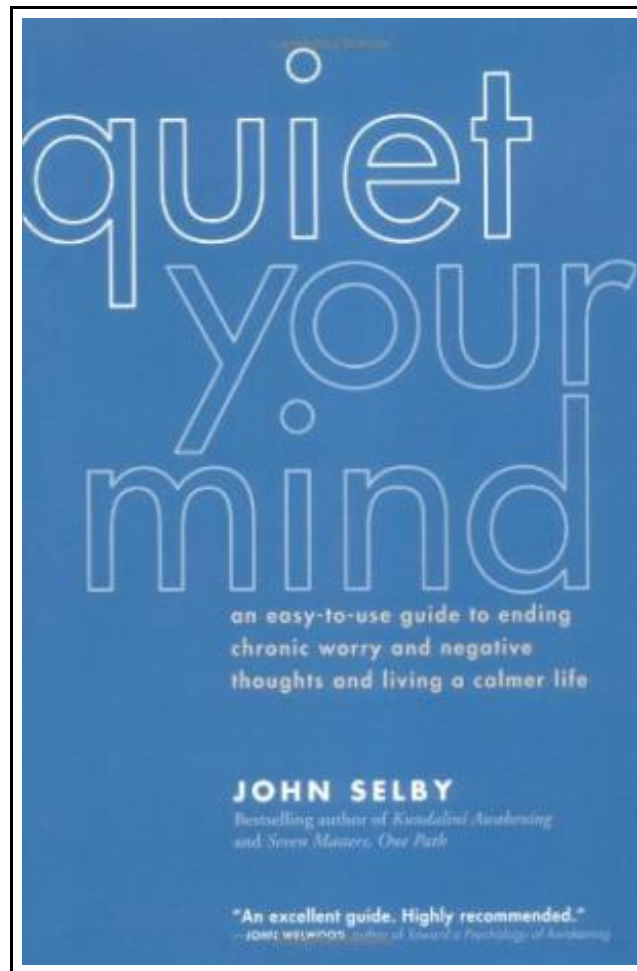


## Quiet Your Mind: An Easy-to-Use Guide to Ending Chronic Worry and Negative Thoughts and Living a Calmer Life



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