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# NOT TO WORRY!

## THE PHENOMENAL 6-DAY ANXIETY RELIEF PLAN

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TO ALL THOSE WILLING  
TO FOLLOW THE GOULDINGS'  
CLEAR INSTRUCTIONS..."

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*DARE TO CHANGE*

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A 100-  
QUESTION  
WORRY  
TEST

MARY McCLURE GOULDING, M.S.W.,  
AND ROBERT L. GOULDING, M.D.

# Not To Worry The Phenomenal 6 Day Anxiety Relief Plan

**Didier Musso**



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