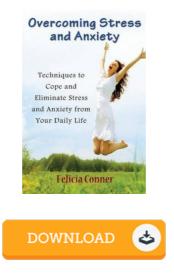
### Overcoming Stress and Anxiety: Techniques to Cope and Eliminate Stress and Anxiety from Your Daily Life



### **Book Review**

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