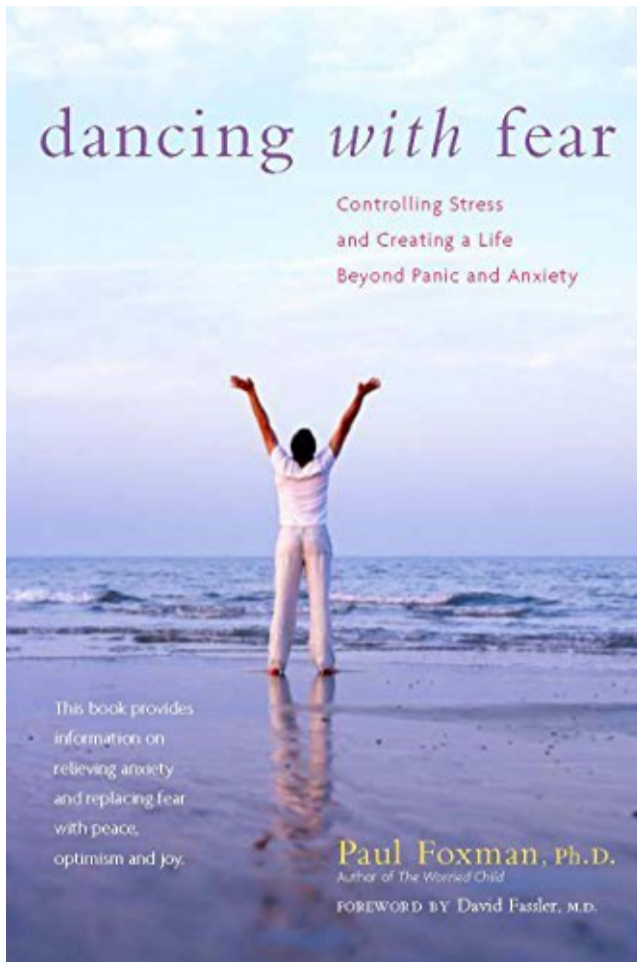


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## Dancing with Fear: Controlling Stress and Creating a Life Beyond Panic and Anxiety



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