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## The Little Book of Stress (Hardback)

By Rohan Candappa

Andrews McMeel Publishing, United States, 2014. Hardback. Book Condition: New. 135 x 100 mm. Language: English . Brand New Book. A hardcover edition of a top-selling paperback, The Little Book of Stress is a smart-alecky book that advises on ways to increase your stress level and the stress level of those around you. Calm is for wimps! Is stress really all that bad? Without it, could we get everything done, or would we just be sickeningly happy-go-lucky day in and day out? In The Little Book of Stress Rohan Candappa shows ways to actually increase the level of stress within you and those around you. Because without stress, life is boring. Increase your own stress levels and create stress in others with simple measures such as: \* If you are stressed, make sure you communicate this to those around you. Soon they ll be stressed too. \* Switch the decaffeinated and caffeinated coffees around whenever you can. \* Always join in other people s arguments. Try to get others to join in too. \* When you re the first car in line at a traffic light, get out and read a map. Try to miss the green light at least...



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