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you may leak urine if you cough or sneeze, and also experience very intense urges to pass urine. Overflow incontinence. Overflow incontinence, also called chronic urinary retention, is when the bladder cannot completely empty when you pass urine.

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Practicing meditation has proven to relieve stress remarkably. Various meditation patterns can help you get rid of stress and calm your mind for better focus and clear thinking. You can practice either of meditation such as Zen, Tibetan, Transcendental Meditation (TM) irrespective of your religious affiliation.

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