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scrutinize that stress, to excavate its roots, and to learn if a way out of it may be brought to light. "Getting Out of the Gauntlet" first appeared in the spring 2020 print edition of The Communiqué. To view the edition in full, please [click here](#).

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## Getting Out of the Gauntlet: Cresskill's Culture of Stress

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walk. It does wonders for the stress levels. For me, if I can get near water it's an extra little oomph.

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