



Keep Calm and Carry On - A handbook to choose your emotions and change your attitude

Jonathan Forrest

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The original Keep Calm and Carry On poster was created by the British government in 1939 as part of a series of inspirational posters designed to help the people of Britain stay positive during a time of crisis. Millions of copies of this poster were printed but never displayed and the poster and its message were forgotten until a copy was discovered in a box of books bought at auction by a bookseller in 2000 who subsequently displayed the poster in his shop. Following coverage in a national newspaper, copies of the poster were sold and its message replicated on to other goods. Whilst many people worldwide have been inspired by the message of Keep Calm and Carry On, there has never been any guidance on HOW to Keep Calm and Carry On - until now. . .

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Guadalupe Baum:

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