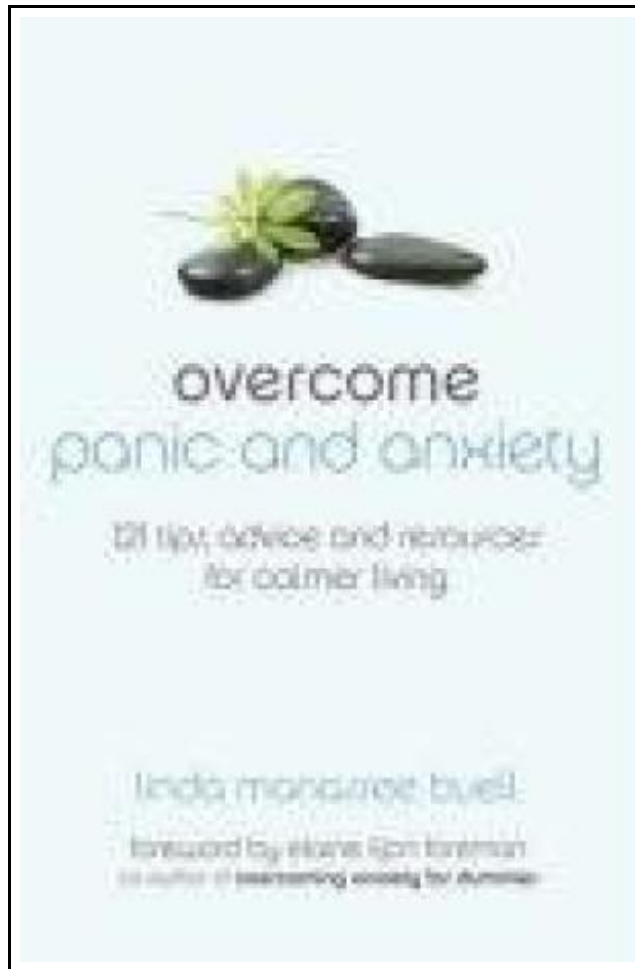


Overcome Panic and Anxiety: 121 Tips, Advice and Resources for Calmer Living



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