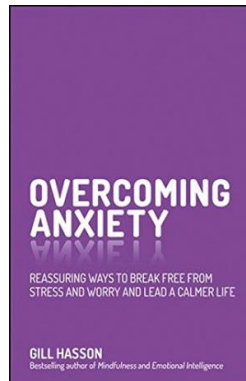


## Overcoming Anxiety: Reassuring Ways to Break Free from Stress and Worry and Lead a Calmer Life



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