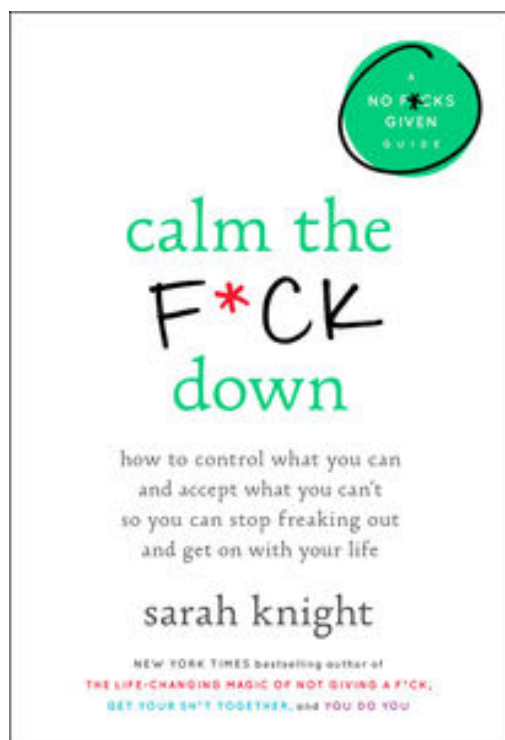


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Do you spend more time worrying about problems than solving them? Do you let unexpected difficulties ruin your day and do "what ifs" keep you up at night?

Sounds like you need to **CALM THE F*CK DOWN**.

Just because things are falling apart doesn't mean YOU can't pull it together. Whether you're stressed about sh*t that hasn't happened yet or freaked out about sh*t that already has, the **No Worries method** from "anti-guru" Sarah Knight helps you curb the anxiety and overthinking that's making everything worse. *Calm the F*ck Down* explains: The Four Faces of Freaking Out--and their Flipsides How to accept what you can't control Productive Helpful Effective Worrying (PHEW) The Three Principles of Dealing With It And much

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