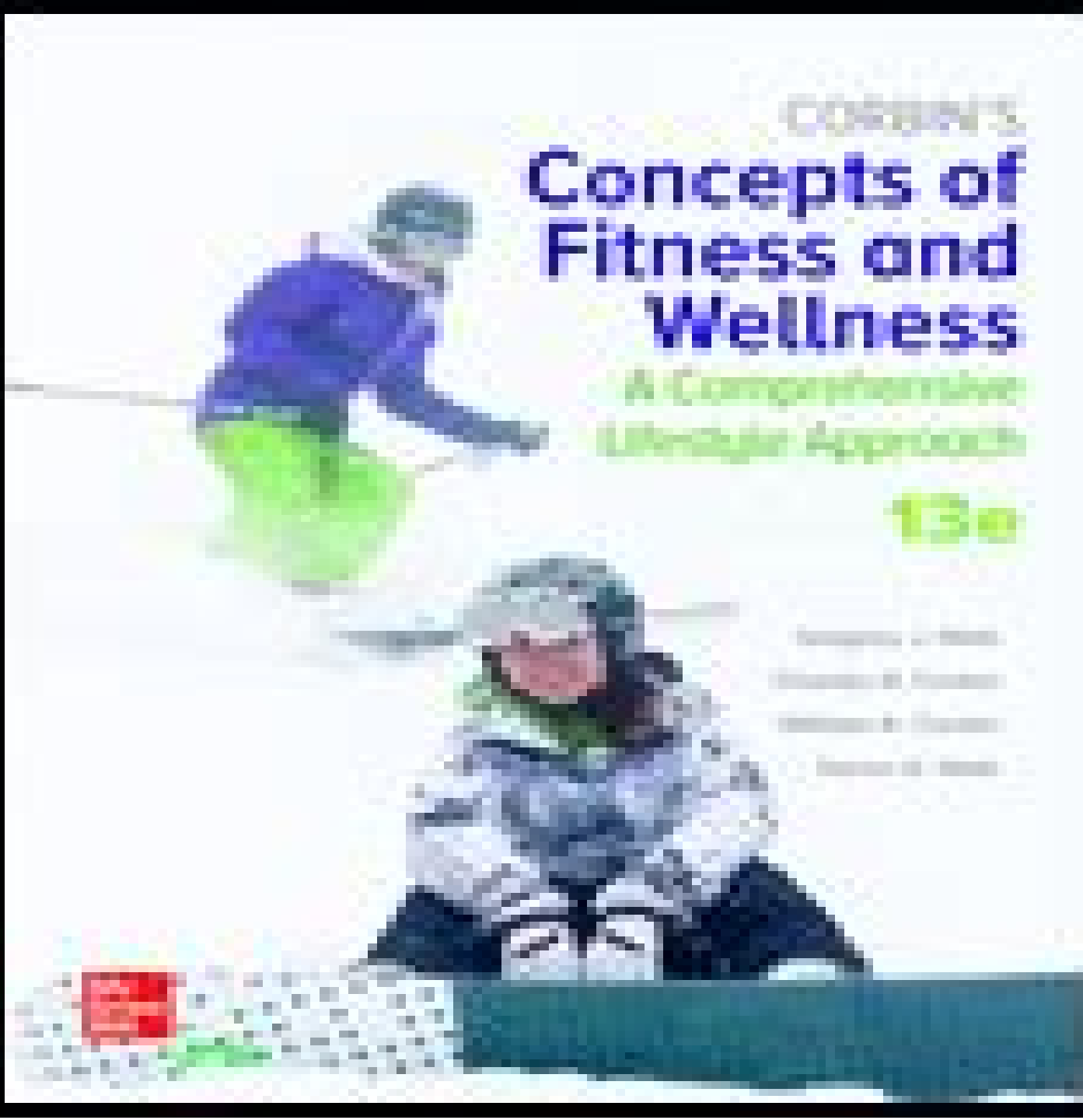




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and self regulation into a practical framework that enhances physical emotional mental and social health Understand yourself better Communicate more effectively Manage stress and emotions Build healthier relationships Adapt to challenges with resilience *Focus on Fitness* Tim Winslow, Kristine Noel Clark, North Carolina State University Staff, 2009-12-15

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