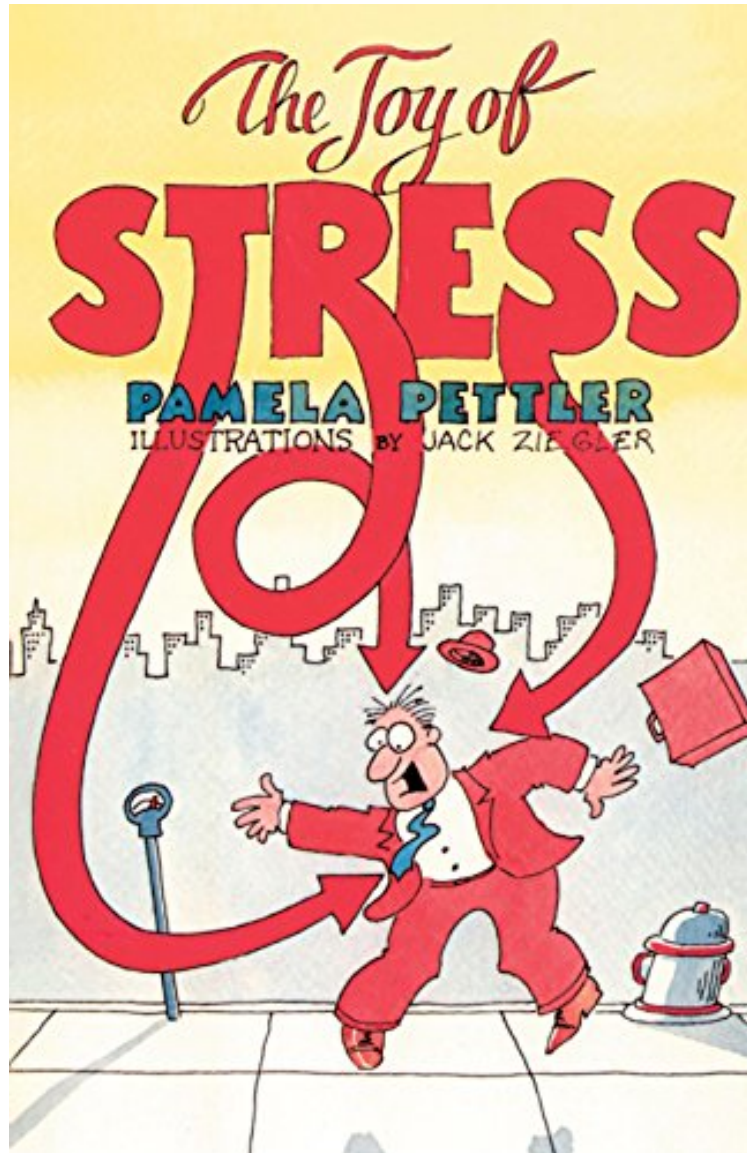


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The Joy of Stress

Pamela Pettler

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Pamela Pettler : The Joy of Stress before purchasing it in order to gage whether or not it would be worth my time, and all praised The Joy of Stress:

0 of 0 people found the following review helpful. My all-time favourite funny book!By BensMom98This book was purchased back in the mid-80's and survived MANY book purges over the past 30 years because I still laugh out loud when I read it. I've always been reluctant to lend it out in case I lose it. Great to know it's available again. I'm buying another copy to lend out!As funny as the book is, it's also taught me not to take things so seriously...(SPOILER:

headache = brain tumor. Stiff neck = brain tumor pressing on neck tumor). Hahahahahaha! Really a wonderful, oh so funny and relateable book. I can't recommend it enough! 1 of 1 people found the following review helpful. Really funny
By Lynne Shapiro I've laughed with this book since 1984 and am glad it was republished in 2000 and hope it will always be in print. My elderly Mom loved it too.

Stress. You've admired it in your friends, you've envied it in your co-workers--now you, too, can get it, and get it good....**THE JOY OF STRESS.** With this manual at your side, you can now
• Cultivate a profound, unshakable belief in your own hideous inadequacies
• Exercise your way to stress by inducing those physical symptoms so essential to a fine-tuned anxiety
• Develop an ever-expanding awareness of your irredeemable flaws as a human being
• Learn to contemplate every failure, even the smallest, between three and five in the morning
• Wallow in unproductive, endless worrying about airplanes, automobiles, sex, your job, your nose, your toes, and the fact that your diet isn't working
Finally, the key to achieving those high levels of stress you never before could enjoy. At last--the self-help book to help make yourself helpless.

About the Author Pamela Pettler is a foremost practitioner of *The Stressed Way*, achieving "the Stress Zone," a natural, intuitive level of hideous anxiety and stress, on a nearly daily basis. Her other works include the humor book *The No-Sex Handbook*, written with Amy Heckerling. Ms. Pettler has also written and produced numerous television and film comedies, both live-action and animated.