

Introduction to Desserts

For the last 8 years I have lived a virtually stress-free life. There have been those times when some unexpected catastrophic event dumped a big load of stress on me suddenly, and I had to find a way to deal with it. But for the most part I have been able to keep my life free of stress and Have a peaceful existence. I have to be stress-free or the effects of Multiple Sclerosis will eat me up.

A human being is capable of handling virtually anything. But we have to decide how we will handle it. It can be done fearfully and stressfully, or you can choose to accept it and deal with it in a calm and thoughtful manner.

For example: A great big vicious elephant is charging straight at you. If you panic, it will be a very fearful and stressful event, and you will probably get creamed. But if you keep a level head and hold your peace inside, you can think of a way of escape.

It doesn't have to be stressful. Stress won't save you. But if you're thinking calmly, you might reason: I'm standing here with this big Oak tree behind me. If I wait calmly and patiently until that big beast is right in front of me then step aside quickly he'll knock himself out when he hits the tree.

Or you might reason: The best way to stop a charging elephant is to take away his credit card. Humor makes anything bearable.

In "Desserts is stressed Turned Around" I give you some stress management techniques for handling the everyday little things that happen. I show you some of the strategies I learned to keep my life peaceful so I can go on living.

When you literally turn stressed around, it spells desserts. This article will give you some ways to turn stress around and enjoy the desserts of life. It gives you 20 stress management techniques to choose from to make your life more enjoyable. It is 10 pages of humorous and pleasurable reading.