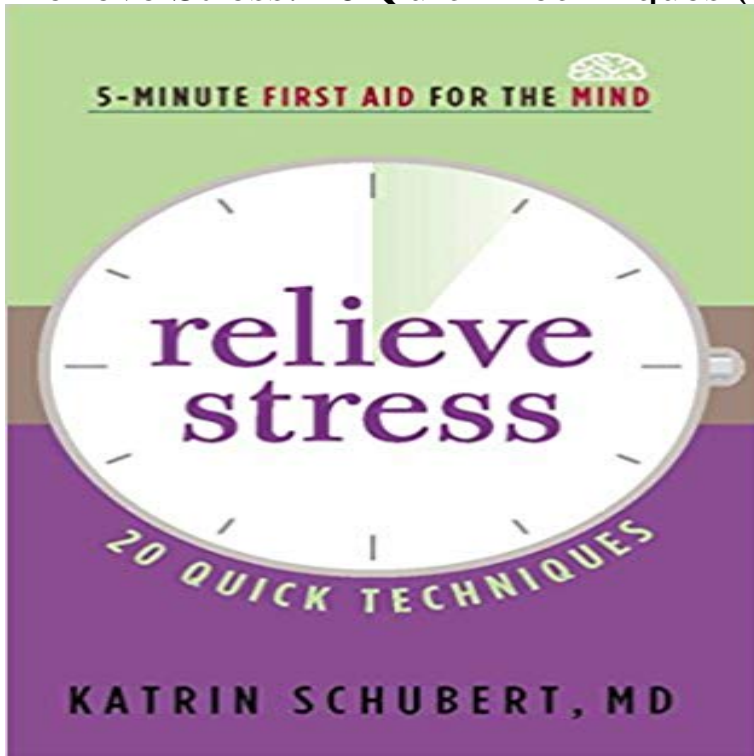


## Relieve Stress: 20 Quick Techniques (5-Minute First Aid for the Mind)



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