

A GUIDED WORKBOOK AND JOURNAL WITH PROMPTS TO CALM  
ANXIETY, RELIEVE STRESS, AND PRACTICE DAILY SELF-CARE

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web sophie 42 sophie xeon 17 september 1986 in glasgow scotland 30 january 2021 in athens greece better known mononymously as sophie stylised in all caps was a scottish musician record producer singer songwriter and dj sophie was known for her synthesised and hyperkinetic take on pop music and came to prominence with singles

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