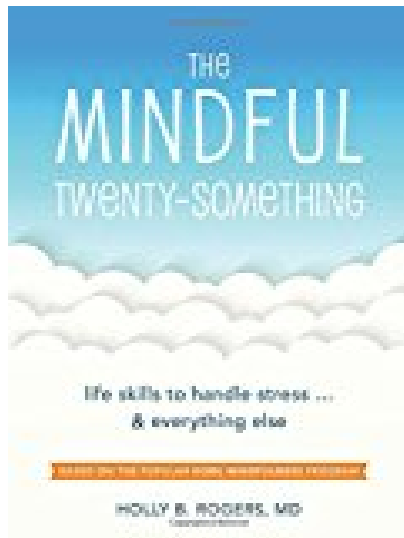


The Mindful Twenty-Something Life Skills to Handle Stress...and Everything Else



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