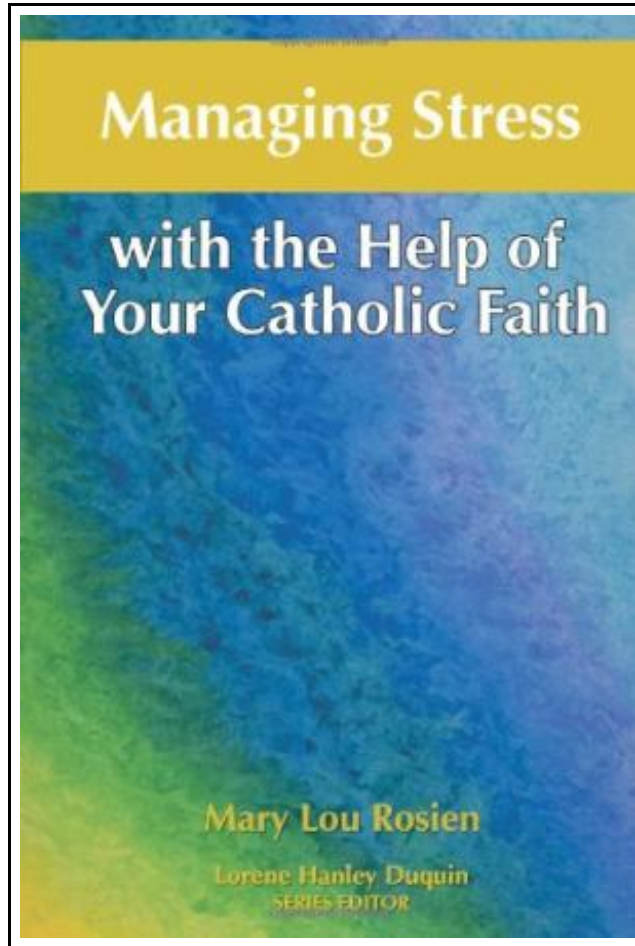


## Managing Stress with the Help of Your Catholic Faith



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