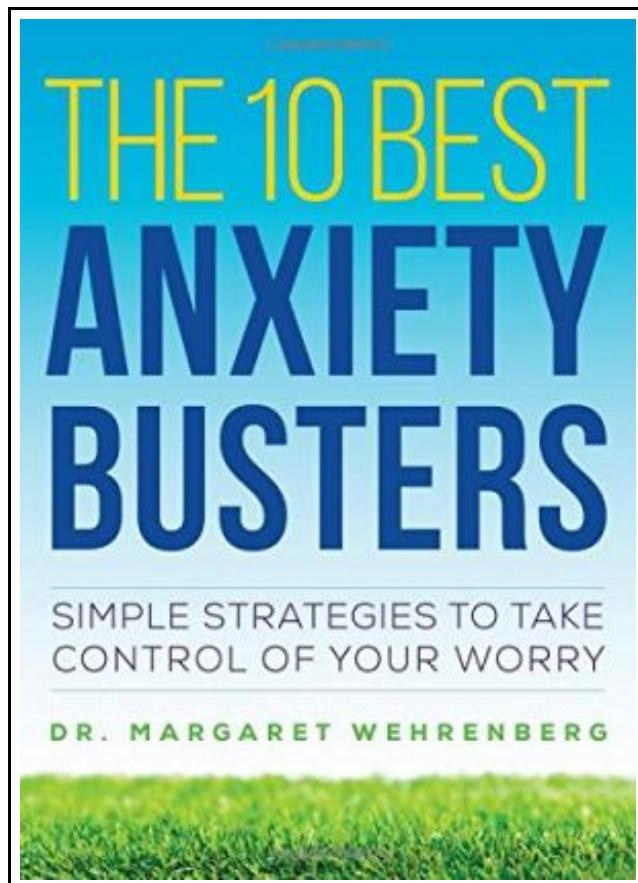


## The 10 Best Anxiety Busters: Simple Strategies to Take Control of Your Worry



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