



A Calmer You: Witty Tips to Beat Everyday Stress

Sonal Kalra

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In an easy and charming manner, Sonal Kalra helps us tackle the everyday irritants and stresses in life-be it the daily stresses relating to work and colleagues, traffic and road rage, etiquette or self-esteem, A Calmer You helps us put our priorities into perspective. Sonal's calmness tips are seemingly simple and amazingly effective. Her insights and experiences are situations we can all relate to, and the wise and often hilarious characters-the serene Pappu Singh, the incorrigible Chaddha ji and the indefatigable Bubbly Aunty-peppered throughout this book offer surprising nuggets of wisdom. You will be left with techniques to achieve tranquility and composure in the face of aggravation, and that too, with a big smile on your face!

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