



## Swallow Irritation: Before Irritation Swallows You

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By J. P. Vaswani

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Swallow Irritation: Before Irritation Swallows You, J. P. Vaswani, Are you annoyed, worried, stressed, frustrated, unhappy.? You can come out of it! The sheer pace of life in the electronic age, the crippling shackles of the inflexible 9-5 daily routine, the stress of professional problems, the strain of personal difficulties, the mechanical rush that life has become 24 hours a day, 7 days a week, 52 weeks in the year.The author invites you to cast your burdens away, and hop, skip and step merrily along life's journey. In this book, the author becomes a teacher, an understanding counsellor, a loving mentor and a wise spiritual preceptor who takes you by the hand and shows you that all problems are soluble, all obstacles are surmountable, that stress and strain are totally avoidable - and that life is a great gift, worth living to the fullest!.



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