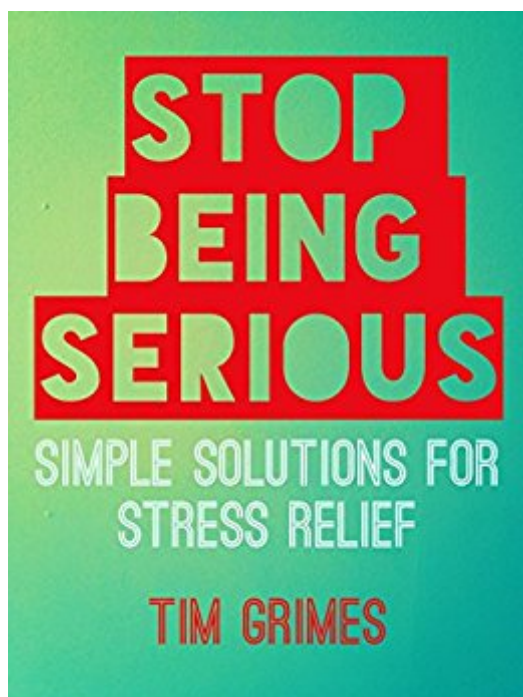


The book was found

Stop Being Serious: Simple Solutions For Stress Relief



Synopsis

See the "Stop Being Serious" website for more info.

Book Information

File Size: 1251 KB

Print Length: 50 pages

Publication Date: September 2, 2014

Language: English

ASIN: B00NA54ZJY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #883,772 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #44

in Books > Business & Money > Business Culture > Health & Stress #120 in Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Physiological Aspects

#586 in Books > Health, Fitness & Dieting > Psychology & Counseling > Physiological Aspects

Customer Reviews

This is a short and simple guide for how to live a happier life. Mr. Grimes has tried many of the popular and unconventional paths for finding happiness without much success before discovering and developing his own simple solution, which he shares for you in this book. The premise is easy to understand; your mind creates your suffering, so change your mind. But how do we change our minds? In essence, we need to relax and stop taking our thoughts so seriously. This does not mean we cannot have serious thoughts. But the stress and weighty seriousness applied to those thoughts is the true source of our suffering, and it doesn't have to be. In *Simplify Happiness*, Mr. Grimes lays out easy physical and mental exercises which can help us instantly lose some of our seriousness, and become a happier person. Try it! You have nothing to lose but your furrowed brow...

Great little book packed with interesting and fun ideas. It made me smile as I read it, thinking of myself taking steps to simplify happiness.

Loved it! Simple and pure - now to start practicing what it advises we all do. So simple! Makes so

much sense, too.

Stop Being Serious makes sense to me. Seems simple but the ideas shared are once again worth trying. Thank you.

A very interesting and thoughtful piece that challenges how you think about the big and small of life!

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