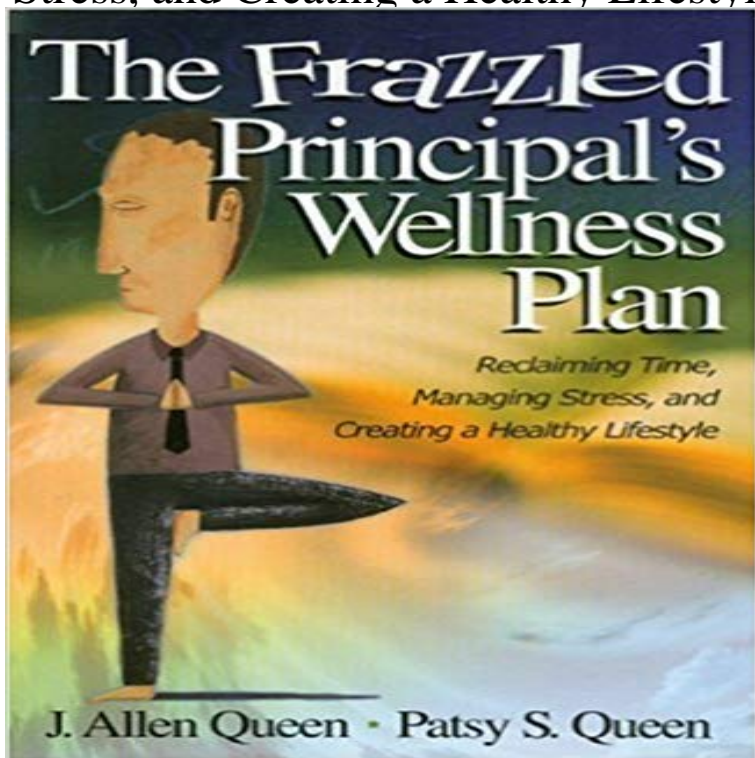


# The Frazzled Principals Wellness Plan: Reclaiming Time, Managing Stress, and Creating a Healthy Lifestyle



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