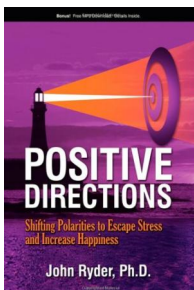


## Positive Directions: Shifting Polarities to Escape Stress and Increase Happiness



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