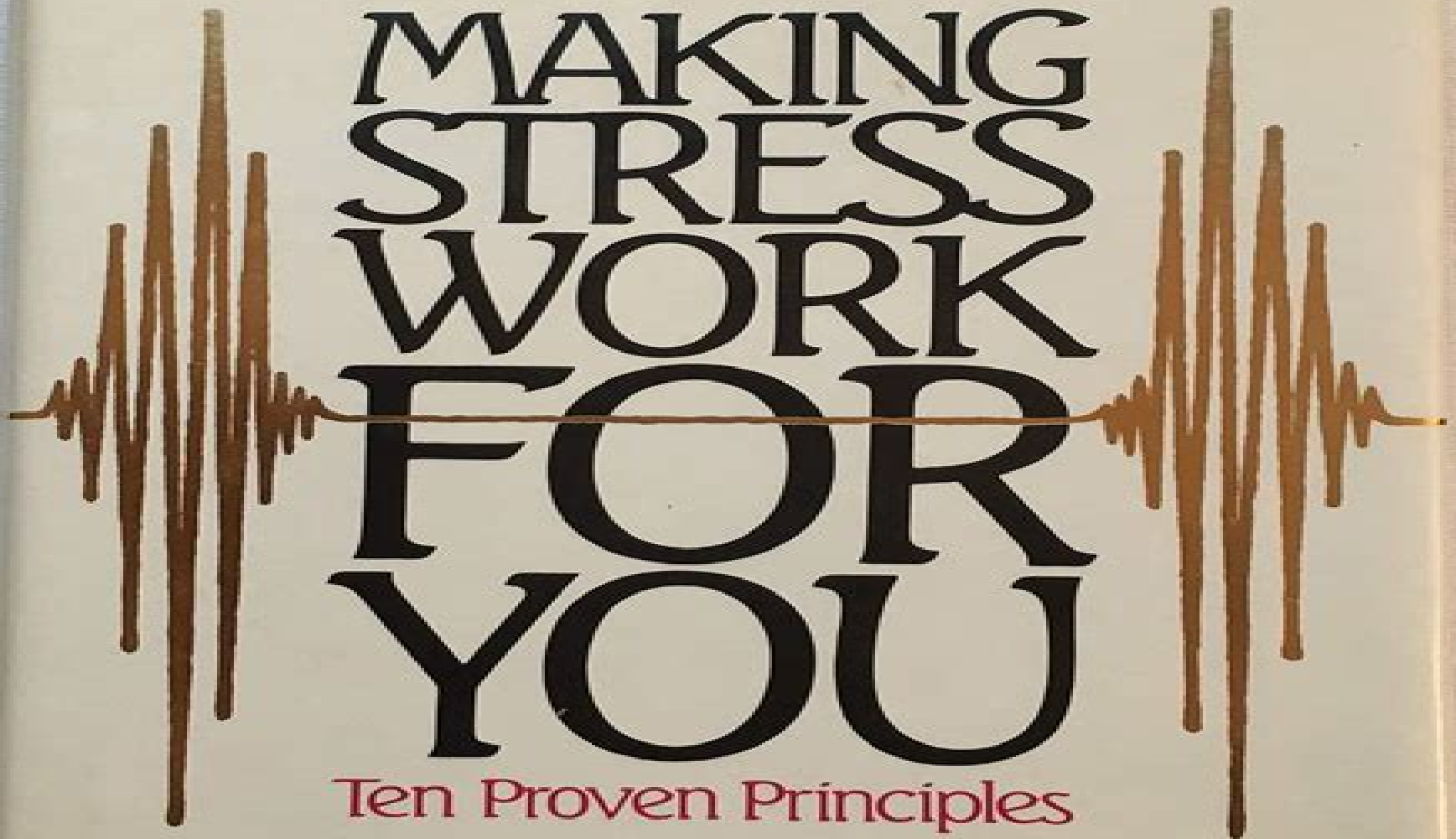


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# **Making Stress Work For You Ten Proven Principles**

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