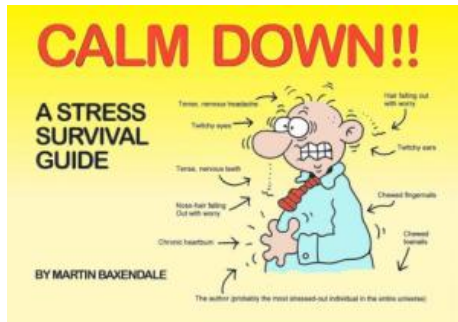


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## CALM DOWN!!: A STRESS SURVIVAL GUIDE (PAPERBACK)



Silent But Deadly Publications, United Kingdom, 2007. Paperback. Condition: New. Language: N/A. Brand new Book. 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...

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