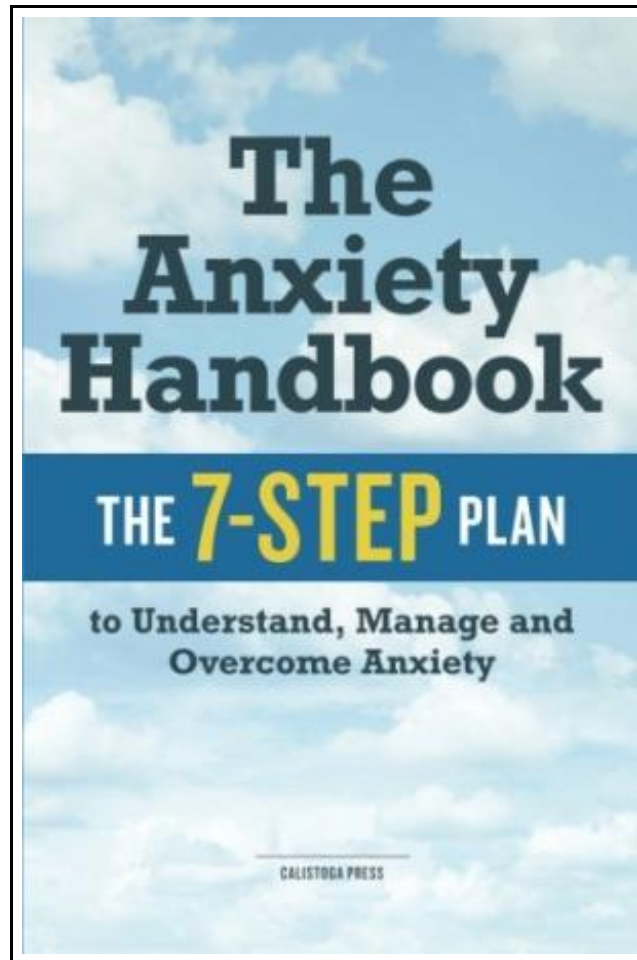


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THE ANXIETY HANDBOOK THE 7-STEP PLAN TO UNDERSTAND, MANAGE, AND OVERCOME ANXIETY




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