

Intro:

Hello dear reader, and welcome to the last book you'll ever have to read when it comes to dealing with the stresses of your everyday life. I'm an expert at destressing. When I was where you are, I received advice from so many people. My friends told me to squeeze a stress ball. My parents told me that I need to stop procrastinating with everything I do. My doctors and therapists suggested countless methods to minimize my stress levels. Whatever you do, do not listen to them.

In the pages ahead, I'll tell you *exactly* how to eliminate all the stress in your life. All of these methods worked for me, and today I'm living a 100% stress-free life.

Dealing with stress at home:

As the old adage goes, "home is where the heart is." Unfortunately, the heart brings with it many stresses and anxieties, just as you bring all your problems home with you. Whether its problems with the family or perhaps just lingering stress from a day out in the world, what was supposed to be a safe place to kick back and relax can become a wasteland teeming with your stress. Thankfully, you've purchased this book, and I can tell you exactly how to turn your home back into a lovely and relaxed environment.

When you're home, you are amongst all of your own possessions. Not a single thing belongs to anybody else (unless, of course, you rent. In which case, follow my forthcoming advice at your own risk). So, since we've established that you own everything here, there's nothing stopping you from using everything to help you reduce your stress. And by using everything, I mean destroying everything.

I've found that just letting loose can do wonders for a stressed individual. Now, I know what you're thinking: "I can't just destroy everything! That would make a mess and leave me with more stress later!" To that I say, why don't you just stop worrying about the things around you, and instead take a moment to worry about (and focus on) *yourself*.

Dealing with stress in the workplace:

Work sucks. It's probably something you've said to yourself time and time again. Whether it's your boss always on your back with more and more work for you to do, or that one annoying coworker (I'm looking at you *Doug*), the workplace is essentially synonymous with stress. Once again, though, I have the solution.

Before we get started, though, I should warn you that if your boss sees you following my advice, you could risk being fired. Being fired will create more stress in your life, so it's best to avoid it. With that being said, the office is certainly an environment ripe for destruction, and if your coworkers are getting on your nerves, perhaps you can pin your destruction on them. May your stress ball strike true!

Dealing with stress in public:

Sometimes stress can seep into you at the most inopportune times, and it's at these times that you need a quick solution to start feeling like yourself again. Let's say you find yourself at the local park. Nature's all around, there's plenty of exciting equipment to entertain yourself with, and you're generally having a pleasant time. But then that all changes.

The ungrateful children who like to think this park belongs to them begin to get on your nerves. First, it's a stray ball (an accident, perhaps), then it's another, and another. Then they start to yell and scream, their shouts piercing your already aching head. And of course, their parents are no help! Thankfully, there's plenty to take this stress and anger out on in the park. From the park equipment, to the snot-nosed kids themselves, your stress ball can certainly wreak havoc and leave you feeling like your best self.