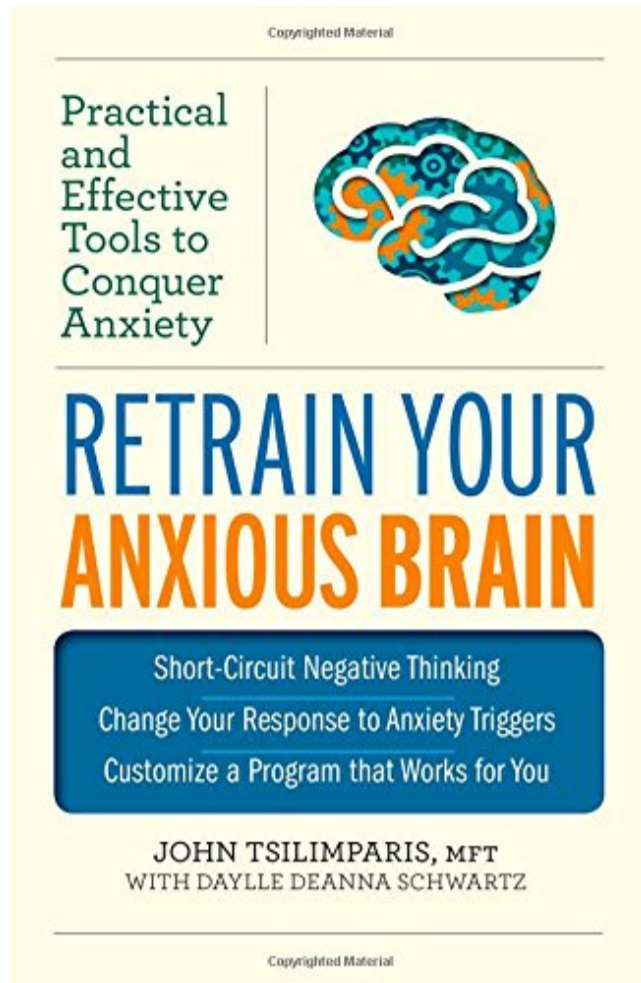


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## Retrain Your Anxious Brain: Practical and Effective Tools to Conquer Anxiety



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