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Nerve: Poise Under Pressure, Serenity Under Stress, and the Brave New Science of Fear and Cool by Taylor Clark sets out to help relieve society's stress over stress and teach us how to be afraid. In part one of Nerve, Clark takes the science and research of 'the nervous trinity' - fear, stress and anxiety and, using understandable language, shows us how and why our minds and bodies respond the way they do in pressure-packed situations.

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