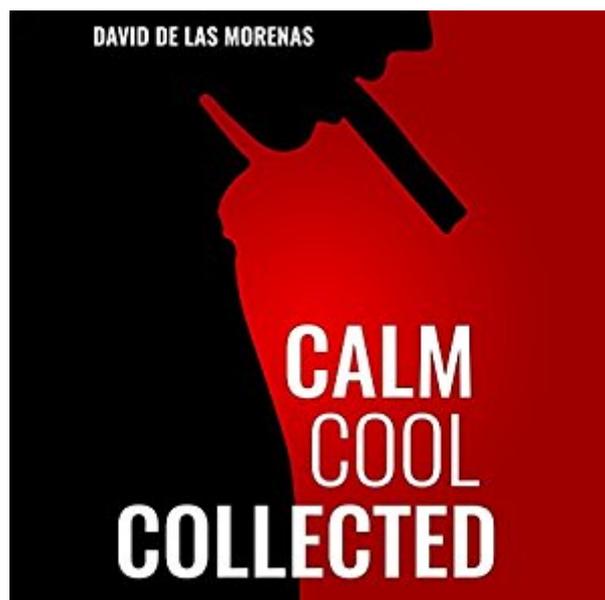


The book was found

Calm, Cool, Collected: How To Demolish Stress, Master Anxiety, And Live Your Life



Synopsis

"Learn how to embrace the b.s. of everyday life, keep your cool, and build the habit of happiness." We all have our fair share of problems, anxieties, and insecurities. This is inevitable. How we deal with these things directly dictates how happy, productive, and confident we are. Far too many of us remain victims of the ups and downs of everyday life.... But YOU don't have to. Inside this book you'll learn: How to "hack" your emotions and avoid feeling anything but happy The secret to avoid getting stuck in your head and "overthinking" things A happiness-inducing breathing technique that works in seconds How to let go of past trauma in your life that still tortures you 1 weird trick to "free" yourself from the neurotic voice inside your head An empowering daily morning ritual to transform your life ...and much, much more

Book Information

Audible Audio Edition

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Best Sellers Rank: #91 in Books > Audible Audiobooks > Health, Mind & Body > Health #92 in Books > Health, Fitness & Dieting > Men's Health > General #283 in Books > Self-Help > Stress Management

Customer Reviews

As an avid follower of David De Las Morenas and HowToBeast I really enjoyed reading this book. It opened my mind to a new way of thinking that I plan to incorporate into my everyday life. Easy to understand, clear examples, and very direct.

I very much enjoyed this book. "Calm, Cool, Collected" is about how to build character and inner strength over a long period of one's life. It is about refusing to accept negativity and enabling oneself to achieve. As always, David's style is light yet bold, fun yet to-the-point. I highly recommend this book.

I follow David De Las Morenas and his website How to Beast, so I was excited to check out this book when I heard about it. I was not disappointed. It is an inspiring read that really applies to everyone on a very personal level. I am very stressed out about a recent financial incident in my life and this book was able to live up to its name and keep me calm, cool, and collected.

I just bought this slim volume based on an automated recommendation, and am I glad I did! I've never heard of the author, who is apparently in his mid-twenties, but the true wisdom in this book has the power to create the biggest kind of shift possible. The author, David de las Morenas, credits the Stoic Philosophers, and especially Marcus Aurelius, as the inspiration for this book. I've read some of the Stoics, and books on Stoic philosophy as it relates to modern life (Tim Ferris is a huge proponent of utilizing Stoic ideas and reading the Stoics as a way to "hack" modern living), but somehow this book is a distillation of the most important aspects of those ideas into a glistening, crystal clear droplet. Once I started the practice of staying open and refusing to close down no matter what happened to me, life became a wonderful adventure. The practices outlined in this book are spiritual life teachings of the highest order. I am a long time seeker of spiritual wisdom, and I can pretty much guarantee that following the teaching of this book will CHANGE YOUR LIFE. Buy it!

Very rarely do you get to read something that "blows your mind" something revolutionary something for our new times. Stress is a very real thing in this day and age of our times, anything that helps alleviate and strengthen the coping mindset, is priceless! Thank you again David for a fantastic book.

I really liked the ideas that were presented in this book. Very Buddhist. I recommend this book to all men, regardless of age.

Short yet effective book. It definitely is already changing my viewpoint on life today. I went from stressing about a package in the mail and being late for work. Instead of letting it drive my day, I accepted reality and continued on with my day. Ultimately, I still got my package, received a job opportunity (applied for this only 2 days ago) and internship offer in my intended field ALL IN THE SAME DAY :) :) :) Can't wait to make these practices second nature. It goes to show you, if you don't allow life to consume you with negativity, opportunities are right behind the corner!!!!!!!!!!!!!!

This book embodies everything I believe in. I've delved into Marcus Aurelius' meditations and love his work. This book is straight to the point, great short read that give you actionable pointers to help alleviate stress and embrace a stoic lifestyle. Highly recommend.

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Calm, Cool, Collected: How to Demolish Stress, Master Anxiety, and Live Your Life Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - (How to Overcome Stage Fright and Performance Anxiety) Totally Cool Creations: Three Books in One; Cool Cars and Trucks, Cool Robots, Cool City Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) Crochet to Calm: Stitch and De-Stress with 18 Colorful Crochet Patterns (Craft To Calm) Anxiety - 220 Stress Free Cures: 120 Simple Ways to Reduce Stress in Your Life & 100 Powerful Quotes The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) Anxiety Relief: - Relax the Body- Calm the Mind- Manage Fear and Worry- Cultivate Positive Energy Balance and Calm: Adult Coloring Book Art Therapy for Grownups (Adult Coloring Books, Balance Coloring Book, Calm Coloring Book) (Volume 1) Rays of Calm: Relaxation for Teenagers (Calm for Kids) Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups, Anti-Stress Art Therapy, Stress Relieving Flower Patterns Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1) Swear Word Coloring Book : 40 Swear Words, Obnoxious Words and Insults: Release Your Anxiety and Stress. Sweary Beautiful Designs : Patterns, Flowers, Mandalas (Swear and Relax) Swear Word Coloring Book. 40 Unique Designs: Swear and Relax Coloring Book. Release Your Anxiety and Stress(Sweary Beautiful Designs : Flowers, Mandalas, Patterns) Calm: Make Today Your Bitch the Epic Profane Adult Coloring Book: Swear Word finds Sweary Fun Way - Swearword for Stress Relief Master Planning Success Stories: How Business Owners Used Master Planning to Achieve Business, Financial, and Life Goals (The Master Plan Book 2)

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