

# The Life Manual: Tips, Tricks and Techniques for a Stress-Free Home and Life (Hardback)

#### By Wendy Hobson

Sirius Entertainment, 2018. Hardback. Condition: New. Language: English . Brand New Book. The ultimate handbook is a comprehensive collection of practical tips and indispensable advice on everything you need to make life simpler, easier and more enjoyable. Covering de-cluttering, conservation and recycling, diet, laundry, gardening, DIY techniques, tips for mindfulness and happiness and money saving ideas, there is so much tried and tested knowledge to benefit every facet of your life. All the information is presented in a concise, easy-to-follow format and it even includes handy conversion tables and anecdotal titbits, which make a useful reference when on the go.



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This book is definitely worth buying. This really is for all who statte there had not been a worthy of studying. You will not sense monotony at at any moment of the time (that's what catalogs are for concerning should you check with me). -- **Mr. Martin Baumbach** 

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-- Daren Raynor II

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