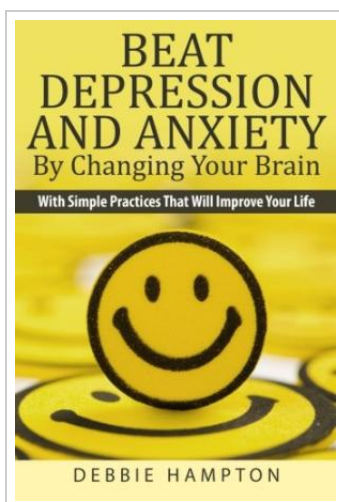




Beat Depression and Anxiety by Changing Your Brain: With Simple Practices That Will Improve Your Life

By Debbie Hampton

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