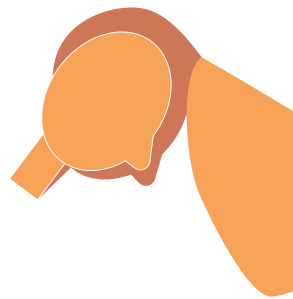




Tech neck and how to avoid it



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Try these stretches:

