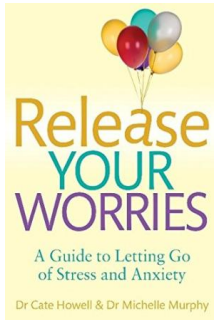


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RELEASE YOUR WORRIES - A GUIDE TO LETTING GO OF STRESS & ANXIETY



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