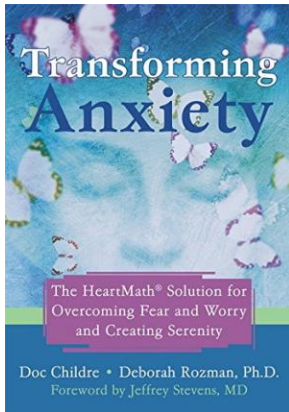


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## TRANSFORMING ANXIETY: THE HEARTMATH SOLUTION FOR OVERCOMING FEAR AND WORRY AND CREATING SERENITY



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