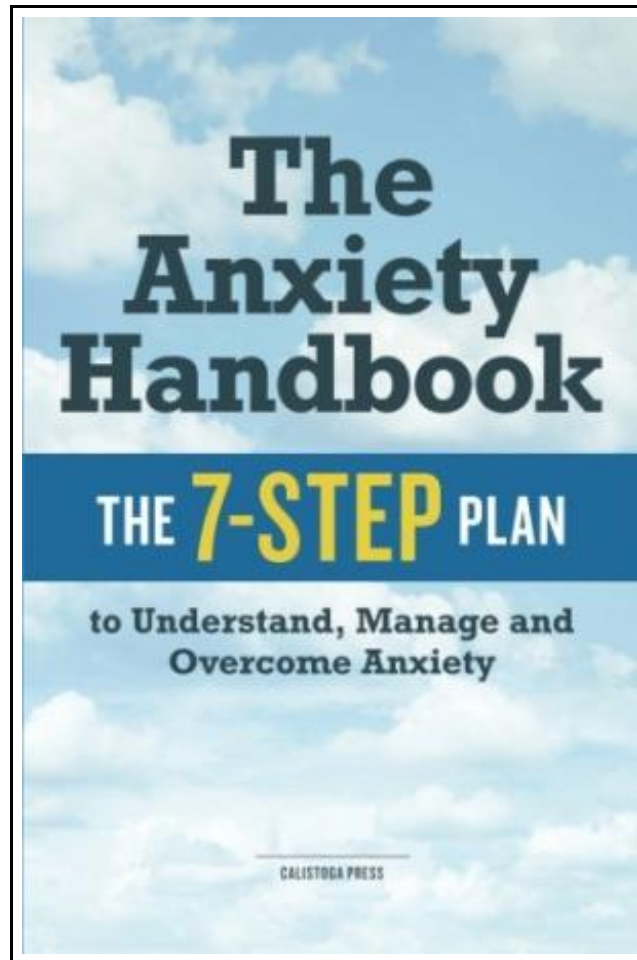


## The Anxiety Handbook The 7-Step Plan to Understand, Manage, and Overcome Anxiety



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