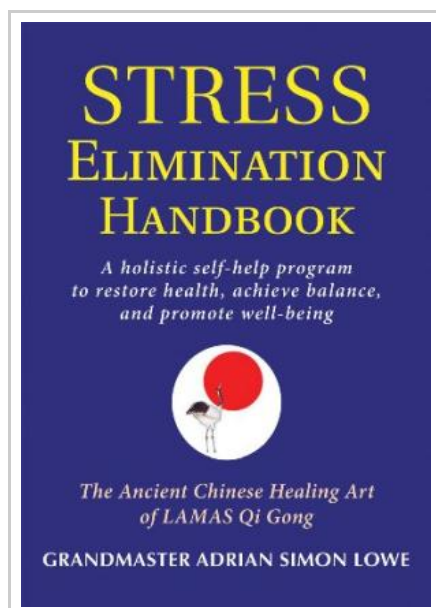




Stress Elimination Handbook: A Holistic Self Help Program to Restore Health, Achieve Balance, and Promote Well-Being

By Adrian Simon Lowe

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