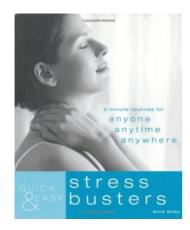
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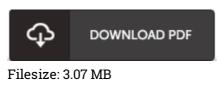
# QUICK AND EASY STRESS BUSTERS: 5-MINUTE EXERCISES FOR ANYONE, ANYTIME, ANYWHERE



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