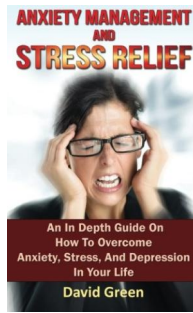


## Anxiety Management and Stress Relief: An in Depth Guide on How to Overcome Anxiety, Stress, and Depression in Your Life



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