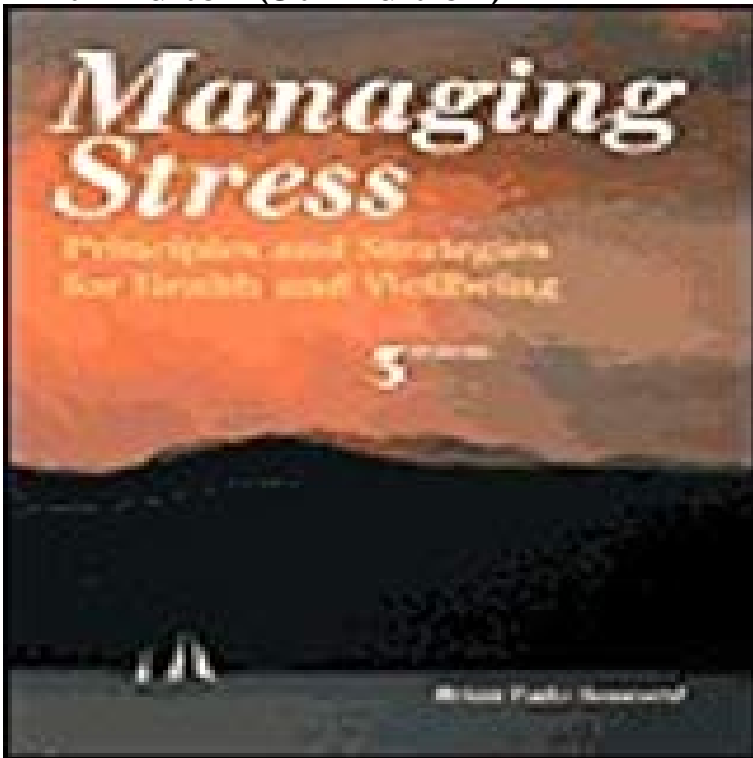


# Managing Stress Principles and Strategies for Health and Well Being - Fifth Edition (5th Edition)



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