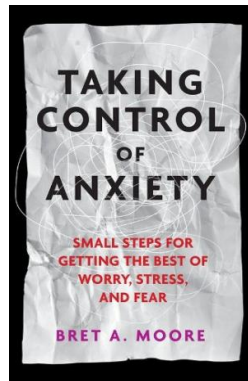


## Taking Control of Anxiety: Small Steps for Getting the Best of Worry, Stress, and Fear



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