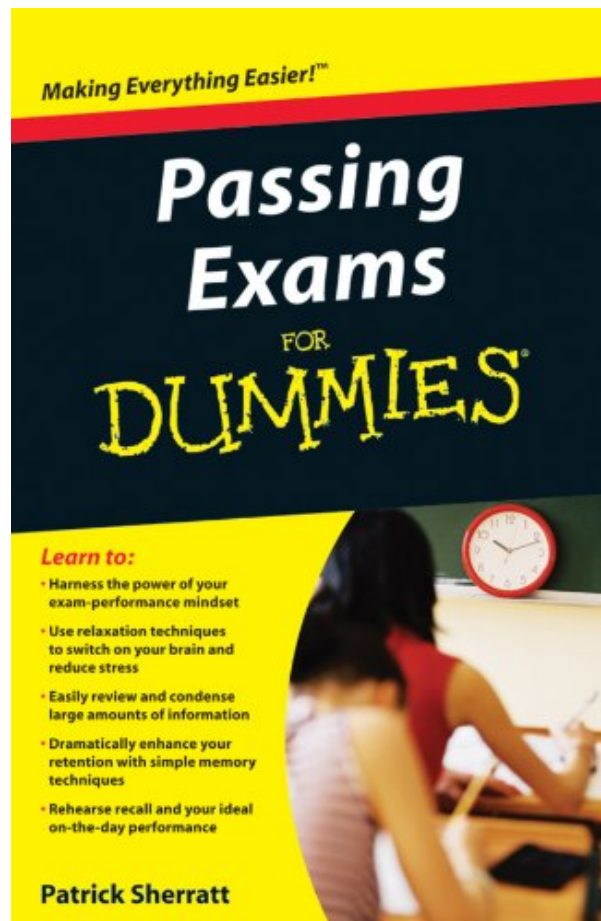


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Do you panic at the thought of exams? Do you think you're just not the academic type? No matter how old you are, exams can be stressful — but they don't need to be. This essential guide provides expert tips on how to change your mindset, improve how you learn and revise, control your anxiety and get good marks — whether you're studying at school, college or university, or to advance your career.

- Change the way you think about yourself and exams — become an A-grade student by finding out what motivates you and how you learn best
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About the Author

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