



calm the F*CK down

how to control what you can
and accept what you can't
so you can stop freaking out
and get on with your life

sarah knight

NEW YORK TIMES bestselling author of
THE LIFE-CHANGING MAGIC OF NOT GIVING A F*CK,
GET YOUR SH*T TOGETHER, and YOU DO YOU

Sarah Knight

**Calm the F*ck Down: How to Control What You Can and
Accept What You Can't So You Can Stop Freaking Out and
Get On With Your Life**



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the no-f*cks-given help to taming anxiety and taking control of your lifeDo you may spend more time worrying about problems than solving them?Just because things are falling apart doesn't mean YOU can't pull it jointly. Whether you're stressed about sh*t that hasn't happened however or freaked out about sh*t that currently has, the NoWorries method from "anti-guru" Sarah Knight helps you curb the stress and anxiety and overthinking that's producing everything worse. Do you let unpredicted difficulties ruin your day and perform "what ifs" maintain you up at night?Sounds like you will need toCALM THE F*CK DOWN. Calm the F*ck Down explains:The Four Faces of Freaking Out--and their FlipsidesHow to accept what you can't controlProductive Useful Effective Stressing (PHEW)The Three Principles of COPING WITH ItAnd a lot more!" - The Boston Globe"Genius.Praise for Sarah Knight and the No F*cks Given Guides"Self-help to swear simply by." - Vogue"Hilarious, irreverent, and no-nonsense." - Bustle



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