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Pussy Riot’s Nadya Tolokonnikova Shares 5 Quarantine Tips

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Quarantine is getting to the best of us.

Luckily Pussy Riot's Nadya Tolokonnikova is here to share five strategies for survival she learned from her time in a Russian prison to help you get through these long and gloomy days.

From reading books to exercising, every little bit helps!

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