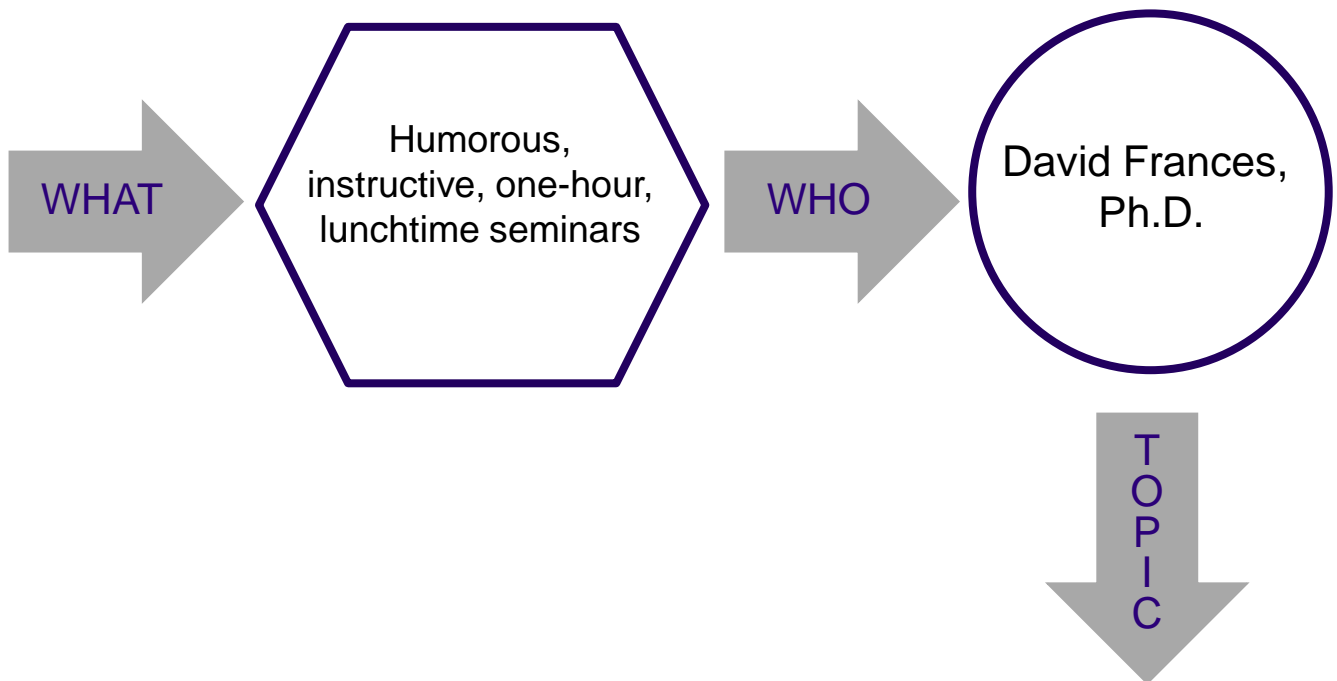




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Quadrant's Stress Management Seminar Series:

DEALING WITH STRESS BEFORE IT DEALS WITH YOU



PART 1

Stress Management Overview

PART 2

How to Unlearn the Worry Habit

PART 3

How to Get It Off Your Chest Respectfully

PART 4

Assessing What You Have to Do Now