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戒赌怎么调整焦虑的心态

看不透，则浑浑噩噩，迷茫一世
看透了，则恍然大悟

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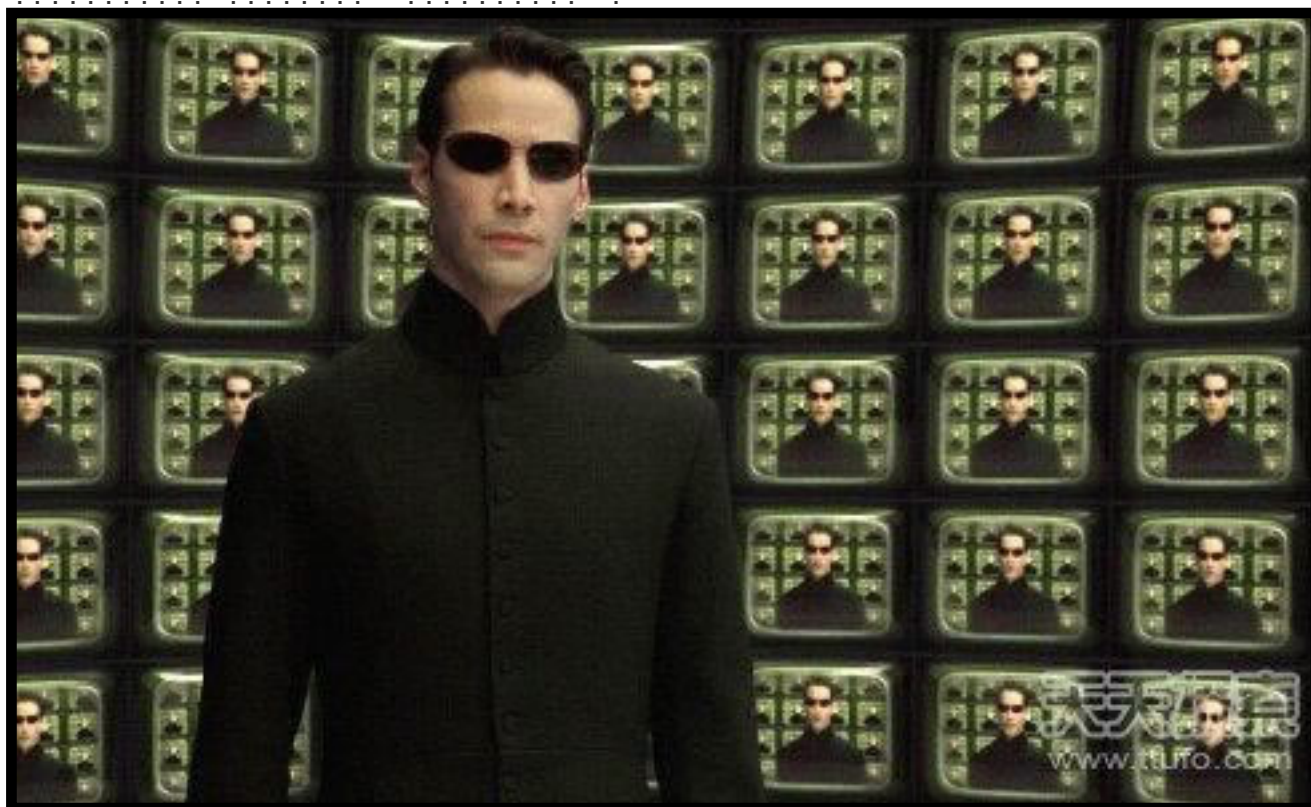
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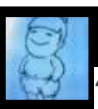
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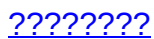
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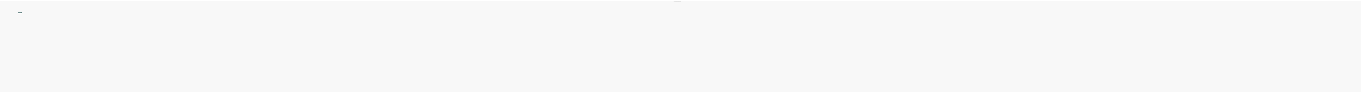
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