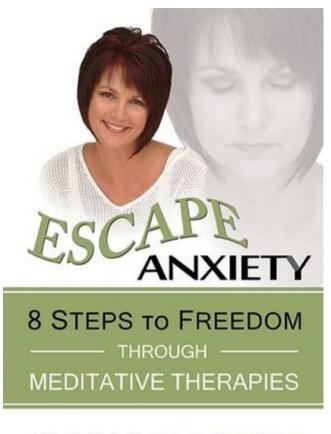
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Escape Anxiety: 8 Steps to Freedom Through Meditative Therapies



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