



Little Ways to Keep Calm and Carry On: Twenty Lessons for Managing Worry, Anxiety, and Fear

Mark Reinecke

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First featured on a British poster produced during World War II, "Keep calm and carry on" has become the mantra of millions—but exactly how to keep calm remains a difficult question for most of us.

The next time you are stressed by pressures at work, overwhelmed by life's challenges, or panicked by problems that seem unsolvable, reach for this book. In *Little Ways to Keep Calm and Carry On*, you'll find twenty short yet powerful lessons and anxiety-reducing techniques that will help you move past stressful moments with grace. Each lesson is so simple to learn and practice, you'll find that this pocket guide is all you really need whenever you need a little help keeping calm.

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