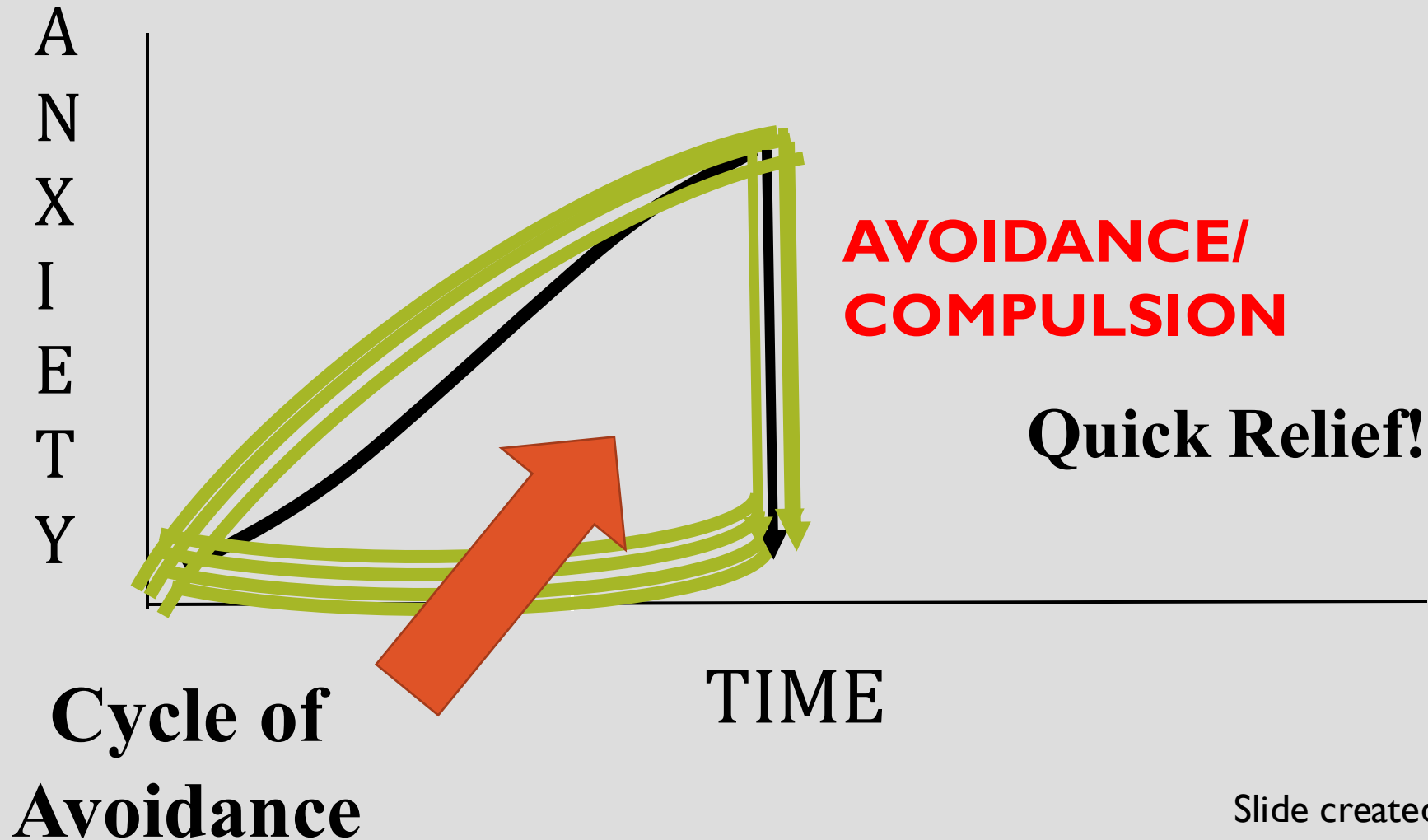


The Anxiety Cycle



Breaking The Cycle of Avoidance with Exposure

