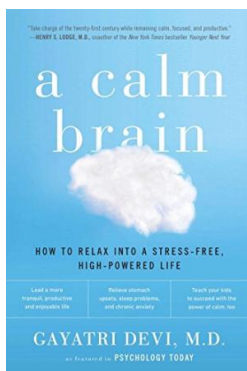


## A Calm Brain: How to Relax Into a Stress-Free, High-Powered Life



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