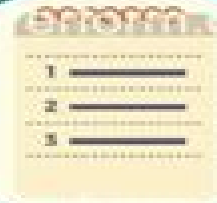


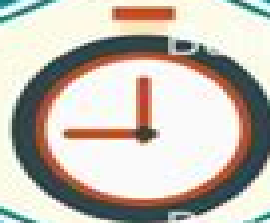
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Manage your time



Have some me time



Learn to say no



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