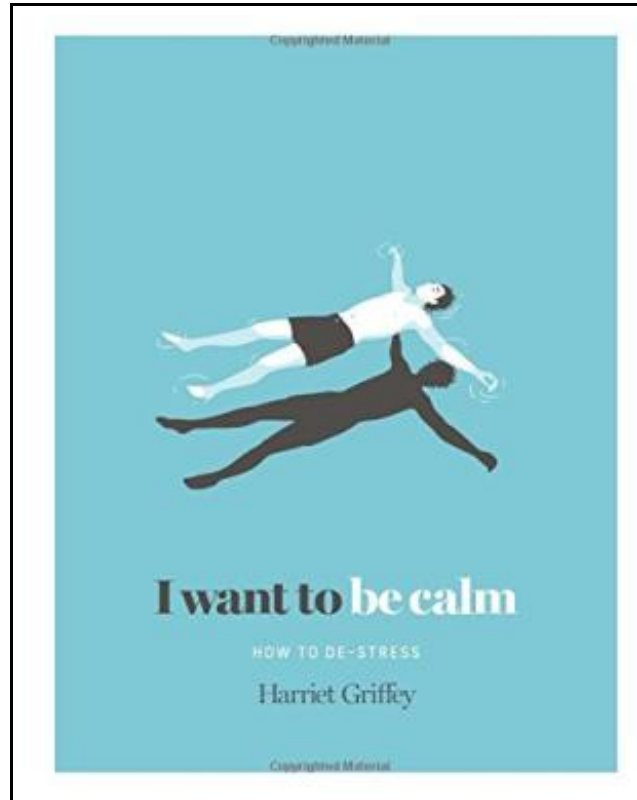


## I Want to be Calm: How to De-Stress



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