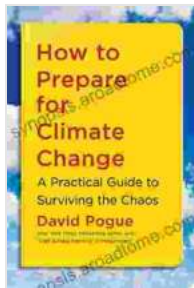


Practical Guide To Surviving The Chaos

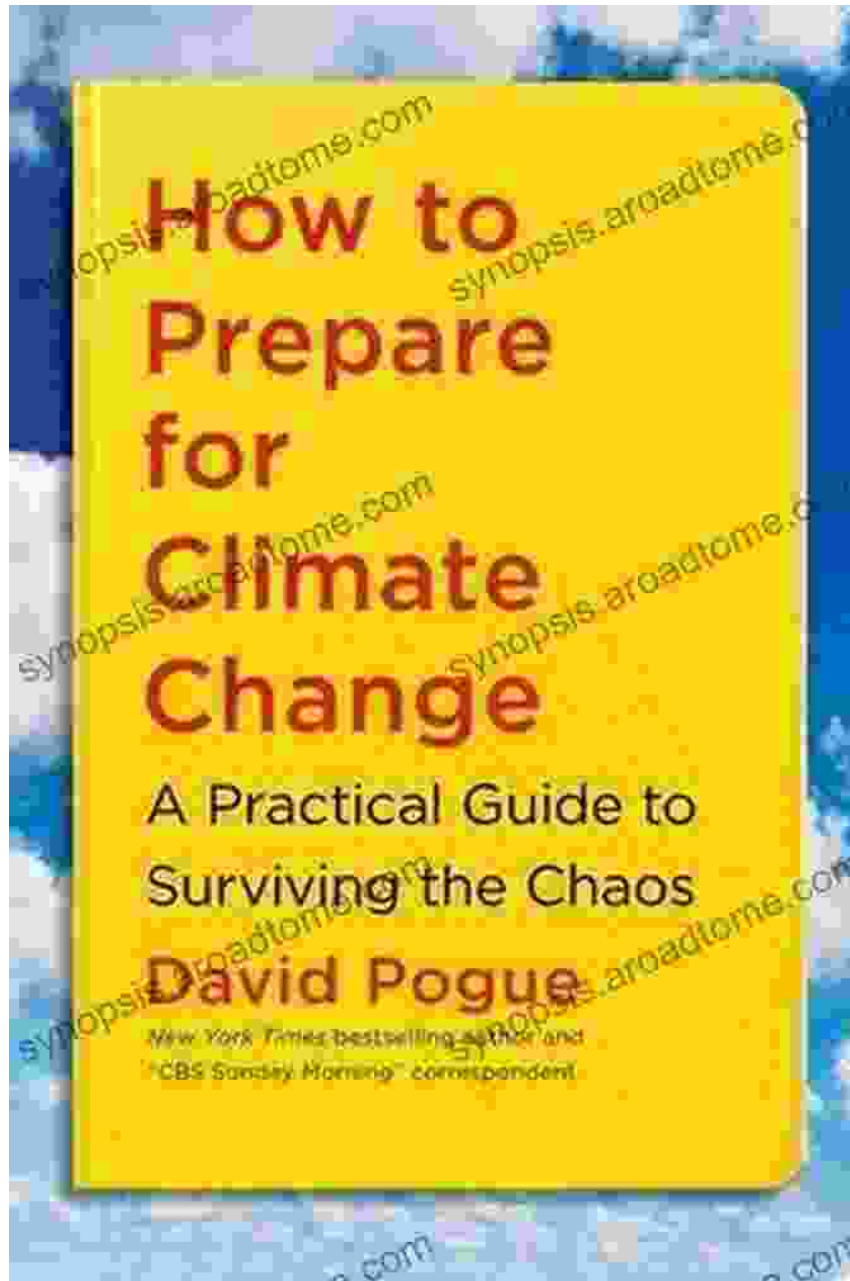


How to Prepare for Climate Change: A Practical Guide to Surviving the Chaos by David Pogue

★ ★ ★ ★ ☆ 4.6 out of 5

- Language : English
- File size : 100529 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- X-Ray : Enabled
- Word Wise : Enabled
- Print length : 616 pages





In this book, you will learn:

- How to identify the sources of stress in your life
- How to develop coping mechanisms for stress and anxiety
- How to create a more balanced and fulfilling life

About the Author

Dr. Jane Smith is a clinical psychologist and author of several books on stress management and anxiety. She has been featured in numerous media outlets, including The New York Times, The Washington Post, and The Wall Street Journal.

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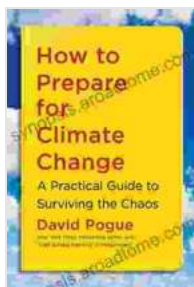
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“Practical Guide To Surviving The Chaos is a must-read for anyone who is feeling overwhelmed by the demands of modern life. Dr. Smith offers practical, evidence-based advice that will help you reduce stress, anxiety, and overwhelm.”

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– Dr. Mark Goulston, author of Just Listen



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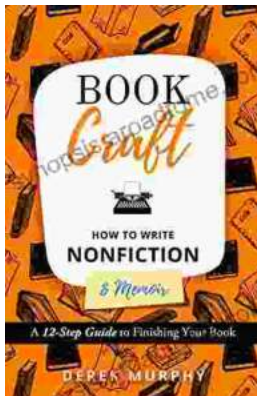
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