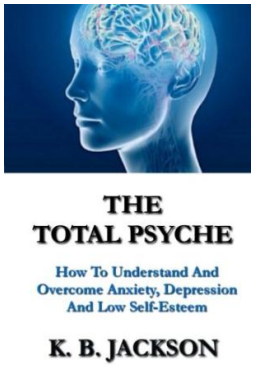
The Total Psyche How to Understand and Overcome Anxiety, Depression and Low Self-Esteem



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