



# Modern Life Skills: How to Deal with the Demands and Challenges of Everyday Life

*Liggy Webb*

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# Modern Life Skills: How to Deal with the Demands and Challenges of Everyday Life

*Liggy Webb*

## **Modern Life Skills: How to Deal with the Demands and Challenges of Everyday Life** Liggy Webb

This book is all about helping you to make the best and most of your life. A compendium of 20 essential life skills packed with tips, techniques and inspiration. This book will help you to survive and thrive and deal more positively with the demands and challenges of everyday modern living. 'Liggy Webb's unique insight into the issues surrounding essential life skills is profound' Dr David Batman - Director of Research - Foundation for Chronic Disease Prevention - Medical Adviser to the Global Corporate Challenge.

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