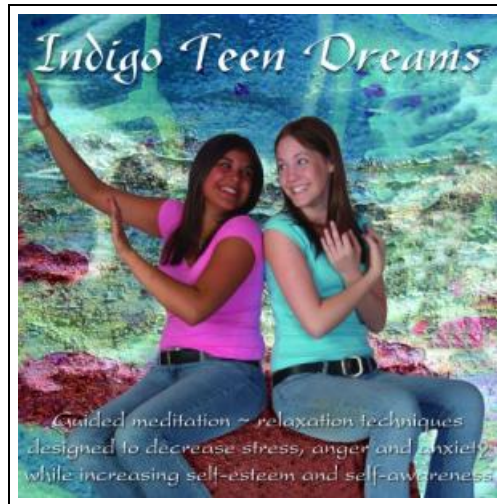


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INDIGO TEEN DREAMS: GUIDED MEDITATION--RELAXATION TECHNIQUES DESIGNED TO DECREASE STRESS, ANGER AND ANXIETY WHILE INCREASING SELF-ESTEEM AND SELF-AWARENESS

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