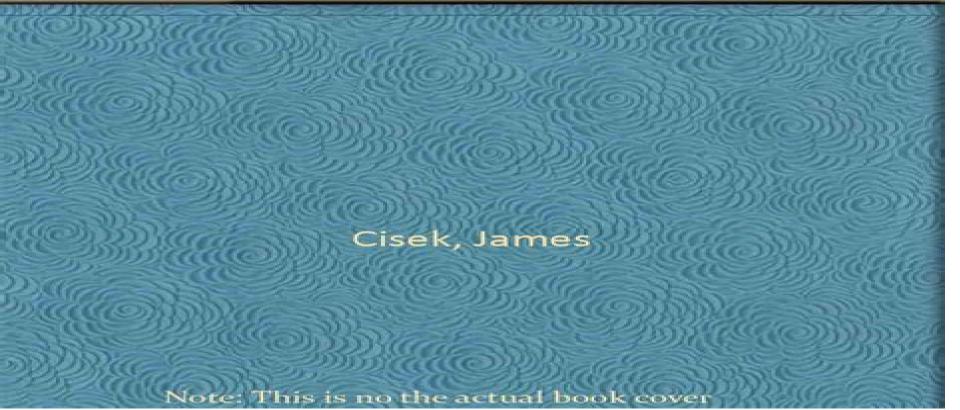
# Loosening Up: Getting Rid of Those Uptight Feelings



# **Loosening Up Getting Rid Of Those Uptight Feelings**

**Julia Schneider** 

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