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# HOW TO KEEP CALM AND CARRY ON: INSPIRING WAYS TO WORRY LESS AND LIVE A HAPPIER LIFE



Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, How to Keep Calm and Carry On: Inspiring Ways to Worry Less and Live a Happier Life, Daniel Freeman, Jason Freeman, You can start living a happy and worry-free life. Discover how, whatever life throws at you, you can keep calm and carry on. Using the latest, proven-to-work techniques, leading psychologist Professor Daniel Freeman and psychology writer Jason Freeman harness all the leading research to help you overcome your worries, anxieties...

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- Authored by Daniel Freeman, Jason Freeman
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