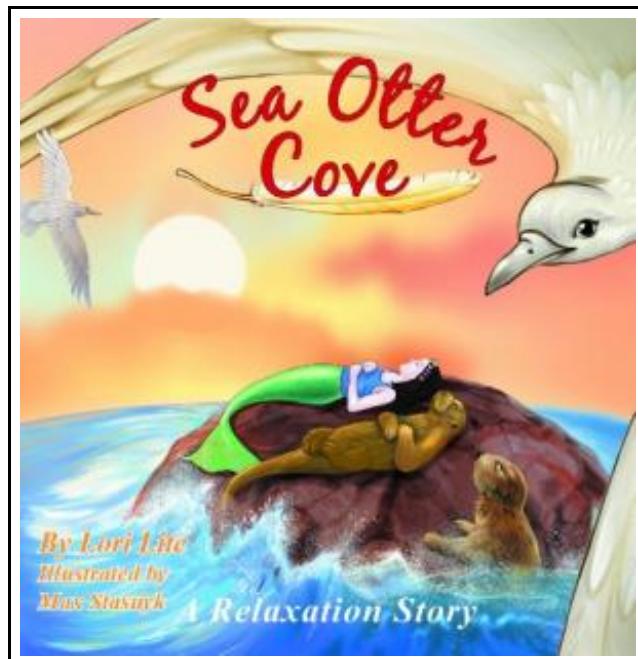


## Sea Otter Cove: A Relaxation Story, Introducing Deep Breathing to Decrease Anxiety, Stress and Anger While Promoting Peaceful Sleep



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