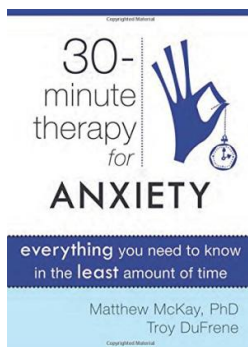


Thirty-Minute Therapy for Anxiety: Everything You Need to Know in the Least Amount of Time



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