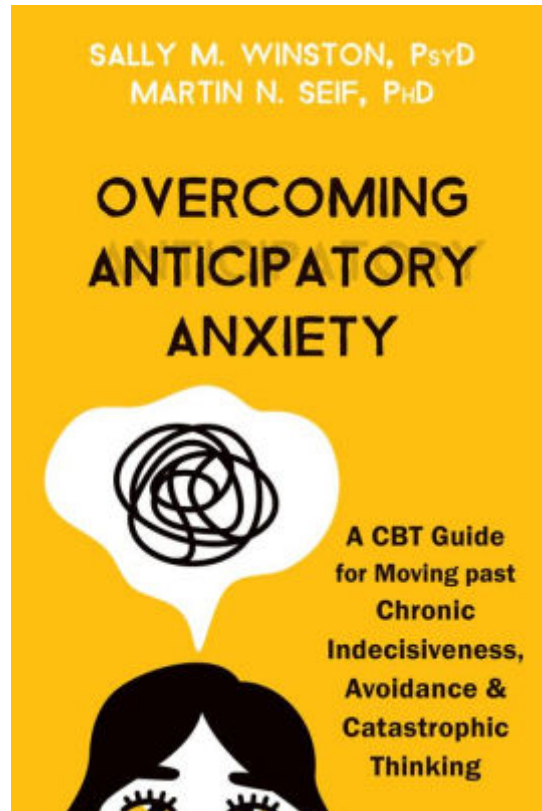


Overcoming Anticipatory Anxiety: A CBT Guide for Moving past Chronic Indecisiveness, Avoidance, and Catastrophic Thinking

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