

# Quick Tools for Extreme Uncertain Times: Your Essential Guide to Thriving in a Volatile World

**Adapt and Innovate Quickly:** Learn to identify and respond to the challenges of a volatile world.

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This book is not just another theory-based guide. It is a practical

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## The Anxiety First Aid Kit: Quick Tools for Extreme, Uncertain Times by Rick Hanson

★★★★☆ 4.6 out of 5

Language : English

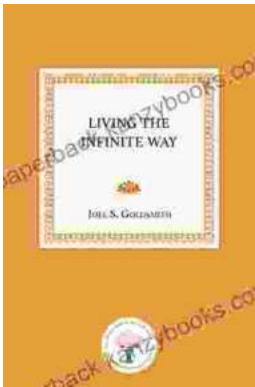
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