

ANXIETY

Relief

The Ultimate Guide to Set Yourself Free from Anxiety



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Sławomir Kuźnicki



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Margaret Atwood's Dystopian Fiction Sławomir Kuźnicki,2017-05-11 This volume details Margaret Atwood's dystopian novels through the themes of the ambivalent ethics of science and technology the position of women in the male dominated world and the ambiguous role played by religion and spirituality The book's unique and original approach places Atwood's fiction within the contemporary world with all the problems of our fast changing reality Furthermore it provides an excellent reading of her dystopias in a broader humanist context with an emphasis on the social cultural and political issues that have been important for both her the writer and us the readers

The Better Decision Pekka Hannula,2024-08-22 How to live our life better and worse We'll get a lot of advice from our family and friends but they live their own lives We can listen but more important is to know how to advise yourself If you know yourself the thought is clear and even in a difficult situation the advice is best possible The Better Decision asks how we relate to matters affecting us our health work companion friends our own culture We make every day often even at night decisions related to these If they are better rather than worse we can say to ourselves that life suits us If you want to help your companion family member or a friend to make right decisions please give her him The Better Decision Remember to sign it Making Decisions When making decisions for life it's good to ask the right questions Relationships A bad sign in a relationship is not so much that partners argue but that they don't laugh together About the Author Pekka Hannula is the main author of The Better Decision He was a biologist for many years and has also written over 20 books which include Keys to Top Breeding Vol 1 3 Hannula is especially proud of the circulation of this series which sold successfully within 64 countries He is also a proud father of Saana who is now an A student of 18 years It was always his dream to share this new book with her as a legacy a memory of what they have accomplished together

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