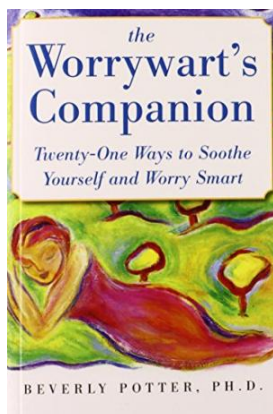


WORRYWART'S COMPANION: TWENTY-ONE WAYS TO SOOTHE YOURSELF AND WORRY SMART



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