

**From:** "jeffrey E." <jeevacation@gmail.com>

**To:** [REDACTED] <[REDACTED]>

**Subject:** Re:

**Date:** Fri, 07 Jul 2017 22:34:18 +0000

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

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

Thank you!! I m reading about it right now ))

Starting to worried about how to stop worried about 😊

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

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

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please note

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