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TAKE CONTROL OF YOUR LIFE: THE FIVE-STEP PLAN TO HEALTH AND **HAPPINESS**

Exisle Publishing (New Zealand). Paperback. Book Condition: new. BRAND NEW, Take Control of Your Life: The Five-step Plan to Health and Happiness, Gail Ratcliffe, Take Control of Your Life is for all those who find that stress impacts in one way or another on their lives. Dr Gail Ratcliffe, one of New Zealand's foremost psychologists, maintains that recognising the many guises of stress is the first step to securing personal happiness. Using extensive modern international research and experience from her...

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- Authored by Gail Ratcliffe
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Reviews

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