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THE LITTLE BOOK OF STRESS: CALM IS FOR WIMPS, GET REAL, GET STRESSED



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Little Book of Stress: Calm is for Wimpy, Get Real, Get Stressed, Rohan Candappa, THE LITTLE BOOK OF CALM is a publishing phenomenon, with total world-wide sales of 1.8 million, including 750,000 in the UK trade alone. Now, Ebury Press brings you the perfect antidote to all that serenity. Rohan Candappa, a former copywriter turned film-maker, believes it's time to admit that stress is good. Because without stress, we...

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- Authored by Rohan Candappa
- Released at -



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This is the finest book i have got study right up until now. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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