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*.