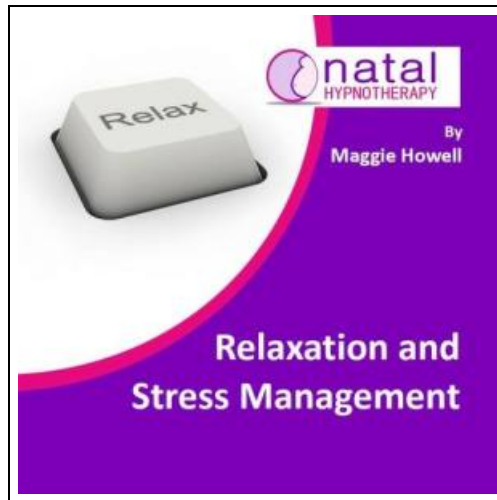


## Relaxation and Stress Management: Help to Relax, Reduce Anxiety and Stress



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