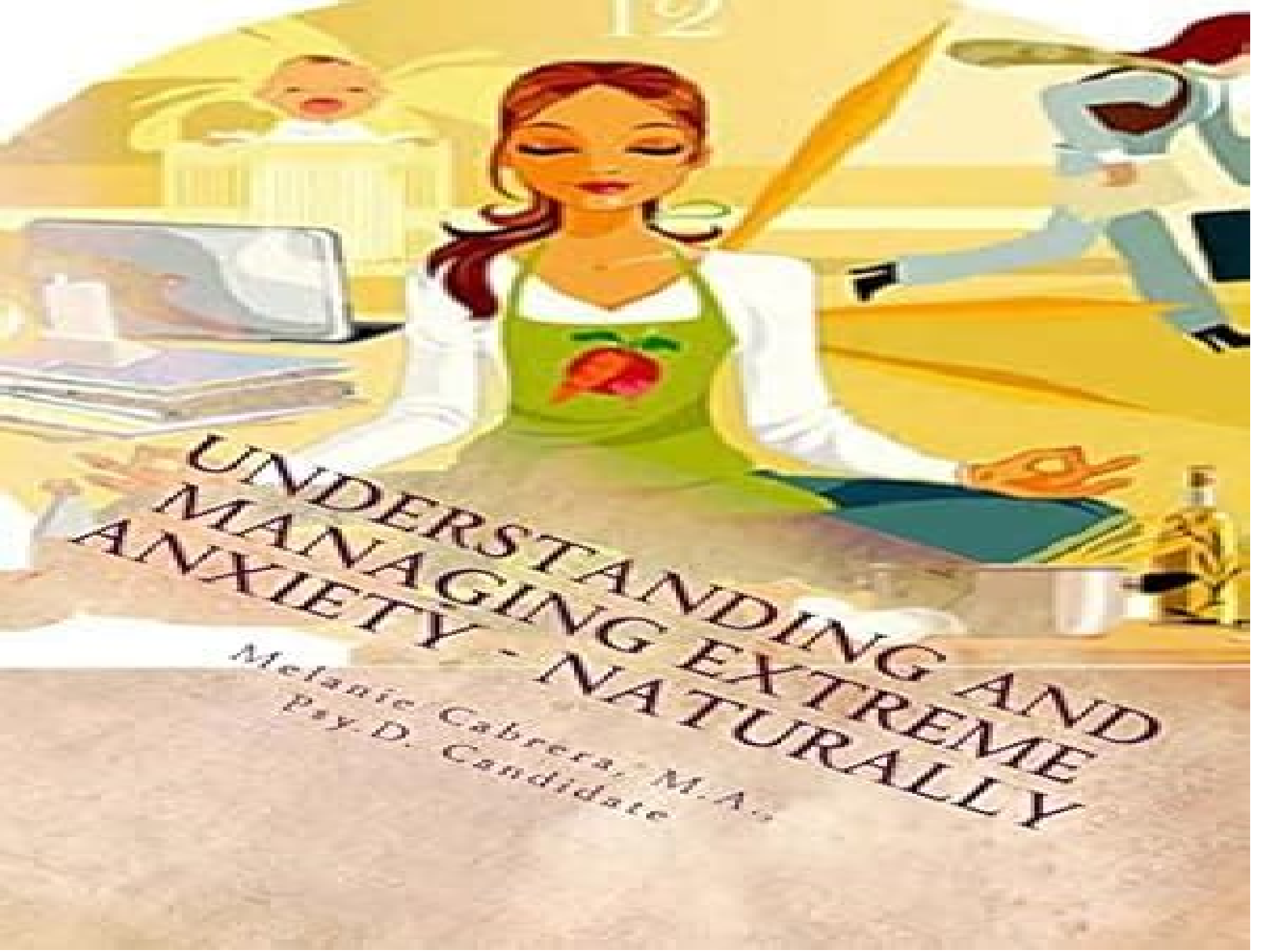


An illustration of a woman with long brown hair, wearing a green apron with a red fruit design over a white long-sleeved shirt, sitting cross-legged on a wooden floor in a meditative pose with her eyes closed. In the background, a baby is in a crib, a man is running, and there is a laptop and papers on a desk. The scene is set in a warm, yellow-toned room.

UNDERSTANDING AND MANAGING EXTREME ANXIETY - NATURALLY

Melanie Cabrera, M.A.,
Psy.D. Candidate

Understanding Managing Extreme Anxiety Naturally

Yicheng Fang



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