



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 SHIT TOGETHER, and **YOU DO YOU**

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Sarah Knight

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Synopsis book

The no-f*cks-given guide to taming anxiety and taking back control of your life, from the bestselling author of The Life-Changing Magic of Not Giving a F*ck and Get Your Sh*t Together

Do you spend more time worrying about problems than solving them? Do you let unexpected difficulties ruin your day and do "what ifs" keep you up at night? Sounds like you need to CALM THE F*CK DOWN. Just because things are falling apart doesn't mean YOU can't pull it together. Whether you're stressed about sh*t that hasn't happened yet or freaked out about sh*t that already has, the NoWorries method from "anti-guru" Sarah Knight helps you curb the anxiety and overthinking that's making everything worse. Calm the F*ck Down explains: The Four Faces of Freaking Out--and their Flipsides How to accept what you can't control Productive Helpful Effective Worrying (PHEW) The Three Principles of Dealing With It And much more! Praise for Sarah Knight and the No F*cks Given Guides "Self-help to swear by." --The Boston

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What You Can't So You Can Stop Freaking Out and Get On With
Your Life by Sarah Knight**



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