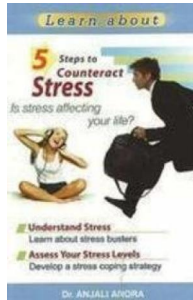


## 5 Steps to Counteract Stress: Is Stress Affecting Your Life?



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