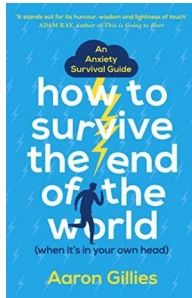


How to Survive the End of the World (When it's in Your Own Head): An Anxiety Survival Guide



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