

For the most part, this book will show you a way to avoid having too much stress in your life. It does not promise to make life stress free. Instead, it gives you a method of living by certain formulas and concepts designed to help you cope with the trials and tribulations of everyday life. It is meant to help with the common dilemmas found in a society that is not beset with life and death decisions at every turn. Using the ideas, methods, formulas and concepts suggested in this book makes it possible to live life in a reasonably relaxed manner.

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