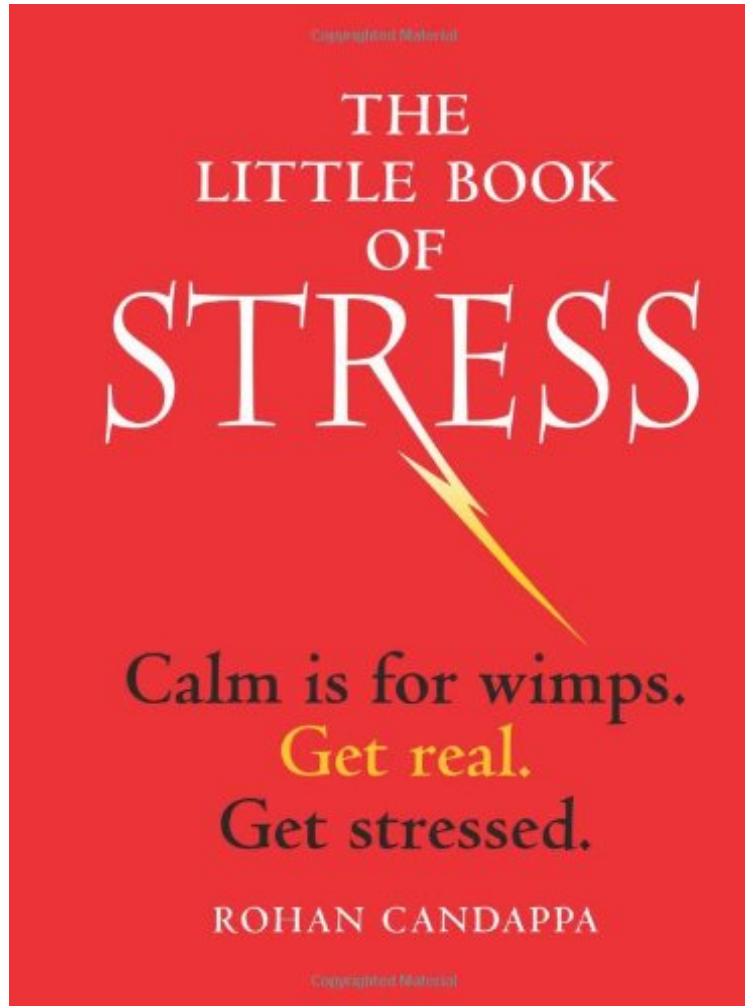


(Free and download) The Little Book of Stress

The Little Book of Stress

Rohan Candappa

ePub | *DOC | audiobook | ebooks | Download PDF



 Download

 Read Online

#1347934 in Books Andrews McMeel Publishing 2014-05-06 2014-05-06 Original language: English PDF # 1
5.40 x .80 x 4.00l, .37 #File Name: 1449441637160 pages Andrews McMeel Publishing | File size: 64.Mb

Rohan Candappa : The Little Book of Stress before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Little Book of Stress:

0 of 0 people found the following review helpful. Worth it By wpacpa Funny 0 of 0 people found the following review helpful. It is a good read and helpful hints if you want to piss ... By Casey This is a satirical book that is hilarious. It is a good read and helpful hints if you want to piss somebody off. Or yourself. 0 of 0 people found the following review helpful. Waste of money By WeHo book lover Someone read a passage from this book, so I ordered it expecting something very clever and pithy. This book is neither.

?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 twice.??* A double espresso just before bed is always a winner.??* Replace your bulbs with overhead, neon-strip lights. If you can get ones that flicker, all the better.??* If someone is telling you a joke and you know the punch line, wait until they've nearly finished, then tell them you've heard it before.??* Ask single women if they've got a boyfriend yet. Repeat on Valentine's Day.

About the Author?After many years working in advertising, Rohan Candappa is now a full-time writer. He is the author of several successful books, including the *The Little Book of Wrong Shui* and *The Little Book of Christmas Stress*. Now he writes funny books full of very bad advice when he is not hiding from his two children. Obviously, he is a little overweight, but he finds that black is a very slimming color.