



Stressed Is Desserts Spelled Backward

Brian Luke Seaward

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Stress is as American as apple pie.

It doesn't matter where you live, what your job is, how much money you make, or what demands you face in your personal life. There's simply no escaping stress. But, according to Dr. Seaward, the toughest times can reap unexpected benefits if you develop the right attitude.

The moving, inspirational stories in this book help you let go of stress and move on gracefully. Dr. Seaward realizes that humor and compassion go a long way toward easing both stress and sorrow. He made it his life's work to teach people that when met with **faith, humor, love, and optimism**, life's greatest challenges can lead to success and spiritual depth. The stories in this book offer encouragement and guidance, hope and faith, and most of all, a fresh point of view.

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