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## **From Stress to Stillness: Tools for Inner Peace: Lake ...**

Stress is natural and necessary. It is not unhealthy. What is unhealthy is continually staying in a state of stress. So, how do we adapt and respond? All of these changes may be an invitation for us to seek stability, solid ground, and deep inner stillness. There are many resources and tools available to help us alleviate stress and find peace.

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