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SEEKING SERENITY: THE 10 NEW RULES FOR HEALTH AND HAPPINESS IN THE AGE OF ANXIETY (HARDBACK)

SEEKING
SERENITY



THE 10 NEW RULES
FOR HEALTH
AND HAPPINESS
IN THE AGE OF ANXIETY

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CHN Contributor

New American Library, United States, 2015. Hardback. Book Condition: New. 226 x 157 mm. Language: English . Brand New Book. In a provocative and practical look at modern stress, Seeking Serenity offers an empowering new message: Stress can serve as a guide to living our happiest and healthiest lives. In Seeking Serenity, stress columnist Amanda Enayati challenges our long-held assumptions about stress, painting a groundbreaking picture that separates myth from reality when it comes to what is commonly referred to...

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- Authored by Amanda Enayati
- Released at 2015



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