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SURVIVING YOUR LIFE

by Dr. Bruess

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WARNING:

This book may cause
sudden urges to eat chocolate!

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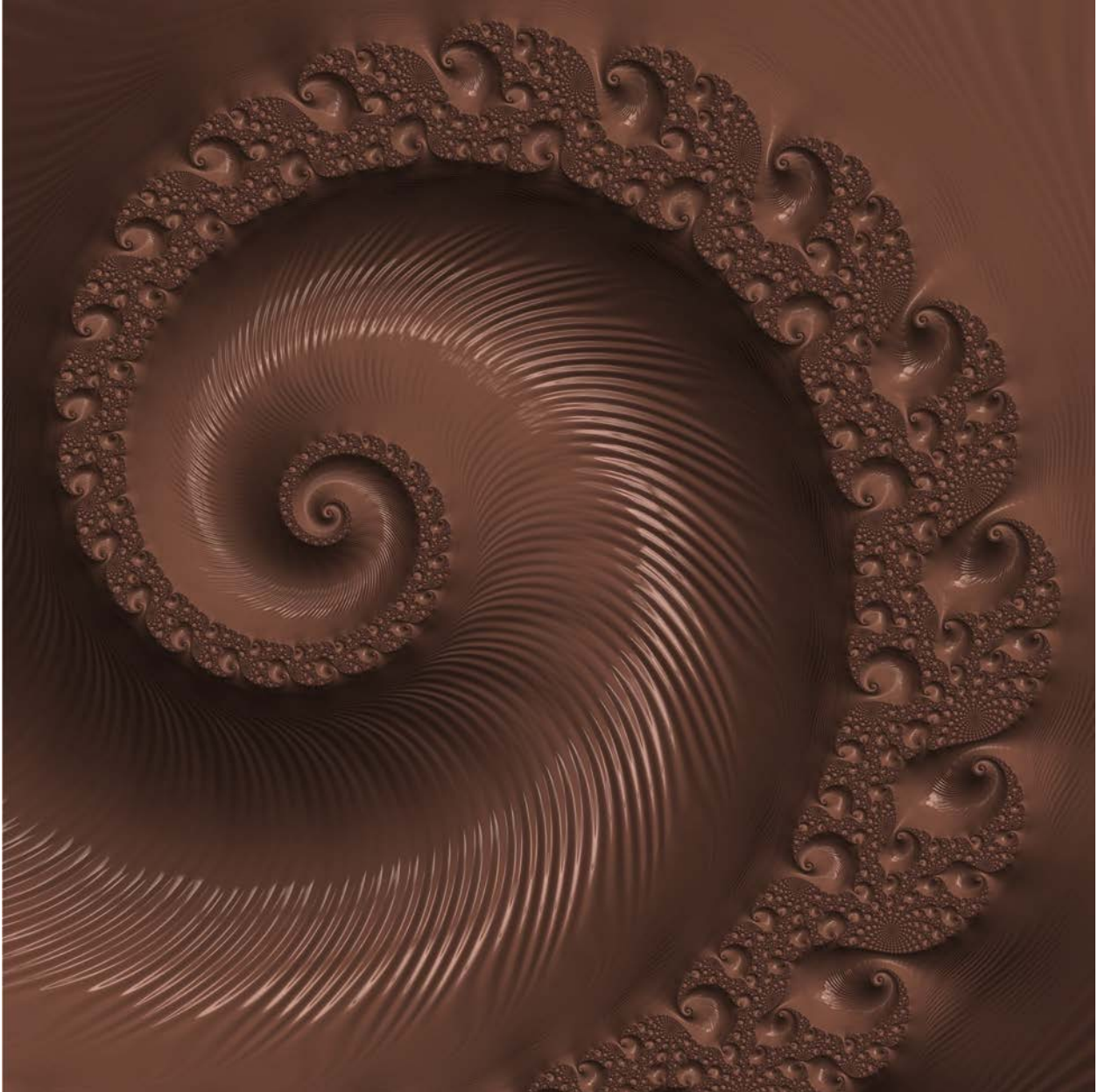
**Today
Life is Hard!**

**Here are some
suggestions
to make life
a little easier.**

**SURVIVING
YOUR LIFE**

DR. BRUESS

First Rule:
EAT CHOCOLATE!
Lots and lots of chocolate.



