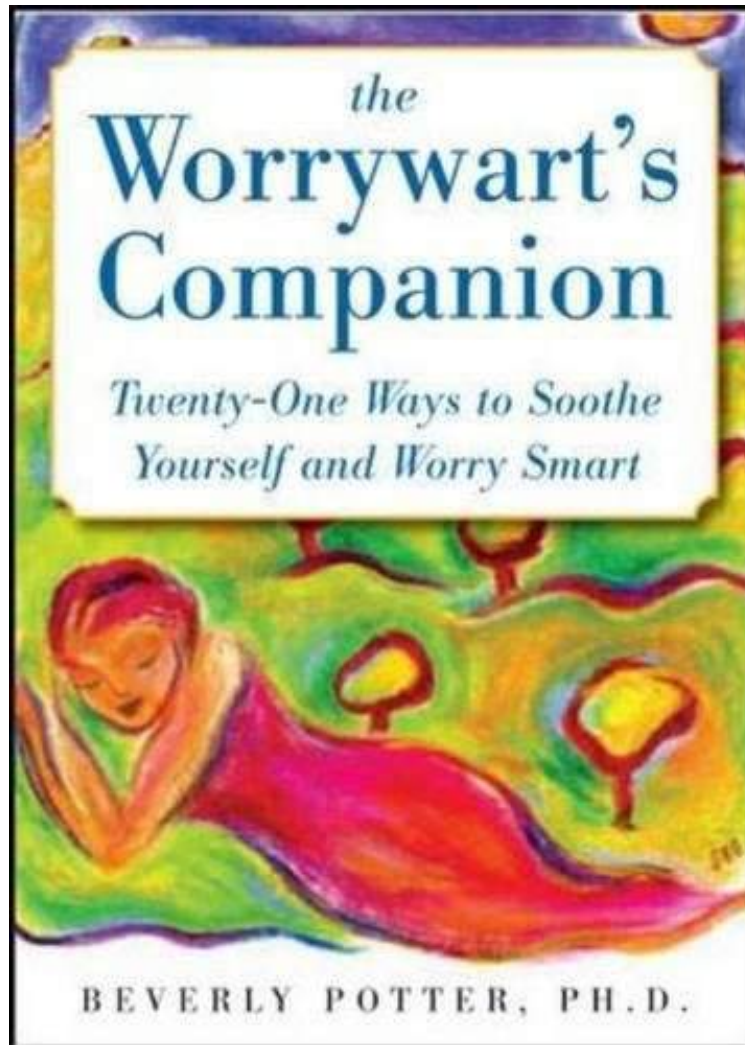


The Worrywart's Companion: Twenty-One Ways to Soothe Yourself and Worry Smart

By Beverly Potter Dr.

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