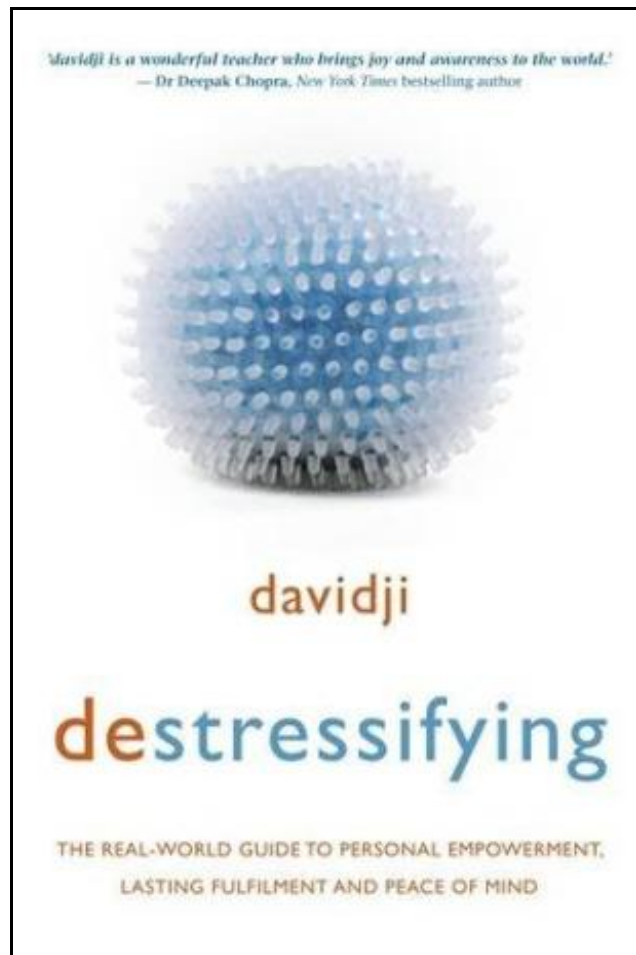


# Destressifying: The Real-World Guide to Personal Empowerment, Lasting Fulfilment and Peace of Mind



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