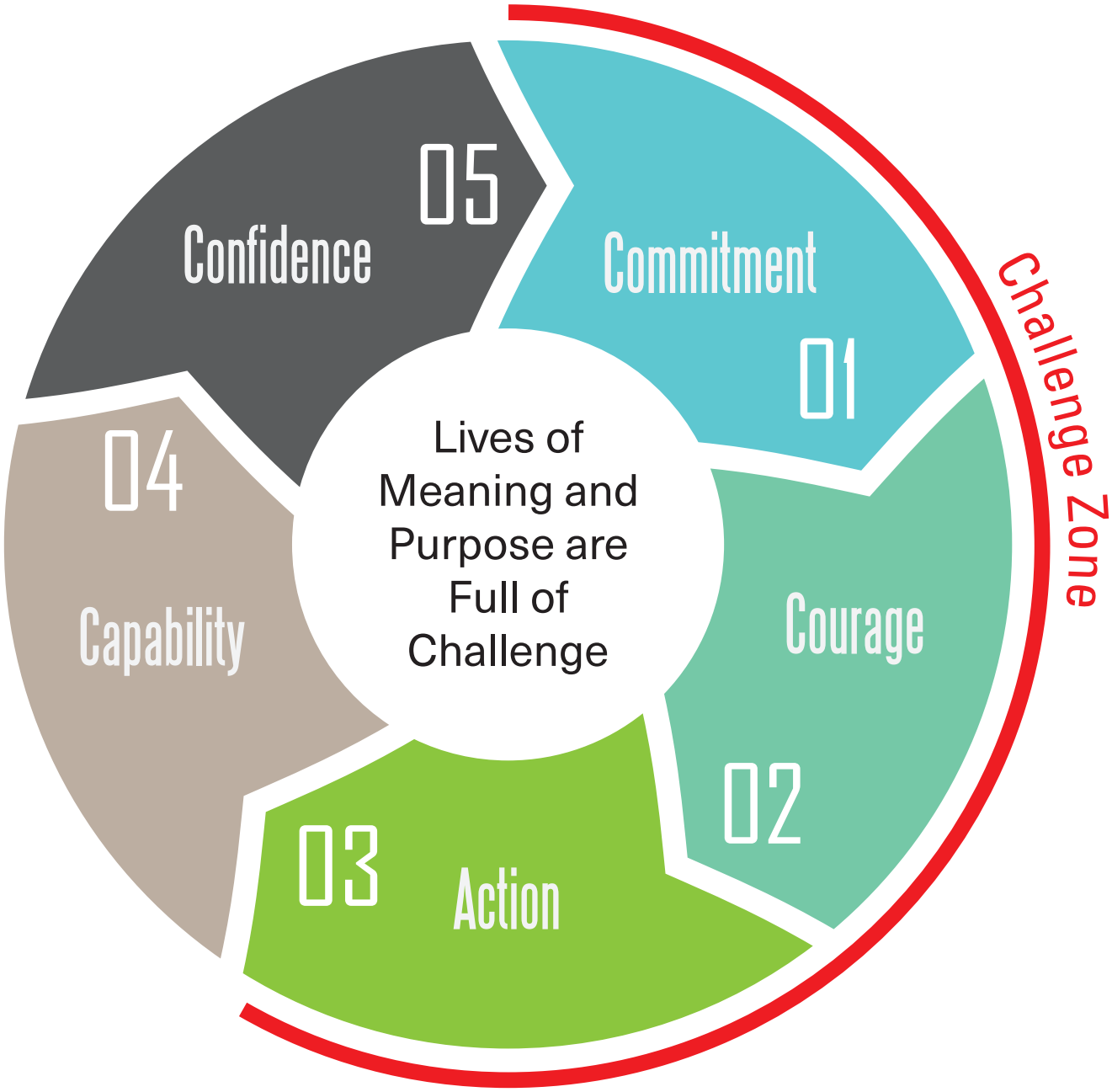
THE STRESS ADVANTAGE

Understanding the Learning Curve