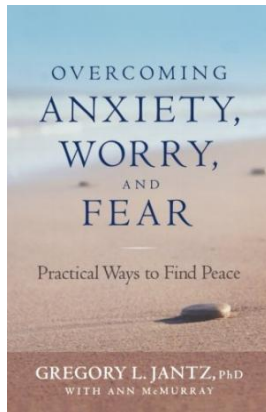


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OVERCOMING ANXIETY, WORRY, AND FEAR: PRACTICAL WAYS TO FIND PEACE



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