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# Anxiety, Panic, Stress & Fear

## 2.3

Title: **Don't Sweat The Small Stuff**

Author(s): **Carlson**

Publisher: **Hodder Mobius**

Year: **1998**

ISBN: **0340708018**

Anxiety, Panic,  
Stress & Fear 2.3

In 100 short chapters, this easy-to-read book offers simple advice on how to relieve stress and increase the enjoyment in people's lives.

By making small daily changes, the reader can learn to put things into perspective, become more relaxed and focus on the present moment to allow for a more calm and stress-free life.

(272 pages)

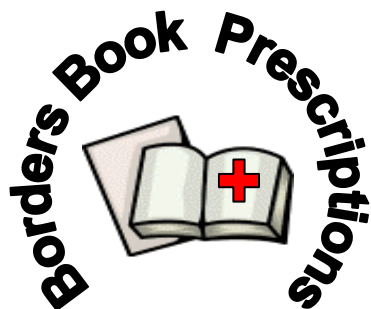
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