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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 Wimps, 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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