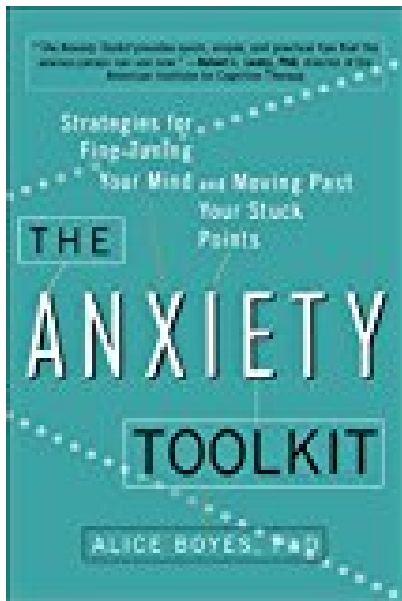


The Anxiety Toolkit Strategies for Fine-Tuning Your Mind and Moving Past Your Stuck Points



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