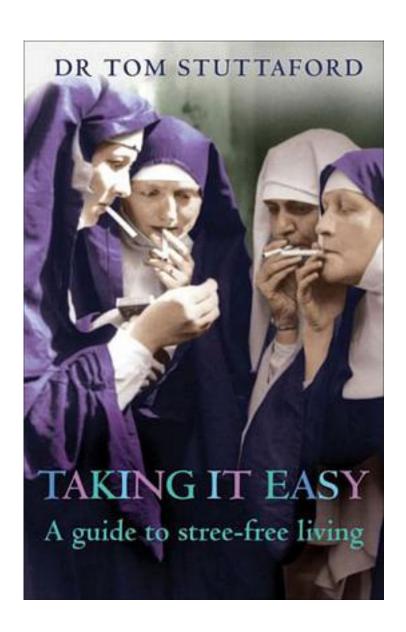
## Taking It Easy



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Based on the knowledge of a medical expert, this guide examines the common causes of stress, outlining the symptoms to watch out for, how to alleviate them, and which ones can be telling of more serious conditions and diseases. With a friendly and informed perspective, it is a must-have for anyone suffering from the burden of anxiety.
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