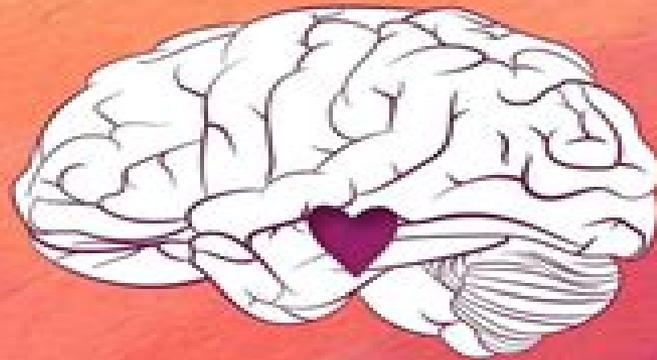


# TAMING YOUR AMYGDALA



Brain-Based Strategies  
to Quiet the Anxious Mind

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