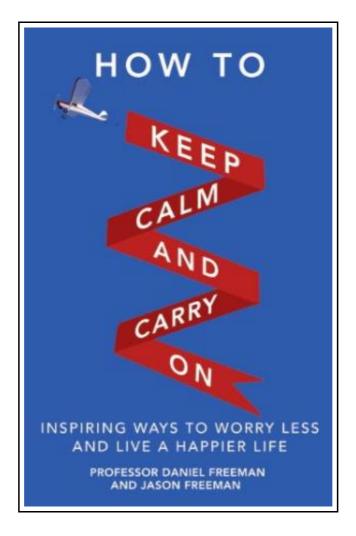
## How to Keep Calm and Carry On: Inspiring Ways to Worry Less and Live a Happier Life



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