

# Coolmind: The Young Person s Guide to a Calmer Life (Paperback)

### By David Keefe

Exisle Publishing, Australia, 2011. Paperback. Condition: New. Language: English . Brand New Book. Do you want to feel happier in your life? Are you attacked by doubts? Do nerves sometimes prevent you from doing things you might enjoy? Do you wish you could concentrate better? If so, this book is for you! From as little as three minutes a day, you can learn how to feel calmer, happier, more focused and ready to achieve your goals . whether that s nailing your exams, playing well in your netball match, improving your times in the pool or simply asking out the girl next door! And the good news is that it s not hard. So what are you waiting for? It s time to get a coolmind!.



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