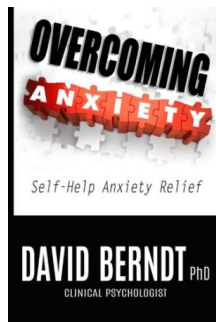


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## OVERCOMING ANXIETY: SELF-HELP ANXIETY RELIEF



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