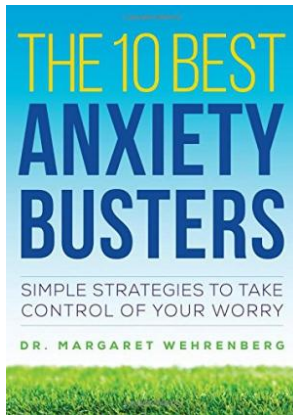


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## THE 10 BEST ANXIETY BUSTERS: SIMPLE STRATEGIES TO TAKE CONTROL OF YOUR WORRY



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