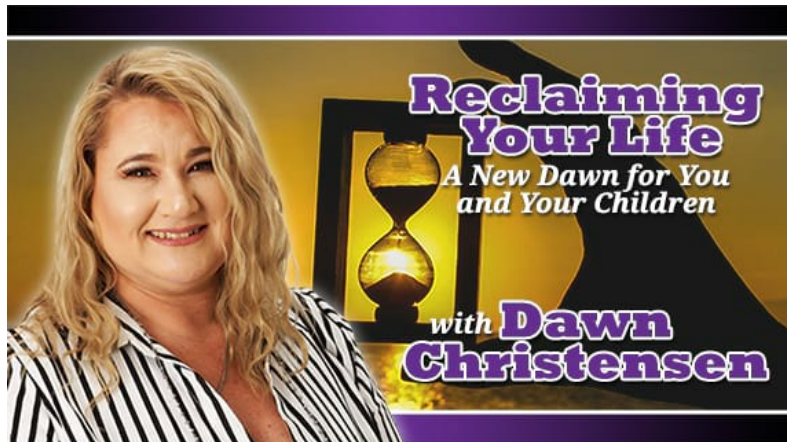


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From the Inside Out – Effective Ways to Manage
Stress in Your Life (& Your Kids' Lives) Fact: We
all experience stress in our lives from time to time
& we know how stress can have a very negative
effect on our short & long-term health,
performance, career success, & personal
happiness. But believe it or not, stress can be
eliminated from our lives. We will certainly always
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