

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**

# Cyber Week Anxiety Relief Last 90 Days

**Katrin Zwirgmaier**



**Cyber Week Anxiety Relief Last 90 Days:**

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