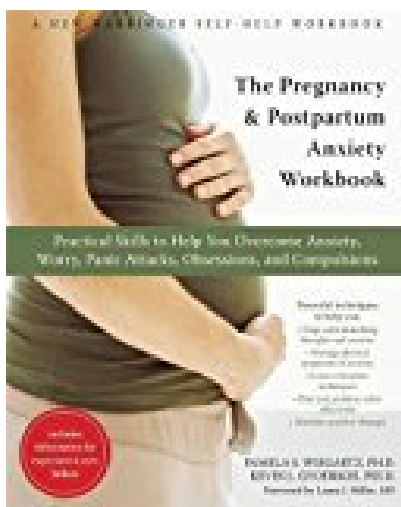


The Pregnancy and Postpartum Anxiety Workbook Practical Skills to Help You Overcome Anxiety Worry Panic Attacks Obsessions and Compulsions



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