Say a little prayer.



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Sing the song,
"You are My Sunshine".



Run away for a year and a day
to the land where the bong tree grows.



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Give someone a hug.



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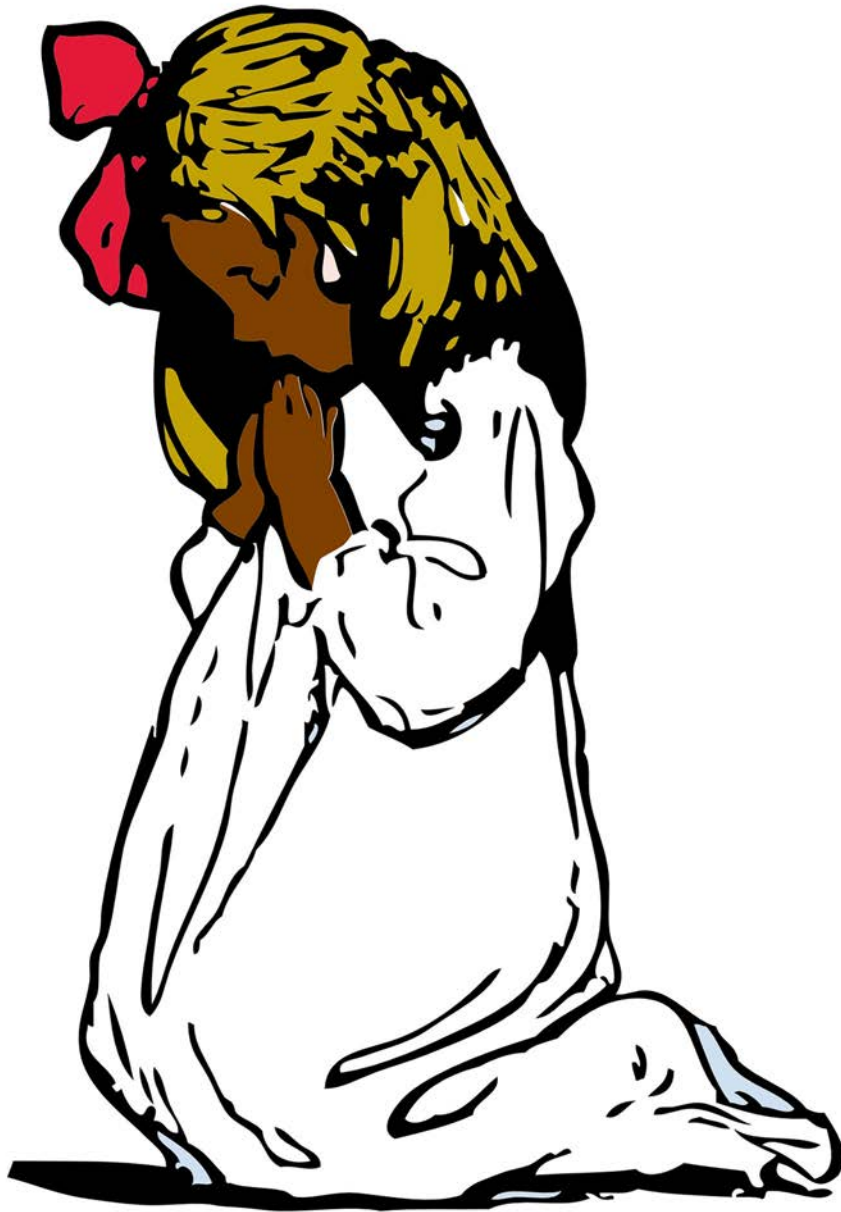
Read a good book.



Eat a chocolate sundae.



Say a little prayer.



Watch the Laurel and Hardy movie,
"The Music Box".



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Buy a goldfish.



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Go for a swing.



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Hold someone's hand.



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Take a nap.



