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Calm Down!:: A Stress Survival Guide

By Martin Baxendale

Silent But Deadly Publications. Paperback. Book Condition: new. BRAND NEW, Calm Down!:: A Stress Survival Guide, Martin Baxendale, This is the latest in Martin Baxendale's popular series of cartoon-illustrated gift-books that takes a humorous look at the growing problem of stress. With his usual off-the-wall sense of humour, Martin offers (often pretty wacky) advice based on his own experience of coping with and surviving the stress that increasingly plagues all our daily lives, at work and at home. This is the ideal gift for anyone who gets a bit stressed from time to time - so that would be all of us then.



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