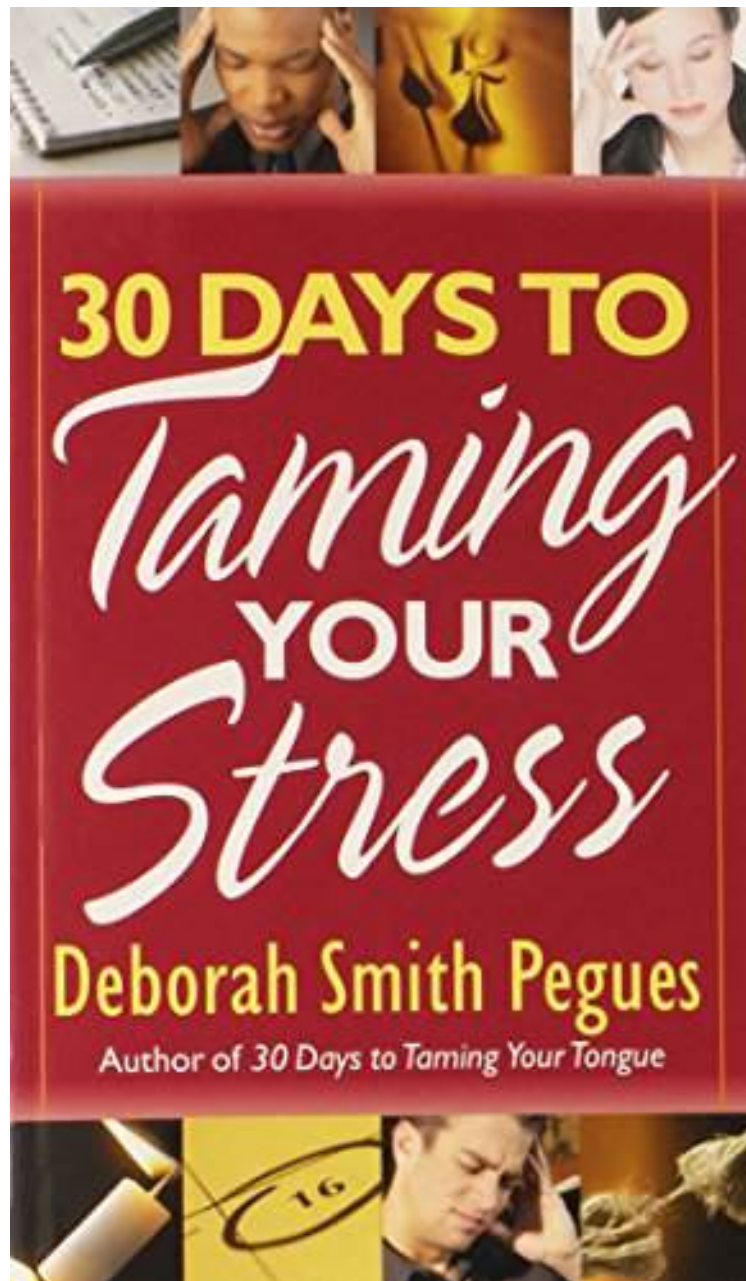


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## 30 Days to Taming Your Stress

By Deborah Smith Pegues

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