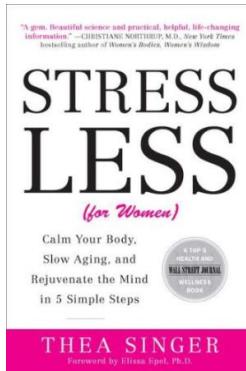


## Stress Less (for Women): Calm Your Body, Slow Aging, and Rejuvenate the Mind in 5 Simple Steps



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