

**Easy Ways to
Manage Difficult
Neighbours**



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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