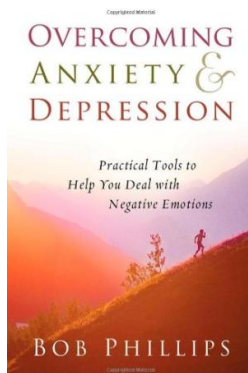


## Overcoming Anxiety and Depression: Practical Tools to Help You Deal with Negative Emotions



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