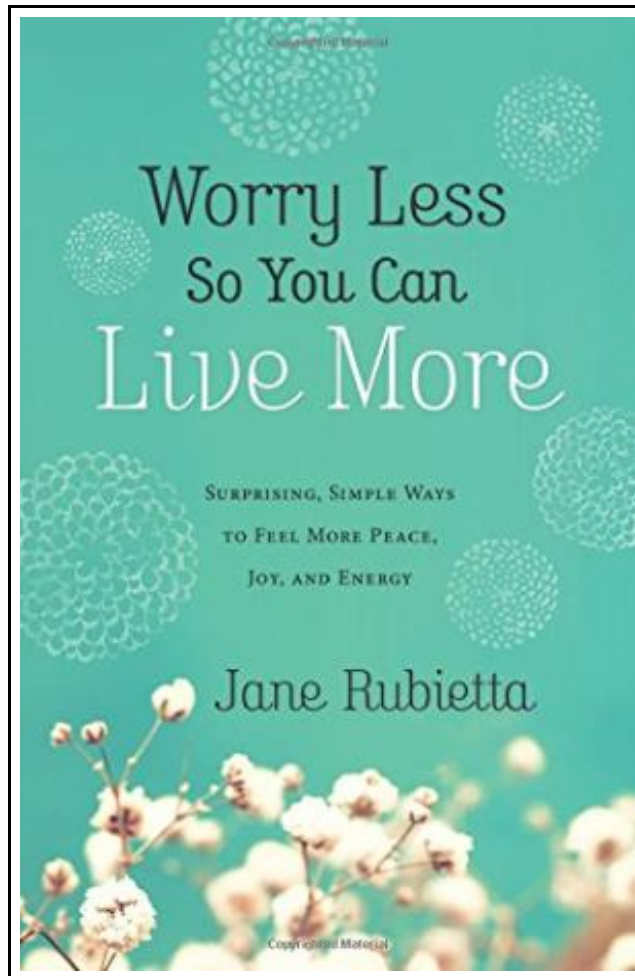


## Worry Less So You Can Live More: Surprising, Simple Ways to Feel More Peace, Joy, and Energy



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