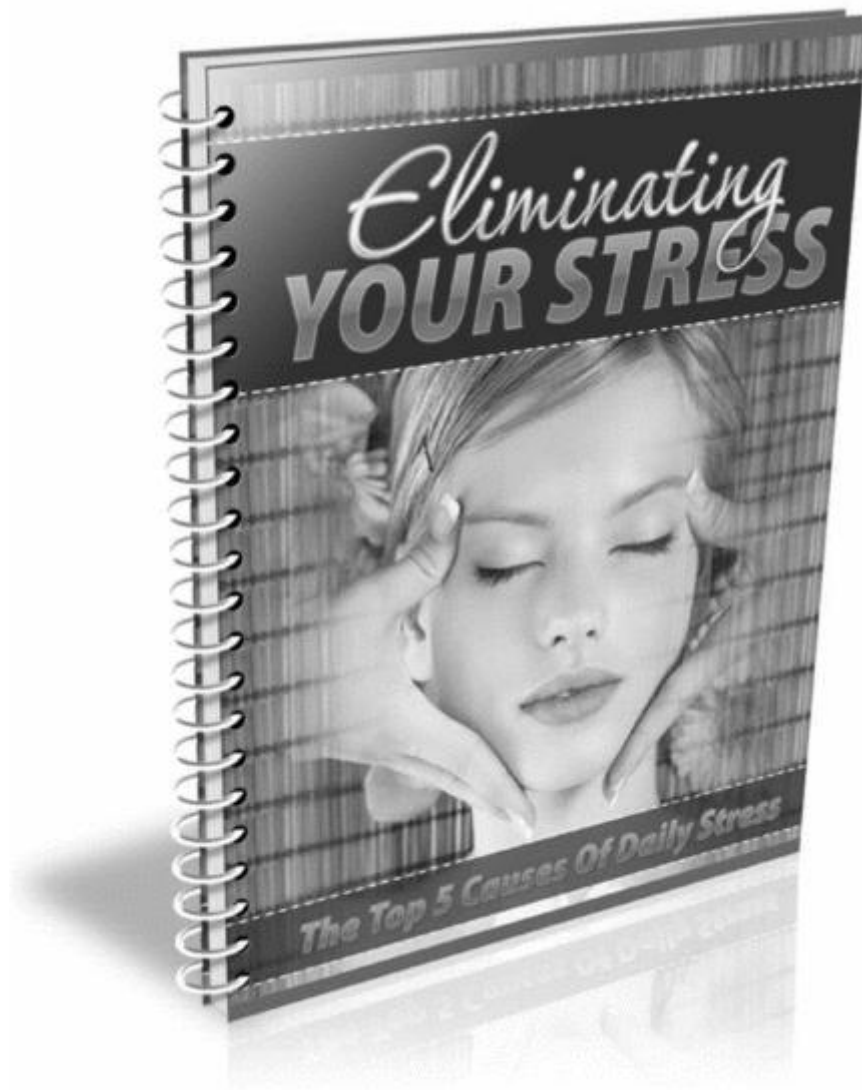


## Elimating Your Stress



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Stress can be caused by a number of different factors, most of which are actually relatively easy to remedy. The trouble is, most people just don't stop to think about the issues that cause them stress. They just live day to day, experiencing stress, and having absolutely no way to do anything about it.

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