

A GUIDED WORKBOOK AND JOURNAL WITH PROMPTS TO CALM ANXIETY, RELIEVE STRESS, AND PRACTICE DAILY SELF-CARE

THE 12-WEEK  
*Anxiety*  
*Relief*

**WORKBOOK  
& JOURNAL**

**ROMA SHARMA**

# Anxiety Relief This Week Setup

**Sabine Zange**



**Anxiety Relief This Week Setup:**

Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Anxiety Relief This Week Setup** . In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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