

[Mobile ebook] Little Book of Stress: Calm is for Wimps, Get Real, Get Stressed

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Rohan Candappa

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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.

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.