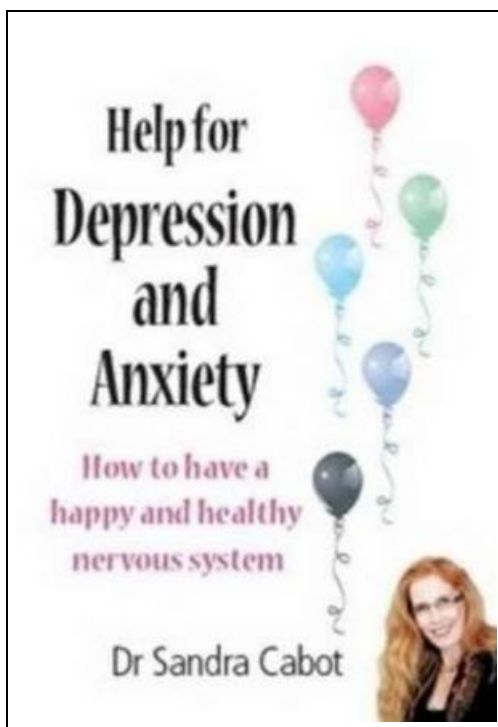


## Help for Depression and Anxiety: How to Have a Happy and Healthy Nervous System



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