



## How to Keep Calm and Carry On: Inspiring Ways to Worry Less and Live a Happier Life

By Daniel Freeman, Jason Freeman

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



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-- **Natalie Abbott**

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