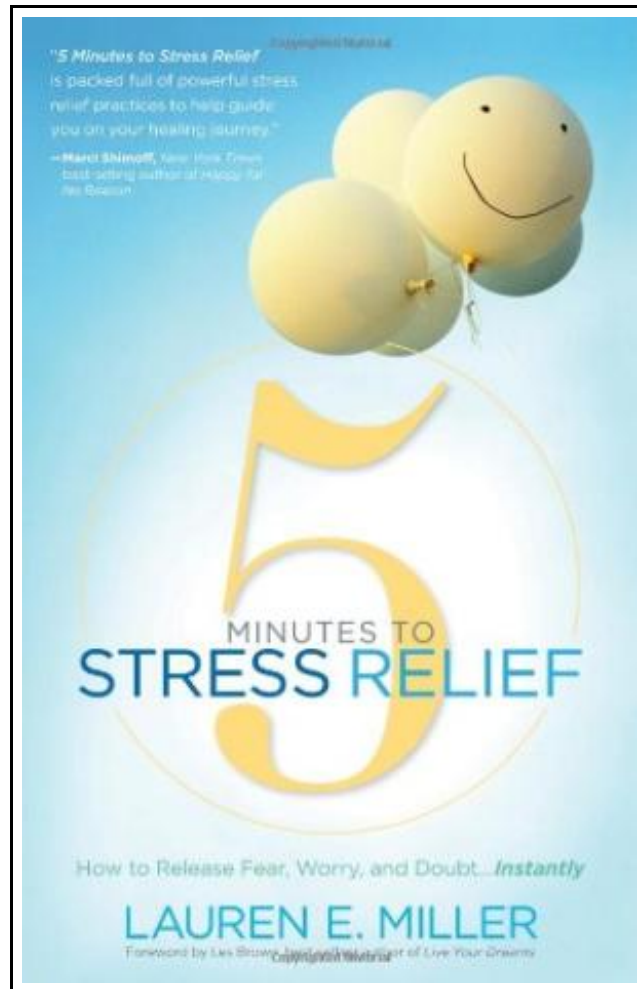


## 5 Minutes to Stress Relief: How to Release Fear, Worry, and Doubt Instantly



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