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.