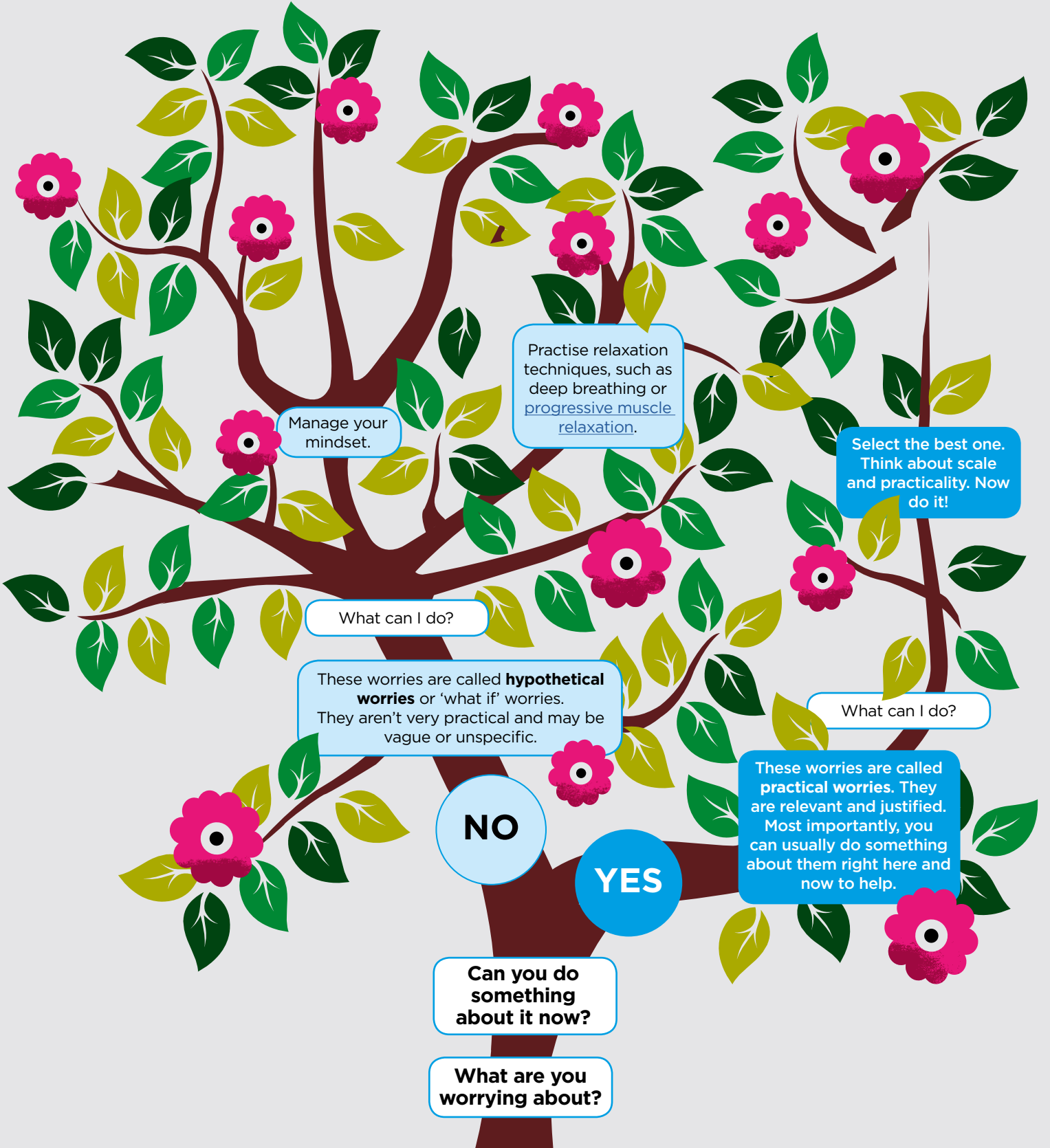


# Work through your worries

Start at the bottom of the tree and work your way up. To reveal more information and tips, hover over the boxes with your cursor.



## Start here