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Titolo	How to keep calm and carry on : inspiring ways to worry less and live a happier life / / Daniel Freeman, Jason Freeman
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	About the authors Preface Chapter 1: What is anxiety? Chapter 2: Why you really can overcome your anxiety Chapter 3: Tackling anxious thoughts Chapter 4: More ways to tackle anxious thoughts Chapter 5: Reducing worry Chapter 6: Problem solving Chapter 7: Tackling negative images Chapter 8: Switching your focus of attention Chapter 9: Boosting positive feelings Chapter 10: Relaxing body and mind Chapter 11: Improving your sleep Chapter 12: How to eat (and drink) yourself to calmness Chapter 13: What is an anxiety disorder and how do I go about getting more help? Further reading
Sommario/riassunto	This book shows exactly how to combat worry and anxiety with helpful guidance on controlling it and how to move on from worrying to problem solving. There's also specific techniques to make worries and anxious thoughts less powerful.