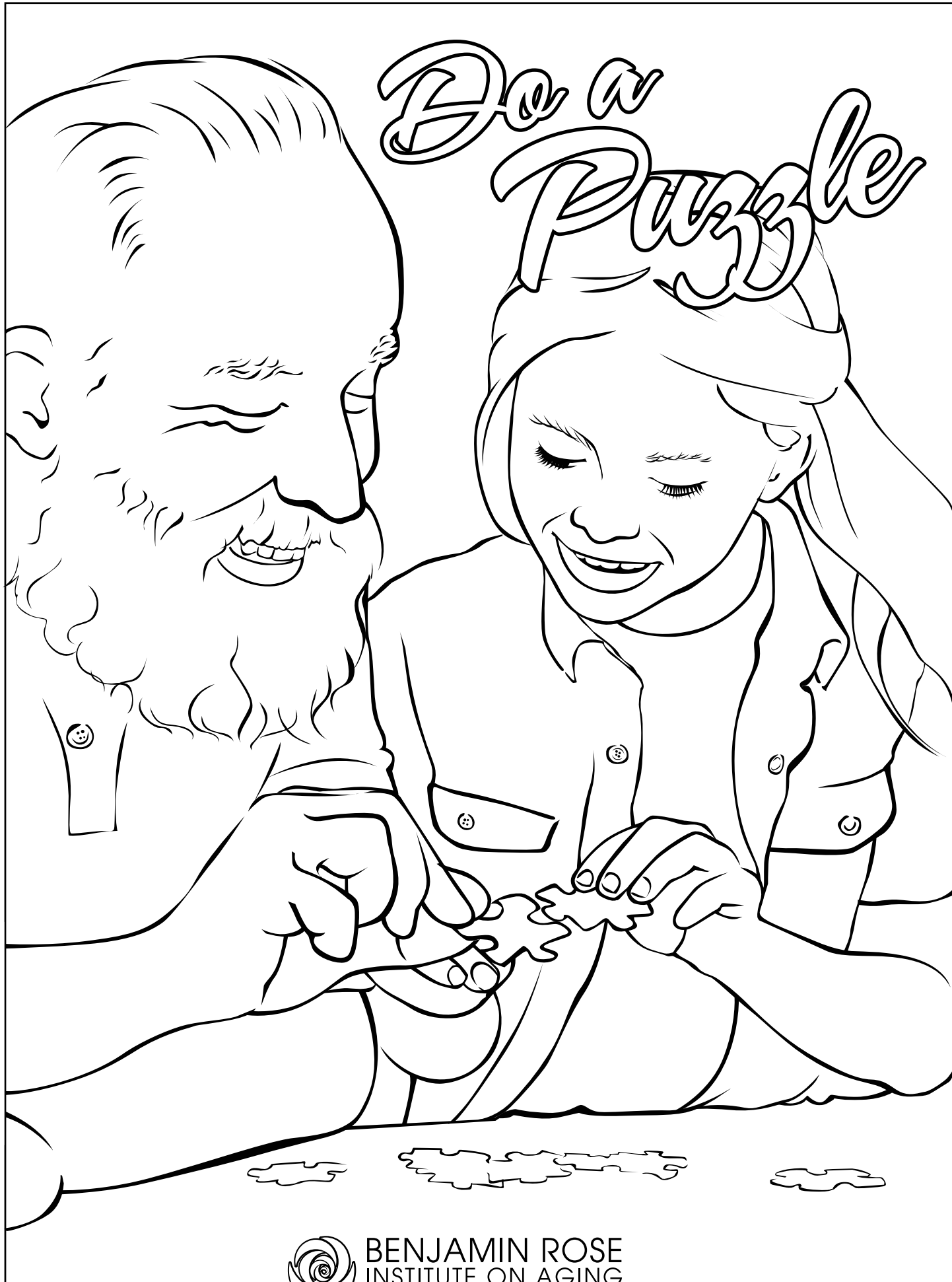


Take 30 minutes a day to do something that refreshes or re-energizes you.



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