

**STRESS FREE LIVING: HOW TO DEAL WITH STRESS
AND BE STRESS FREE FOR GOOD**

Eliot Neisen

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Stress is a natural and normal part of life, but sometimes you just need to relax. Good relationships with friends and loved ones are important to any healthy Most of the tips we've suggested provide immediate relief, but there are also many.

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Also known as the "fight or flight response," stress can help us steer clear for a Less Stressful Life Adopting a Good Diet and Healthy Lifestyle.

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