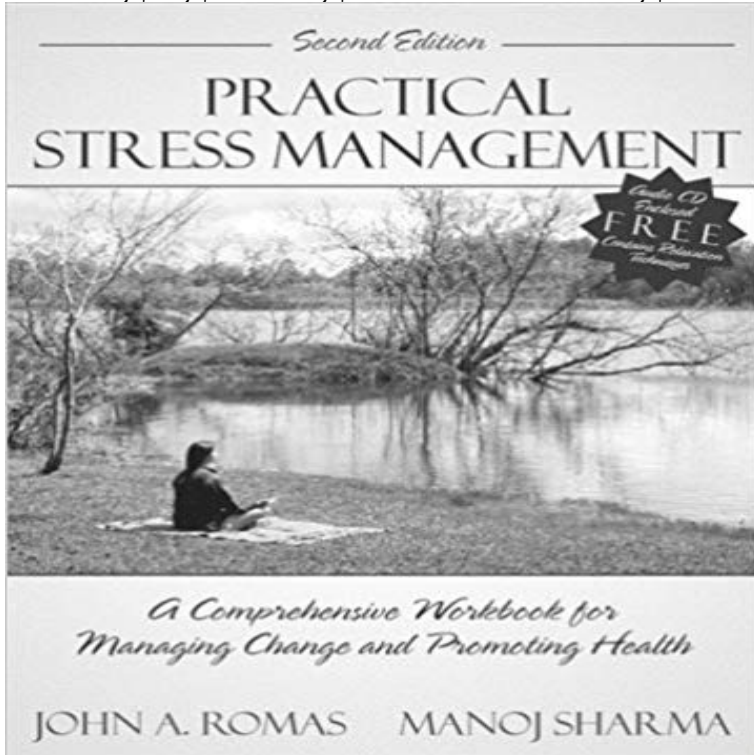


Practical Stress Management: A Comprehensive Workbook for Managing Change and Promoting Health (2nd Edition)



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