
From: jeffrey E. <jeevacation@gmail.com>
Sent: Friday, July 7, 2017 10:34 PM
To: Элина Арсеньева
Subject: Re:

worrying is good. but it must be not constant. . laughing the same

On Sat, Jul 8, 2017 at 12:31 AM, = [REDACTED] <[REDACTED]>
<mailto:[REDACTED]> > wrote:

Thank you!! I m reading about it right now)) Starting to worried about how to stop worried about 😊

<iv>On Sat, 8 Jul 2017 at 00:28, jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:

<https://www.helpguide.org/articles/anxiety/how-to-stop-worrying.htm>
<<https://www.helpguide.org/articles/anxiety/how-to-stop-worrying.htm>>

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please note

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