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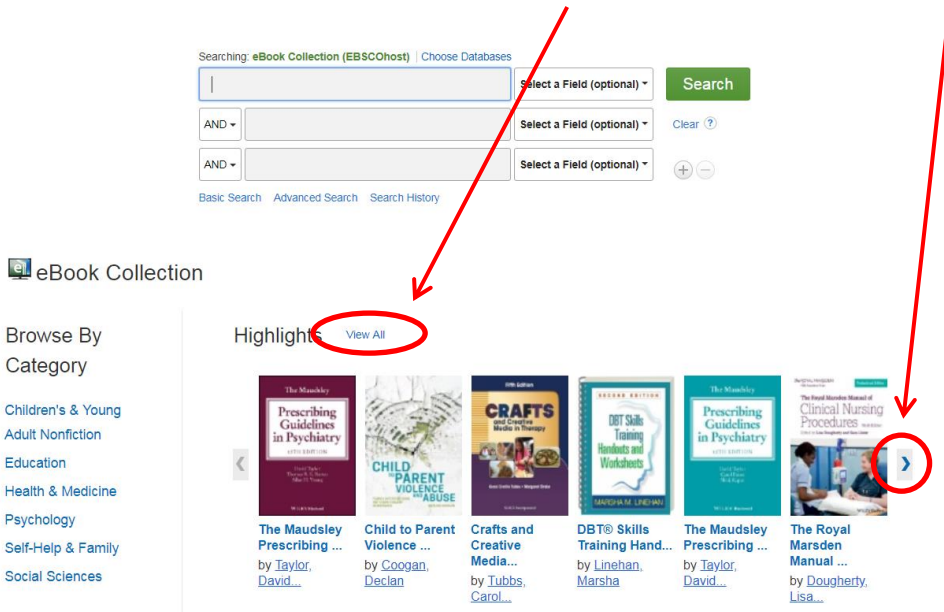
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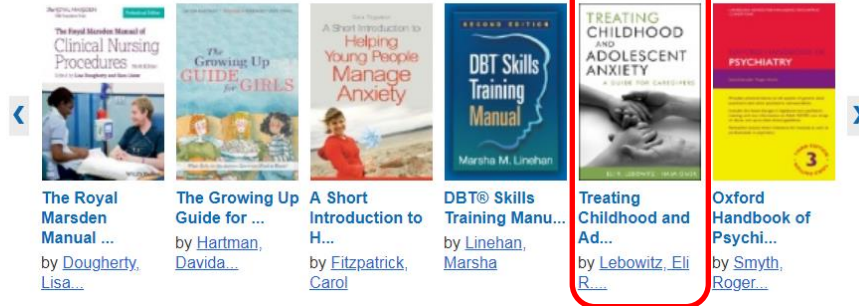


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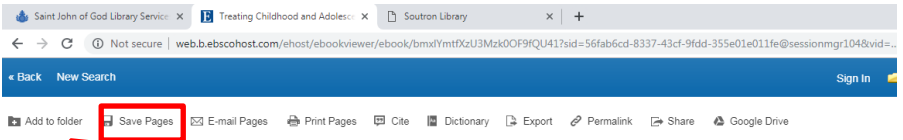
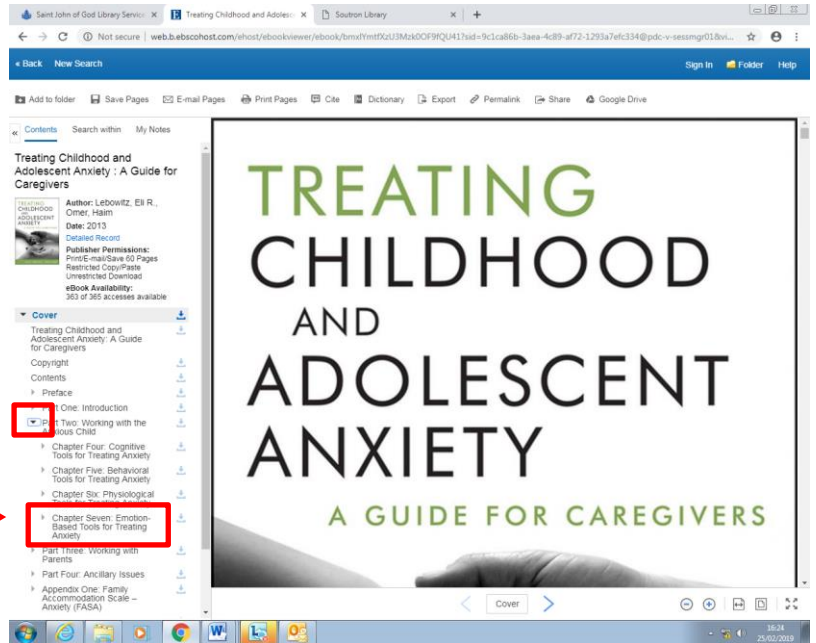


