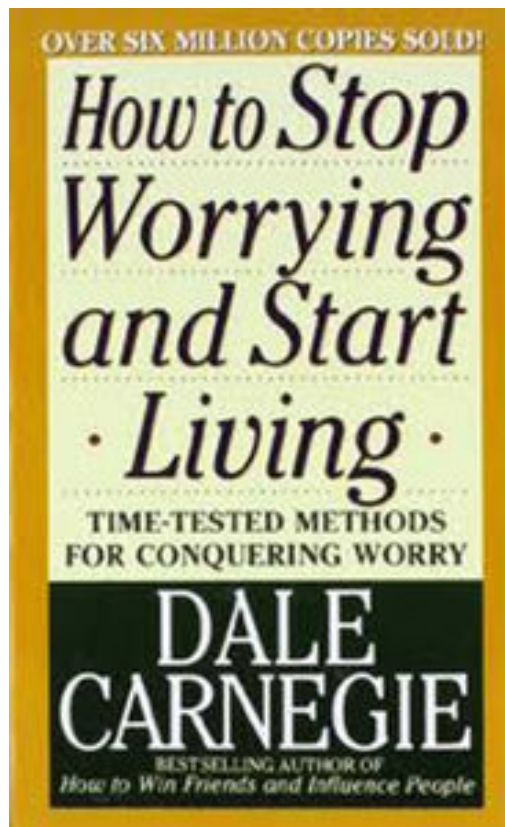

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DISCOVER HOW TO:

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- Find yourself and be yourself -- remember there is no one else on earth like you!

Fascinating to read and easy to apply, *How to Stop Worrying and Start Living* deals with fundamental emotions and life-changing ideas. There's no need to live with worry and anxiety that keep you from enjoying a full, active life!

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