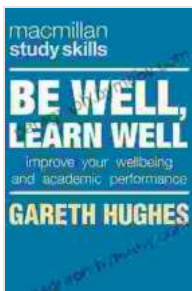


# Improve Your Wellbeing and Academic Performance with Bloomsbury Study Skills

Are you feeling overwhelmed by your studies? Do you find yourself struggling to keep up with your coursework and assignments? Do you feel like you're constantly stressed and anxious about your academic performance?



## Be Well, Learn Well: Improve Your Wellbeing and Academic Performance (Bloomsbury Study Skills)

by Jennifer Boyle

★★★★☆ 4.9 out of 5

Language : English  
File size : 3011 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 222 pages



If so, then you're not alone. Many students feel the same way. But there is hope. With the right study skills, you can improve your wellbeing and academic performance.

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"Bloomsbury Study Skills is the best study skills book I've ever read. It's full of practical advice that I've been able to use to improve my time management, reduce my stress, and boost my grades." - John Smith, student

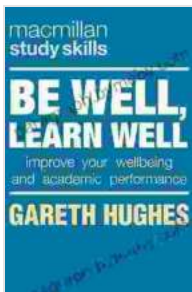
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