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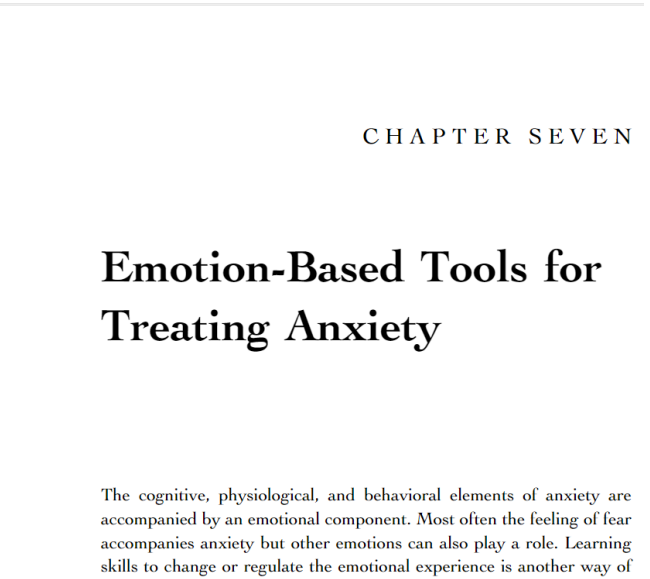
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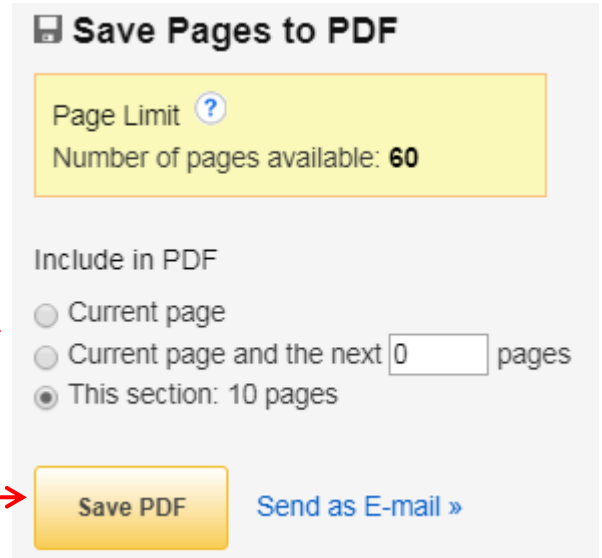


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The cognitive, physiological, and behavioral elements of anxiety are accompanied by an emotional component. Most often the feeling of fear accompanies anxiety but other emotions can also play a role. Learning skills to change or regulate the emotional experience is another way of

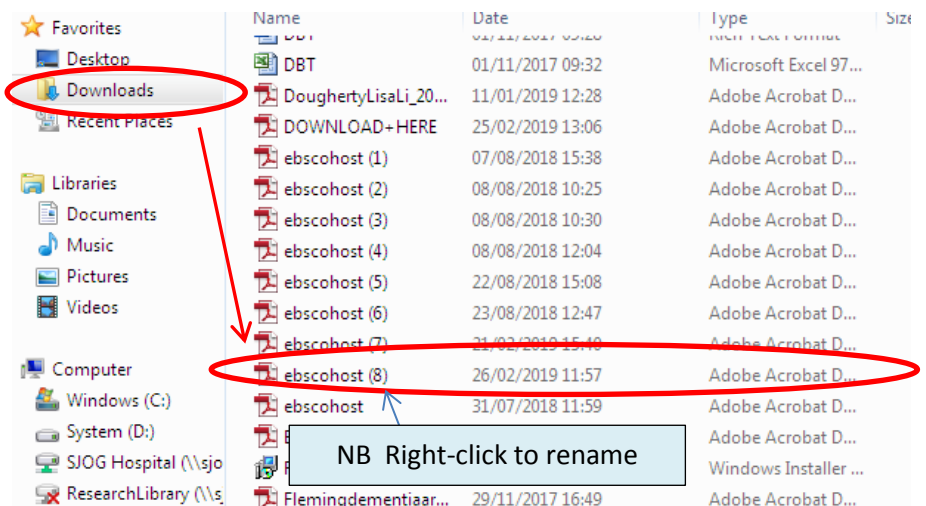
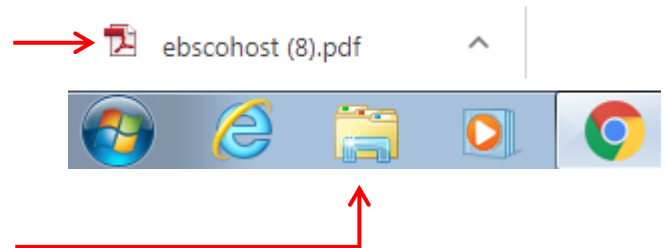
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