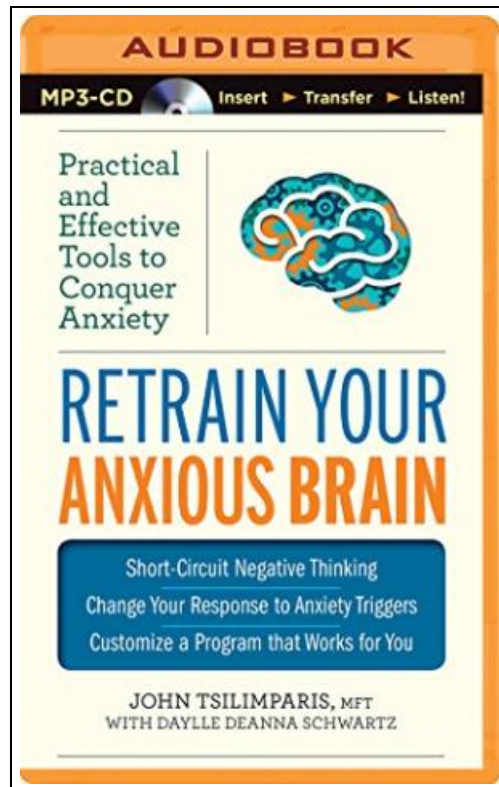


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RETRAIN YOUR ANXIOUS BRAIN: PRACTICAL AND EFFECTIVE TOOLS TO CONQUER ANXIETY



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