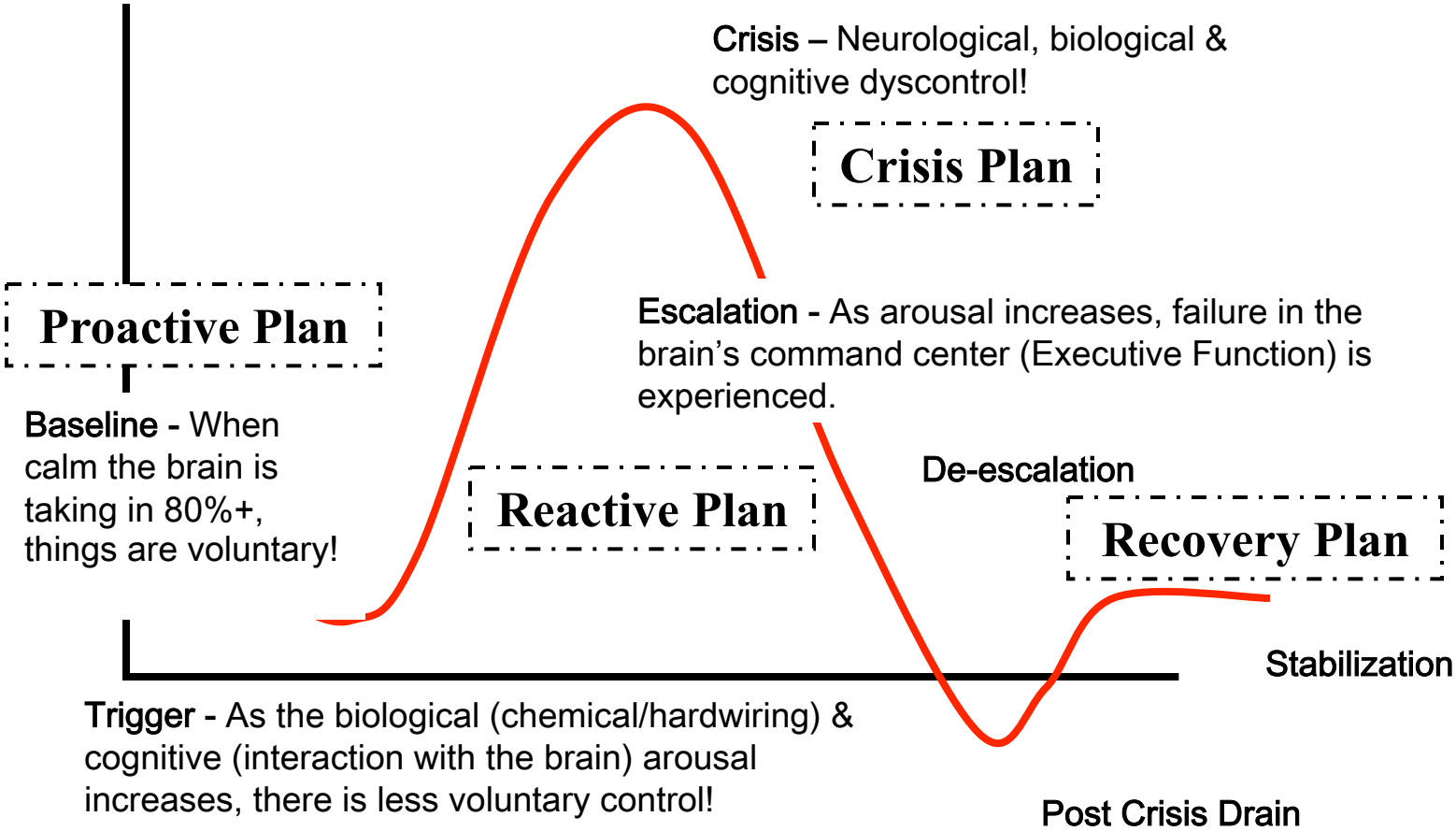
Crisis Cycle

We usually don't feel stress building up. It is silent.



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