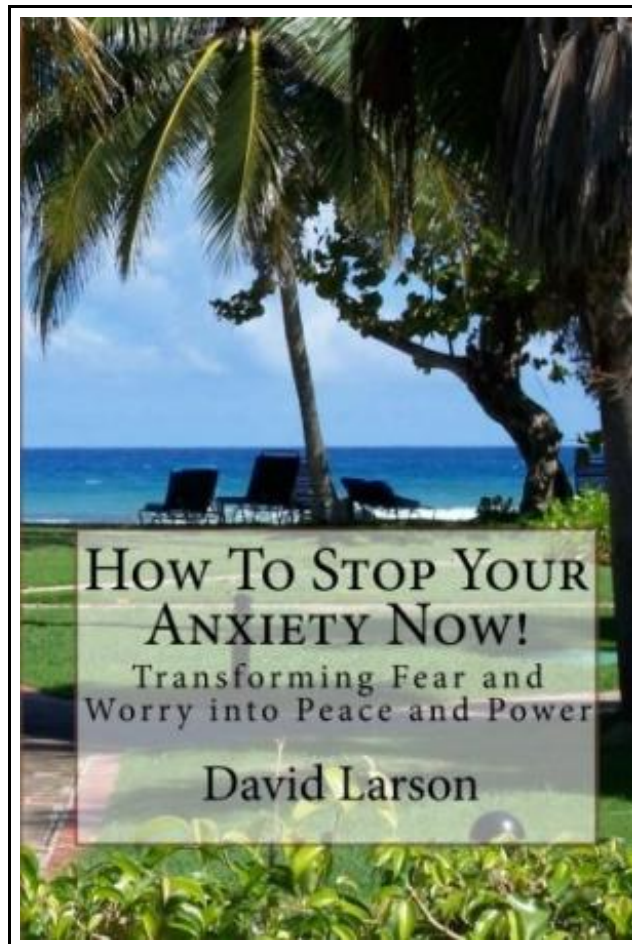


## How to Stop Your Anxiety Now: Transforming Fear and Worry Into Peace and Power



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