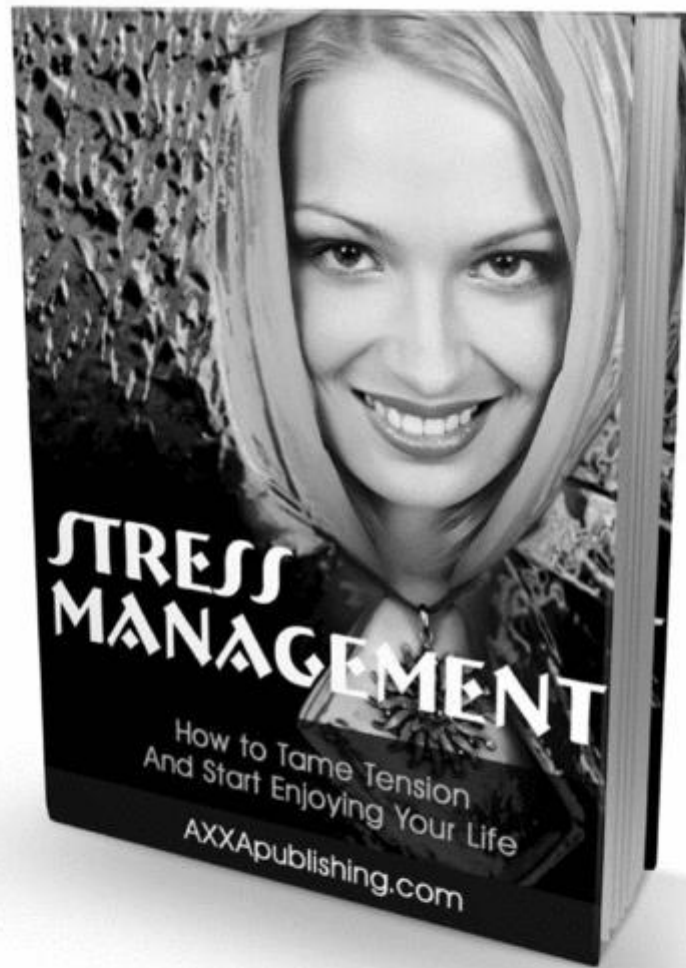


## Stress Management



## Stress Management

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How can I learn to be stress free? In order to be stress free you have to work at it, it will not come to you over night. It takes time to train your brain to deal with stress. Stress is very bad for you so if you can learn to be stress free you will be better off in the long ran. There are many ways to train you brain to get

rid of the stress.

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