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Nerve: Poise Under Pressure, Serenity Under Stress, and the Brave
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fear; often, in fact, they're riddled with it. In Nerve, Taylor Clark
draws upon cutting-edge science and painstaking reporting to
explore the very heart of panic and poise.

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Nerve Poise Under Pressure, Serenity Under Stress, and the Brave New Science of Fear and Cool (Book) : Clark, Taylor : The author draws upon cutting-edge science and painstaking reporting to explore the very heart of panic and poise. He explains why some people thrive under pressure, while others falter--and how we can go forward with steadier nerves and increased confidence.

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taking out advancing Chinese troops.

Nerve Poise Under Pressure Serenity

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A scientific subject is discussed with storytelling skills in the book, Nerve, subtitled, Poise Under Pressure, Serenity Under Stress, and the Brave New Science of Fear and Cool. Taylor Clark is entertaining and humorous as he writes about fear, anxiety, and stress, and how the seemingly fearless actually handle fear with heroism.

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Nerve: Poise Under Pressure, Serenity Under Stress, and the Brave

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Nerve: Poise Under Pressure, Serenity Under Stress, and the Brave
New Science of Fear and Cool. New York: Little, Brown and
Company. Chicago / Turabian - Humanities Citation (style guide)
Clark, Taylor, 1979-, Nerve: Poise Under Pressure, Serenity Under
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