

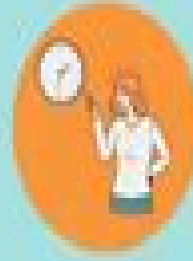
TOP 10 NATURAL HOME REMEDIES FOR ANXIETY



Meditation



Writing



Time
management



Exercises



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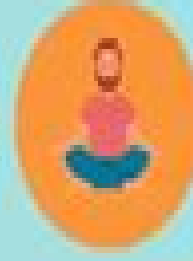
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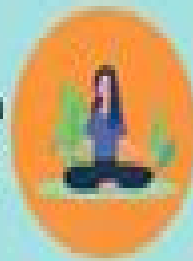
Aromatherapy



CBD Oil



Relaxation
Exercises



Other
Treatment



Anxiety Relief How To

Jin-Ying Zhang



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