



How to Keep Calm and Carry On: Stop worrying and start enjoying your life

Daniel Freeman, Jason Freeman

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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 and fears so you feel more calm, composed and centred.

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