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You Know You're an Email Addict When.... (Summersdale humour: you know you're a...)

Louise McKay

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Is your day a disaster unless you've e-mailed 259 close personal friends by 11 a.m.? For inveterate e-mailers (and their frustrated bosses), this title should show you how to spot the tell-tale symptoms of an e-mail obsessive.

About the Author Louise McKay has to be forceably removed from the computer to eat and sleep.