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How to combat stress and anxiety to be calmer, happier and more fulfilled

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We may have heard of Socrates, Plato, Descartes and Nietzsche, but what did they believe? What were their famous aphorisms? *This Book Will Make You Think: Philosophical Quotes and What They Mean* explains as simply as possible the ideas behind the world's most highly regarded philosophers, examining their beliefs and presenting choice quotes that succinctly distil their most famous theories. Written in an accessible and informative style, this book will help readers get to grips with the complex concepts of philosophy through the ages, and help match the theories to the names.

Most Men Will Allow Fear to Get the Best of Them. This Book is Not for Most Men. We live in a world with more possibilities than ever before. So why do most settle for cookie-cutter lives that leave them feeling stuck, drained, and uninspired? *This Book Will Make You Dangerous* is for the rare, few men who refuse to sleepwalk through life.

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We all go through patches when we find it hard to sleep. Either we have problems dropping off at night or we wake

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in the early hours with thoughts buzzing round in our minds. Sometimes it seems impossible to get that elusive night's sleep we so badly crave, but this book will show you how to break negative patterns, get more rest and improve your well-being. Dr. Jessamy Hibberd and Jo Usmar draw on the very latest developments in cognitive behavioral therapy (CBT), to guide you through proven techniques to help you get your sleep patterns back on track. You will feel rested, happier, and immediately reap the benefits in your everyday life. Understand sleep Banish bad habits Tips for winding down Sleep-inducing strategies Control your sleeping environment Common myths busted

Body image insecurity is something a lot of us face. Overwhelming evidence suggests that constantly worrying about your appearance can stunt your ambition, cause you to feel inadequate, and make it impossible for you to enjoy your life to the fullest. Sounds familiar? There is a solution! This compact book tackles the underlying causes of body image anxiety and breaks them down so you can start to change how you view yourself and your perceived flaws. You will learn to nip destructive behaviors in the bud, stop self-criticism, and manage emotional eating habits. Dr Jessamy Hibberd and Jo Usmar employ the latest techniques in Cognitive Behavioral Therapy (CBT) to create practical exercises that can help you to take the first steps towards feeling more confident, poised, and, yes, beautiful.

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