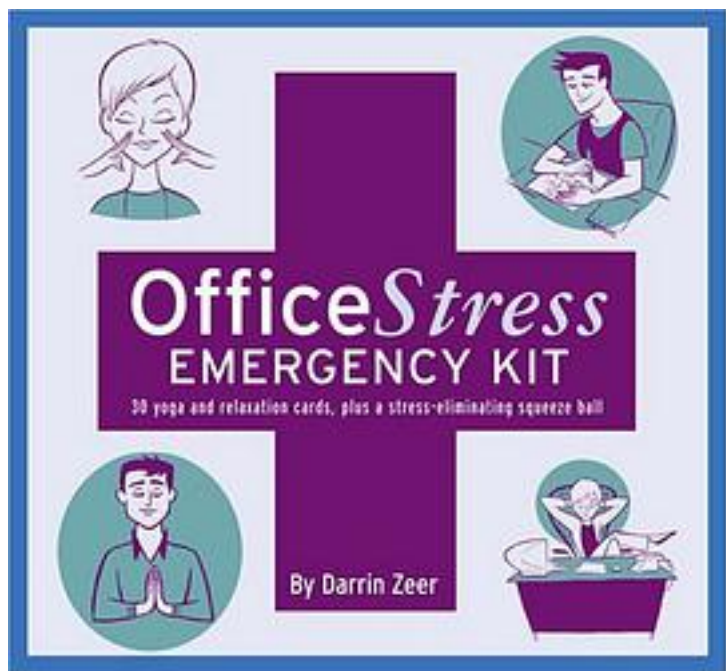


Office Stress Emergency Kit



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If the daily grind is wearing you thin, look no further than this desktop kit adapted from the popular "Office Yoga," "Office Spa," and "Everyday Calm" books. Whether you're overworked, overwhelmed, or just plain over it, pick a card, and let these simple, good-for-you stretches, poses, and rituals ease you into a soothing and productive work life. Includes a stress-reducing ball for squeezing away worries.

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目录:

[Office Stress Emergency Kit 下载链接1](#)

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