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Quercus Publishing. Paperback. Book Condition: new. BRAND NEW, This Book Will Make You Calm, Jessamy Hibberd, Jo Usmar, Life in the 21st century is tough - new technology, constant change, more choice and extra pressure all add to our stress levels. And when you're stressed or tired your insecurities increase - so breaking that cycle feels impossible. But help is at hand: this book will show you how to beat stress and become more positive, relaxed and productive. Dr Jessamy...

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- Authored by Jessamy Hibberd, Jo Usmar
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