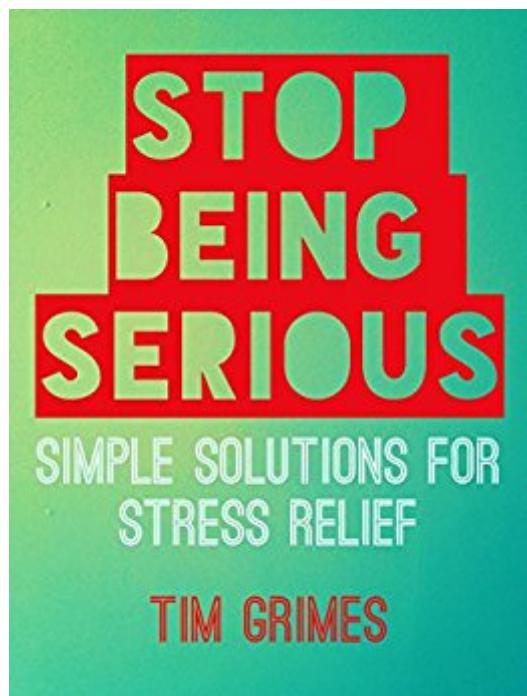


The book was found

# 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

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

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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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Stop Being Serious: Simple Solutions for Stress Relief Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1) Work Clothes (Chic Simple): Casual Dress for Serious Work (Chic Simple Guides) Teacher Life: A Snarky Chalkboard Coloring Book: A Unique Black Background Paper Adult Coloring Book For Teachers With Stress Relieving Patterns, ... Relaxation Stress Relief & Art Color Therapy) Dad Life: A Manly Adult Colouring Book: A Unique Funny Adult Colouring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Stress Relief & Art Colour Therapy) Teacher Life: A Snarky Chalkboard Colouring Book: A Unique Black Background Paper Adult Colouring Book For Teachers With Stress Relieving Patterns, ... Stress Relief & Art Colour Therapy) Fuck That Stress: Midnight Edition: Swear Word Coloring Book for Relaxation and Stress Relief (Midnight Coloring Books) (Volume 2) Adult Coloring Book Designs: Stress Relief Coloring Book: POKEMON Designs for Coloring Stress Relieving - Inspire Creativity and Relaxation of Kids And Adults (Volume 1) Adult Coloring Books: Animals: 45 Stress Relieving Animal Coloring Designs (Stress Relief Coloring Books) (Volume 2) Dad Life: A Manly Adult Coloring Book: A Unique Funny Adult Coloring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Relaxation Stress Relief & Art Color Therapy) Nature and Other Things Box Set (6 in 1): Artistic Tattoo, Steampunk, Henna and Space Objects to Relieve Stress (Stress-Relief & Creativity) Easy Mandala Snowflakes. Glowing Coloring Patterns for Beginners: 40 Simple Ice Crystal Designs on Midnight Black Background Pages for Stress Relief ... Minded Art Therapy for Grownups) (Volume 1) Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups,Anti-Stress Art Therapy,Stress Relieving Flower Patterns Can't Stop Won't Stop: A History of the Hip-Hop Generation Stop, Train, Stop! A Thomas the Tank Engine Story The One-Stop Bible Atlas (One-Stop series) Anxiety - 220 Stress Free Cures: 120 Simple Ways to Reduce Stress in Your Life & 100 Powerful Quotes Growing an Engaged Church: How to Stop "Doing Church" and Start Being the Church Again Time to Get Things Done: Beat Procrastination, Stop Being Lazy,

Take Actions, and Master Your Life in 24 Hours (2nd Edition) (Organize Yourself, Organize ... Self Organization, To Do List Book 6) The Nice Girl Syndrome: Stop Being Manipulated and Abused -- and Start Standing Up for Yourself

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