#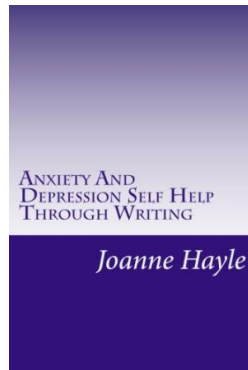 Anxiety and Depression Self Help Through Writing: How to Use Words During Tough Times to Be More Positive and See More Clearly (Paperback)

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