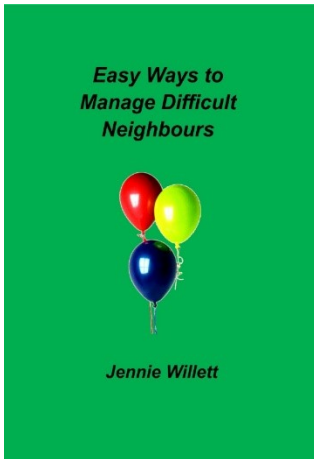


Easy Ways to Manage Difficult Neighbours by Jennie Willett



Category: Non-Fiction

ISBN: 978-1-912416-74-5
978-1-912416-75-2 (ebook)

Format:

eBook – 6 Apr 2019
Paperback – 29 Mar 2019
(66 pages)

Available at tslbooks.uk &
through online retailers

Price: dependent on retailer –
TSL £5.06
Retail price: £6.32
Ebook: £1.99

Book title: Easy Ways to
Manage Difficult Neighbours
By: Jennie Willett

Difficult neighbour relationships can be a major cause of stress.

This book deals with managing the stress caused by the thoughtless behaviour of neighbours.

About the author

Jenny is a free-lance lecturer, trainer, therapist and writer. As a lecturer in adult teacher education, specialising in the way people learn Jenny facilitated courses at a London college on personal development. Many of her students suffered from low mood, anxiety and depression prompting her to devise tasks to lift their mood. These tasks have been included in this book. Her private practice covers personal development, stress management and cognitive behaviour therapy. She can be contacted through TSL.

Books in the *Easy Ways* series:

Easy ways to lift your mood
Easy ways to build assertiveness, confidence and self esteem
Easy ways to manage difficult neighbours



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