

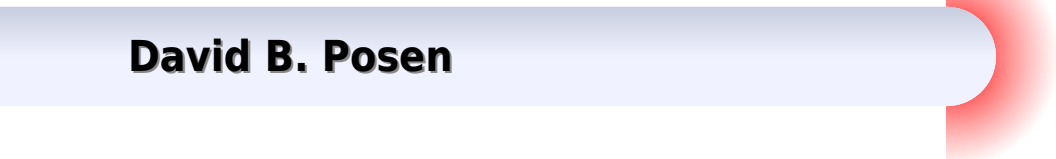
Resetting Mind and Body

A Guide to Stress Relief



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David B. Posen



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