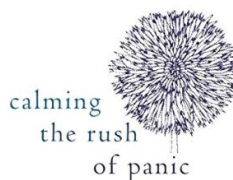


Calming the Rush of Panic: A Mindfulness-Based Stress Reduction Guide to Freeing Yourself from Panic Attacks and Living a Vital Life

A MINDFULNESS-BASED STRESS REDUCTION GUIDE
to freeing yourself from panic attacks
& living a vital life



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