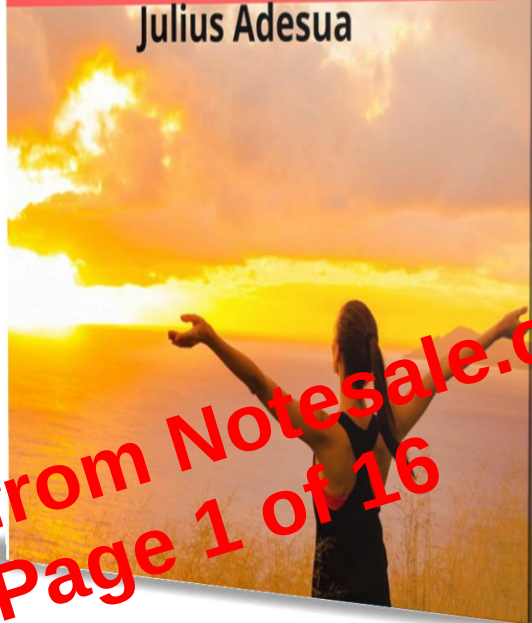


**20 WAYS TO BECOME STRESS-
FREE IN 5 MINUTES**

By
Julius Adesua



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