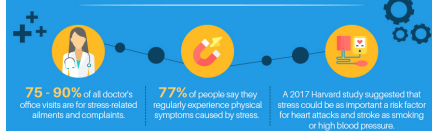
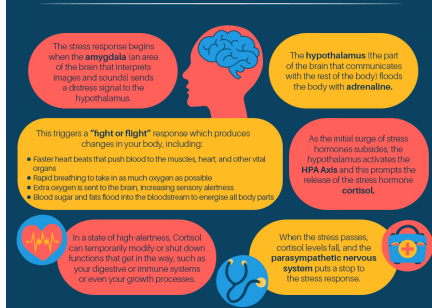


THE NEGATIVE HEALTH IMPACT OF STRESS

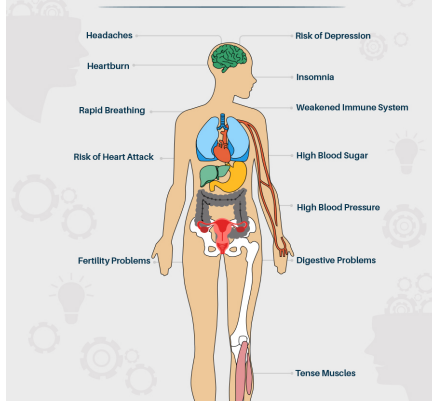
STRESS: A GLOBAL HEALTH EPIDEMIC



The Science of Stress: What Happens in Your Brain?



HOW STRESS AFFECTS THE BODY



THE DANGER OF CHRONIC STRESS



Ways to Reduce Stress in Your Life



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