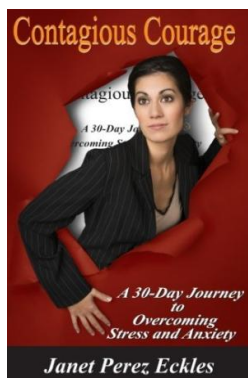


## Contagious Courage: A 30-Day Journey to Overcoming Stress and Anxiety



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