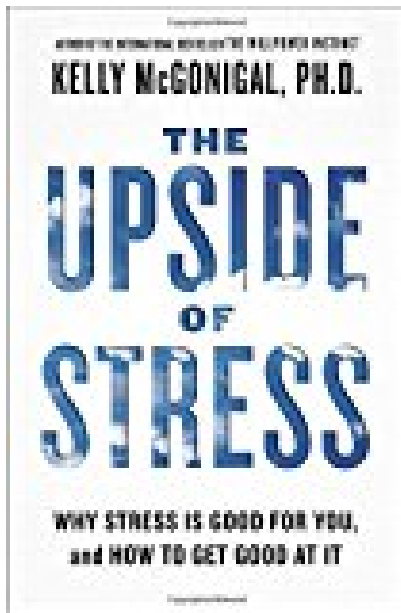


# The Upside of Stress Why Stress Is Good for You and How to Get Good at It

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## BOOK SYNOPSIS

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