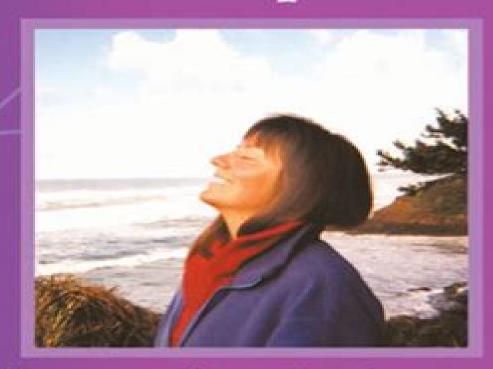
# Relaxation / Affirmation Techniques



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# **Relaxation Affirmation Techniques**

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