

Loretta LaRoche has been called the Erma Bombeck of stress reduction - and in the helpful and hilarious pages of this entertaining book, her enormous talent for finding the funny detail to defuse even the most difficult situation has never been sharper. Relax - You May Only Have a Few Minutes Left is filled with practical exercises, hilarious anecdotes, and specific advice for coming to terms with today's ever-increasing stress levels - it's a remedy for anxiety and a prescription for laughter. In sections such as If You Don't Have to Suffer - Don't Practice, My Mother the CEO, and I'm Not Afraid of Heights, Just Widths, Loretta dismantles our American predilection for taking ourselves too seriously and shows us how to live longer, happier lives using the healing power of the absurd.

Errata (Oxford Poets), Bulletin of the History of Medicine - Fall 2005 Volume 79 Number 3, Friede, Freude - Pustekuchen!: Wie uns die Bibel hilft, Konflikte zu bewältigen (Edition Aufatmen) (German Edition), From the Ashes (Terminator Salvation), Rigby Focus Early: Leveled Reader Making Paper, Olhar de Viajante (Portuguese Edition), THE BRITISH BOOK TRADE FROM CAXTON TO THE PRESENT DAY: A BIBLIOGRAPHICAL; GUIDE BASED ON THE LIBRARIES OF THE NATIONAL BOOK LEAGUE AND ST BRIDE INSTITUTE, BMT InfoNets Resource Directory, Leyendas del Antiguo Oriente (Spanish Edition), Knock! Knock!: Ladybird Im Ready to Read: A Rhythm and Rhyme Storybook (Ladybird Im Ready to Read),

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