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The Freedom Manifesto draws on French existentialists, British punks, beat poets, hippies and yippies, medieval thinkers, and anarchists to provide a new, simple, joyful blueprint for modern living. From growing your own

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The Freedom Manifesto How to Free Yourself from Anxiety

Tom Hodgkinson is still doing what he's always done, which is a mixture of editing magazines, writing articles, and putting on parties. He was born in 1968, founded The Idler in 1993, and now lives in Devon, England. He is also the author of The Freedom Manifesto.

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The freedom manifesto how to free yourself from anxiety

The freedom manifesto : how to free yourself from anxiety, fear, mortgages, money, guilt, debt, government, boredom, supermarkets, bills, melancholy, pain, depression, work, and waste. [Tom Hodgkinson] -- In this delightfully irreverent follow-up to his acclaimed "How to Be Idle," Hodgkinson shares his musings on what it means to have true independence and what it takes to achieve happiness

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Freedom from Anxiety and Fear Unlocking Your Dreams

Father we ask that the endowment of Your perfect love for us will bring us freedom from all fear, anxiety, doubt, and insecurity. God did not give us the spirit of fear, but of power, love, and a sound mind.

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Very helpful therapy in a book Having read many self-help books over 3 decades in trying to deal with shame, guilt, and feeling responsibility for others all my life, I feel like I have finally found the one book that will actually make a difference in my life.

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money

The author of How to Be Idle, Tom Hodgkinson, now shares his delightfully irreverent musings on what true independence means and what it takes to be free. The Freedom Manifesto draws on French existentialists, British punks, beat poets, hippies and yippies, medieval thinkers, and anarchists to provide a new, simple, joyful blueprint for modern living.

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