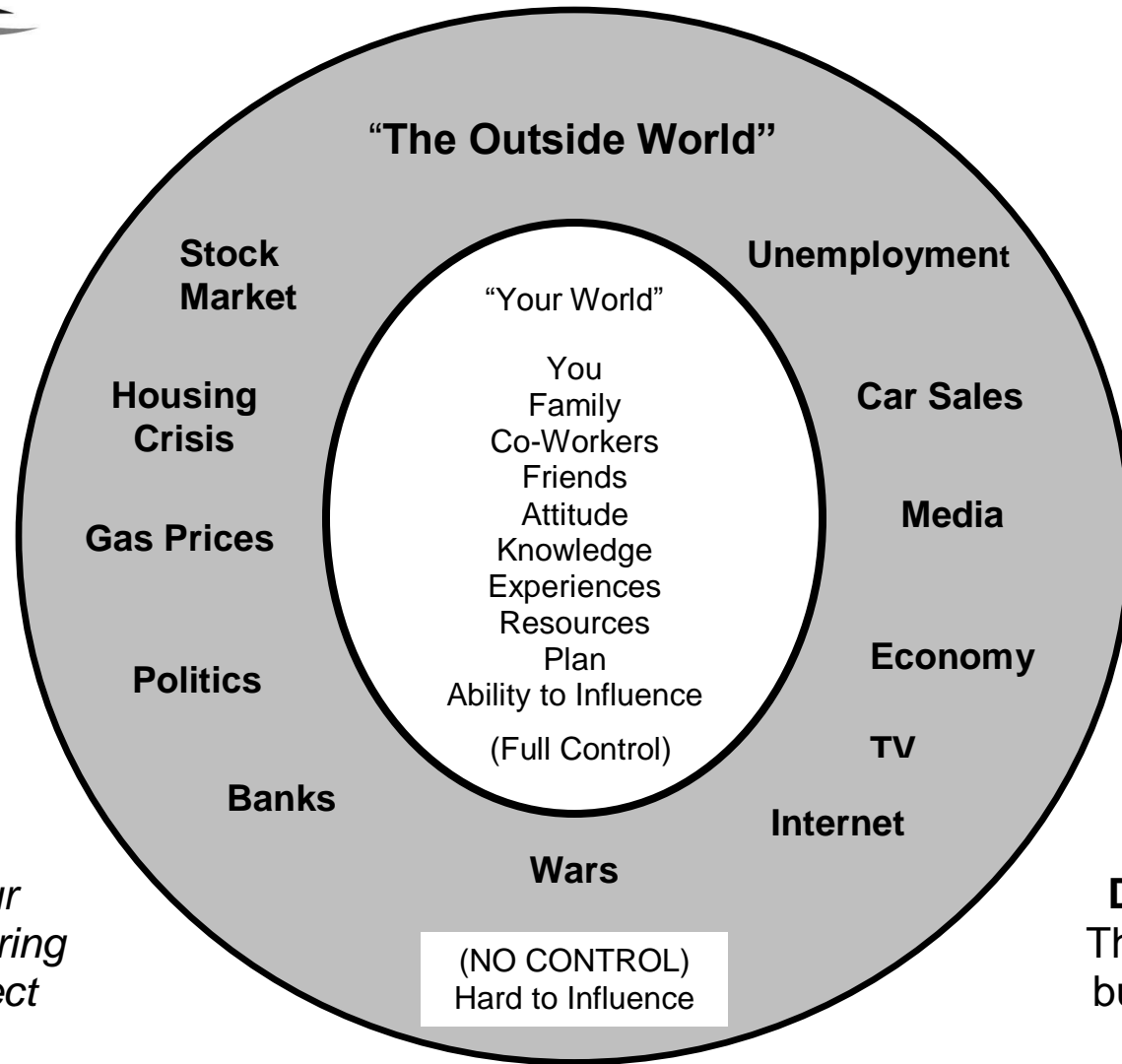




Two World System

Live it and Share it!

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Chose to control your stress levels by monitoring what you allow to affect “your world”

Definition of Stress:
Things you can't control but are troubling to you

***Focus your energy on what you can control
And minimize things that are out of your control!***