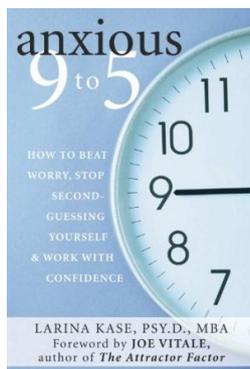


## Anxious 9 to 5: How to Beat Worry, Stop Second-guessing Yourself, and Work with Confidence



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