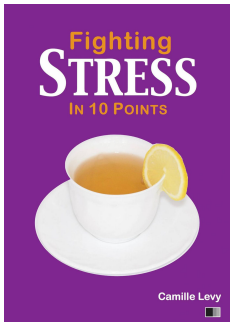


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## FIGHTING STRESS IN 10 POINTS EBOOKS 2019



Author: Camille Levy

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Stress is not inevitable. The fight against its most harmful effects depends largely from a state of mind, a healthy lifestyle and constant vigilance towards it. This book addresses 10 points that allow, to limit the effects in everyday life, easily and quickly.

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