



The Little Book of Stress: Calm is for Wimps, Get Real, Get Stressed

By Rohan Candappa



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 would all be very, very nice. And stomach-churningly contented. And in all honesty, who wants to live in a world like that. The many and hilarious tips for increasing your own stress levels and stressing out the people around you include gems like the following: *Learn to snore *Choose friends you don't like *Put empty milk cartons back in the fridge *Become a politician. And always remember, worrying is just medication for realists.



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Otis Wisoky**

This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

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