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Let Your Worries Fly Away; ... As they watch their worries float off into the distance they are given suggestions for feeling calm, comforted, and more confident. They then learn an instant trigger for calm feelings and imagine themselves using this successfully in their daily lives. They can relax feeling safe and peaceful as they listen and ...

### **Let Your Worries Fly Away (Audiobook) by Lynda Hudson**

Just a 90 second walk across the street to the uncrowded beach, and a short walk to the boardwalk! Relax by the pool, or enjoy the tastefully updated interior. Covered parking for one car with an additional parking space outside. Large locked storage locker for your beach toys/chairs in the carport with a hose to wash the sand off. Dog friendly.

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