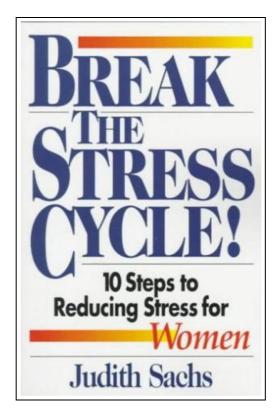
# Break The Stress Cycle! 10 Steps to Reducing Stress for Women



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