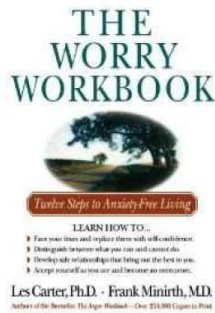


The Worry Workbook: Twelve Steps to Anxiety-Free Living



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