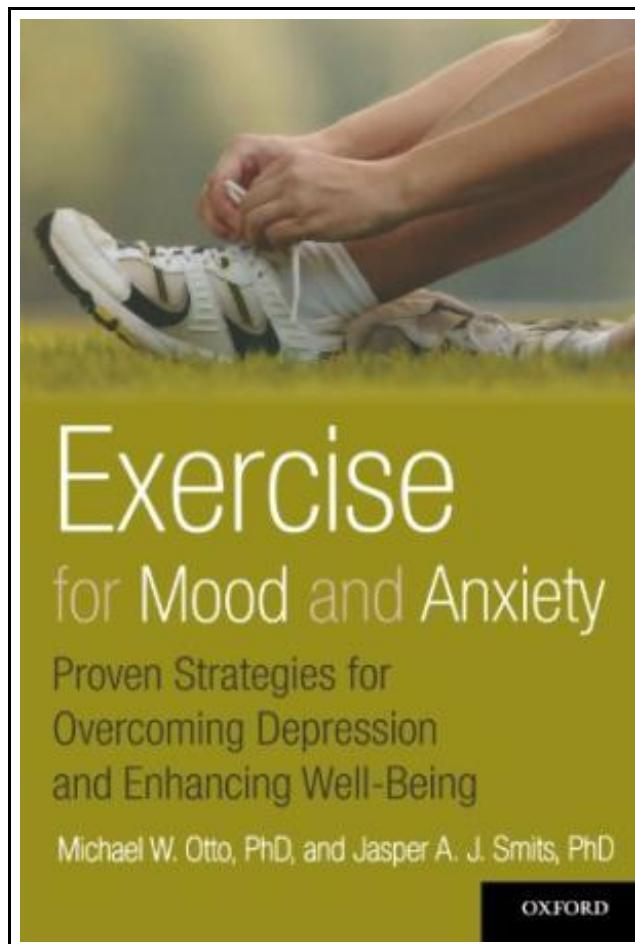


## Exercise for Mood and Anxiety: Proven Strategies for Overcoming Depression and Enhancing Well-Being



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## EXERCISE FOR MOOD AND ANXIETY: PROVEN STRATEGIES FOR OVERCOMING DEPRESSION AND ENHANCING WELL-BEING

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