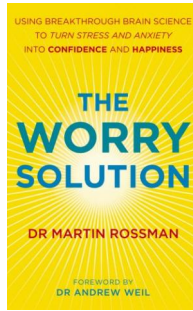


## The Worry Solution: Using Breakthrough Brain Science to Turn Stress and Anxiety into Confidence and Happiness



### Book Review

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