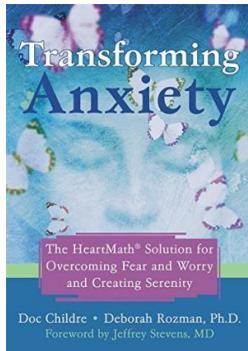


## Transforming Anxiety: The Heartmath Solution for Overcoming Fear and Worry and Creating Serenity



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