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Results: We Identified 103 Studies Published Between 1990 And 2016, 46 Of Which Met Our Inclusion Criteria And Were Further Analyzed. Based On The Evidence Reviewed, HRV, Multimodal Biofeedback, RSP, HR, And GSR Appear To Be The Most Common Techniques For Alleviating Stress. Tradit Jun 2th, 2024

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The Mindful Edge - Mindfulness Everyday

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