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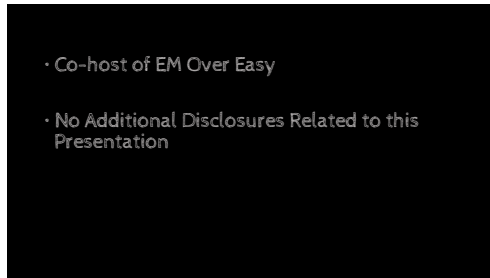
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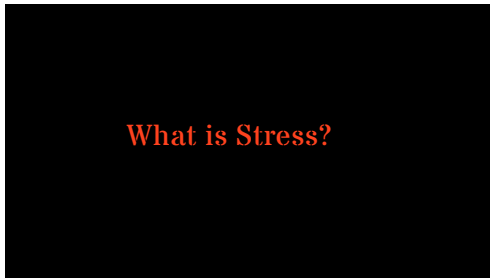
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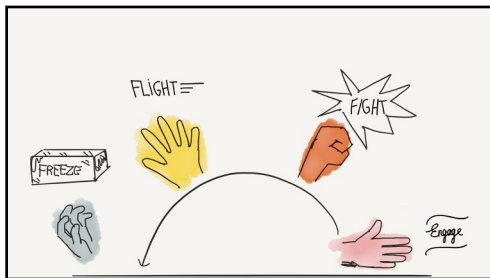
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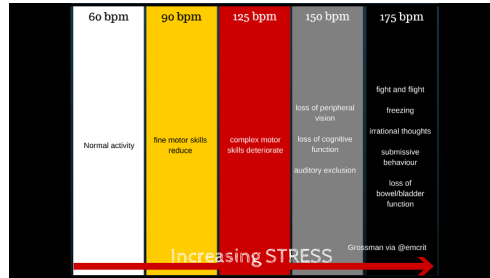
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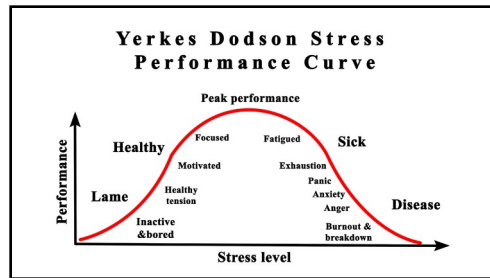
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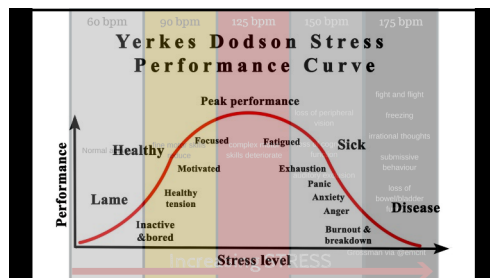
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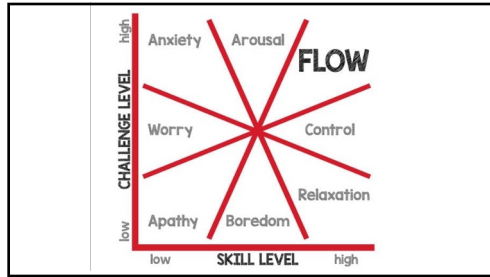
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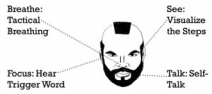
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**Beat the Stress Fool!**



**B** - Breathe  
**T** - Talk (Self)  
**S** - See (Mental Rehearsal)  
**F** - Focus with Trigger Word

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