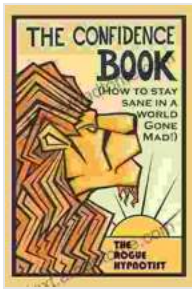


How to Stay Sane in a World Gone Mad

The world is a crazy place. There's no denying it. With all the violence, hatred, and division, it's easy to feel like the world is spiraling out of control.



The Confidence Book: (How to stay sane in a world gone mad!) by The Rogue Hypnotist

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2450 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 153 pages
Lending	: Enabled



But it doesn't have to be that way. You don't have to let the world drive you mad. This book will show you how to stay sane and find peace in the midst of chaos.

In this book, you'll learn:

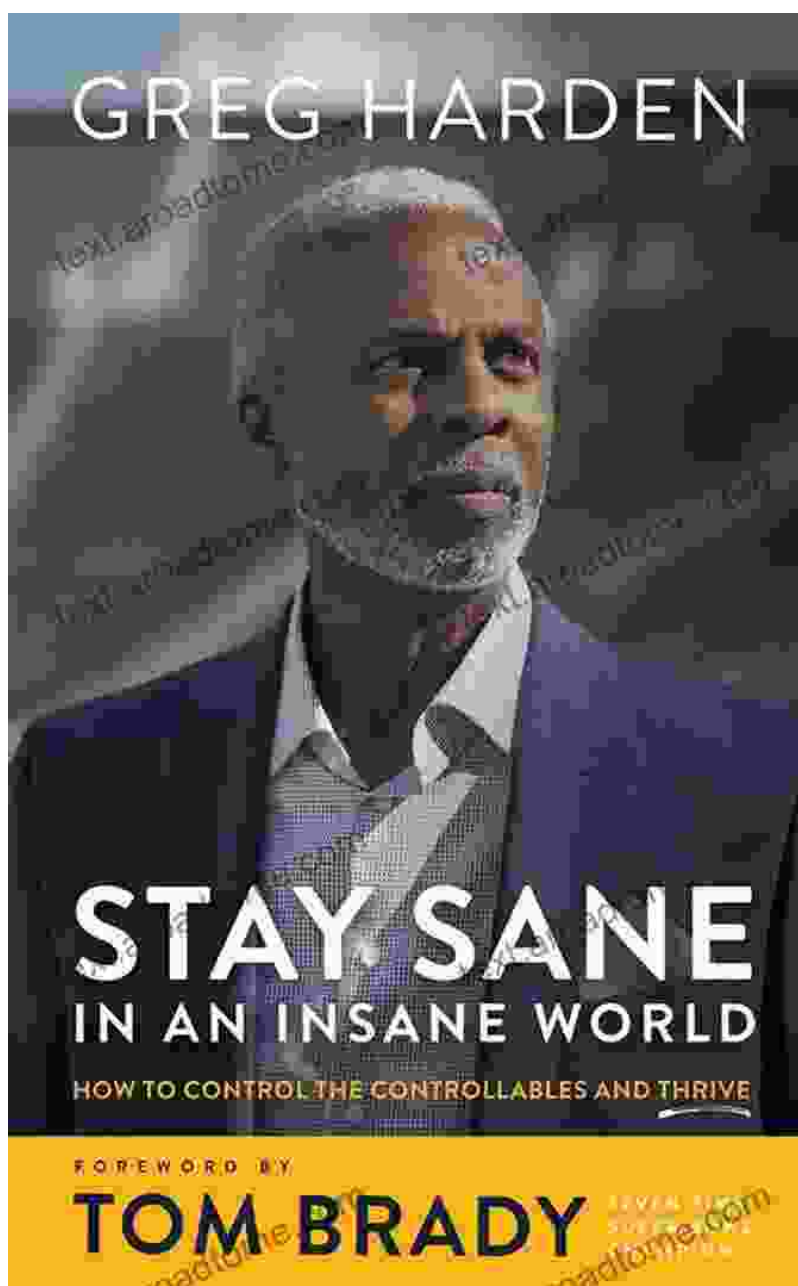
- How to identify the sources of stress in your life
- How to develop coping mechanisms for dealing with stress
- How to practice self-care and mindfulness
- How to find support from others

- How to change your perspective on the world

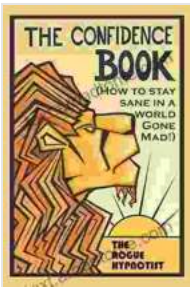
This book is not a magic bullet. It won't make all of your problems go away. But it will give you the tools you need to stay sane in a world gone mad.

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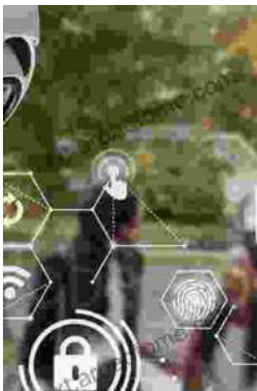
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