

A hand is shown holding a thick, light-colored rope that is tied into a large, intricate knot on a sandy beach. The background is a soft, hazy sunset or sunrise over the ocean, with a warm, golden glow. The text 'Anxiety Relief Now' is overlaid on the right side of the image in a white, stylized font with a slight shadow.

Anxiety Relief Now

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Jicheng Xie



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