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In Little Ways to Keep Calm and Carry On, you'll find twenty short yet powerful lessons and anxiety-reducing techniques that will help you move past stressful moments with grace. Each lesson is so simple to learn and practice, you'll find that this pocket guide is all you really need whenever you need a little help keeping calm.

### **Little Ways to Keep Calm and Carry On by Mark Reinecke**

the baby alive dolls that allow them to think about how other people interact with the world. 100 Ways to Keep Little Kids Happy - Parents 100 Ways to Keep Little Kids Happy Getting through the day with an active toddler can put your patience, creativity, and endurance to the test.

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Little Ways to Keep Calm and Carry On will have a big impact. Reinecke effectively translates the complex theories behind evidence-based anxiety treatment into usable and user-friendly practical actions.

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