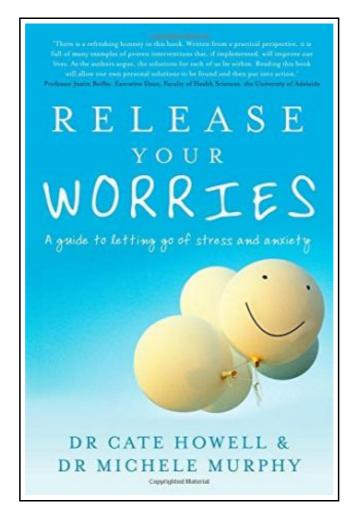
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(Santina Sanford)

RELEASE YOUR WORRIES: A GUIDE TO LETTING GO OF STRESS AND ANXIETY



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