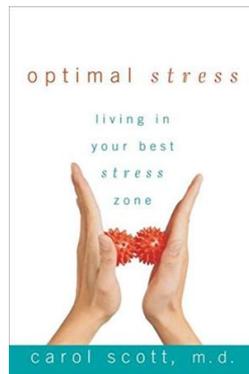


Optimal Stress: Living in Your Best Stress Zone



Book Review

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(Prof. Elwyn Boehm MD)

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