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Eat a chocolate ice cream cone.



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Say a little prayer.



Pick up one piece
of trash in the street.



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Wear a clown nose.



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Wear a wig.



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Pet a baby chick.



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Go to the zoo.

*"It's all happening at the zoo.
I do believe it. I do believe it's true."*

Paul Simon



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Give someone a hug.



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Eat a chocolate donut.



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Say a little prayer.



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Eat a cheeseburger.



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Watch the Marx Brothers movie,
"Horsefeathers".

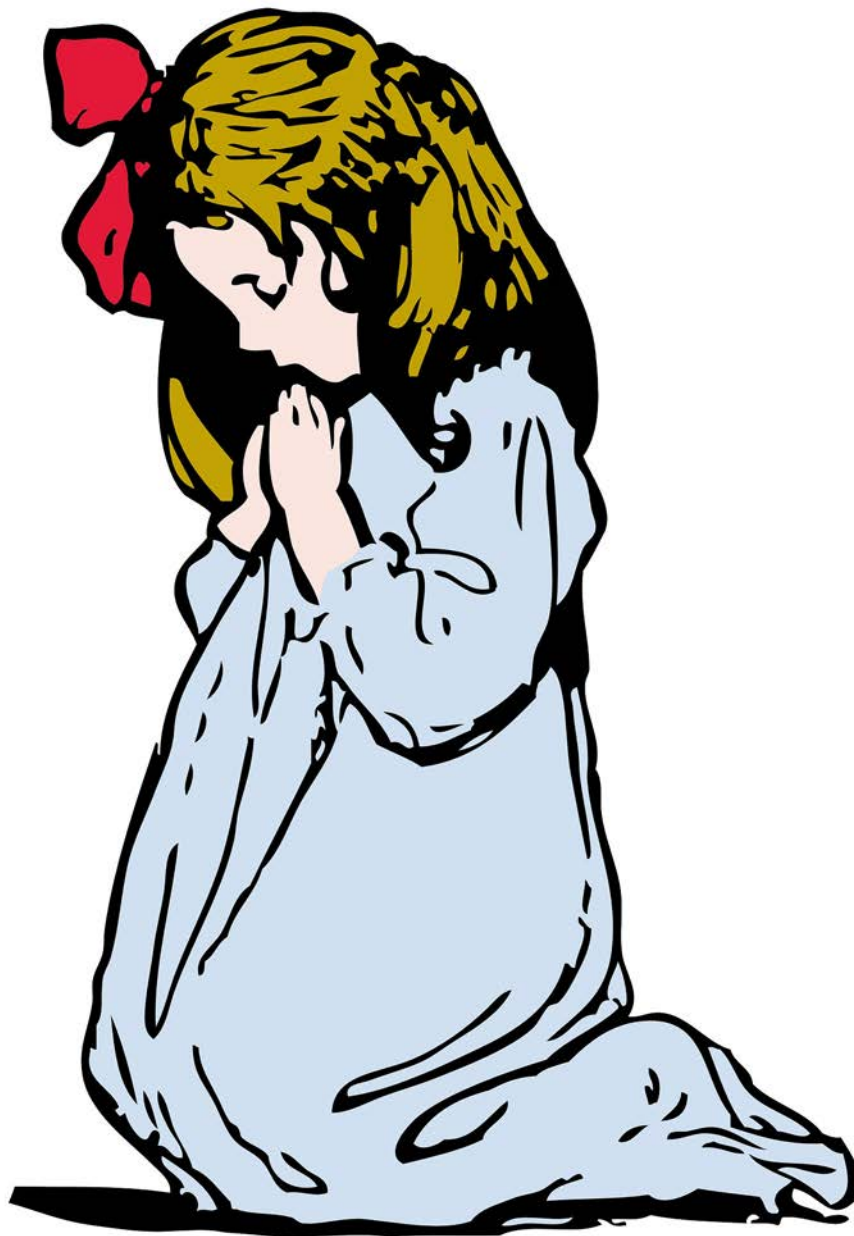
"Whatever it is, I'm against it."



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Say a little prayer.



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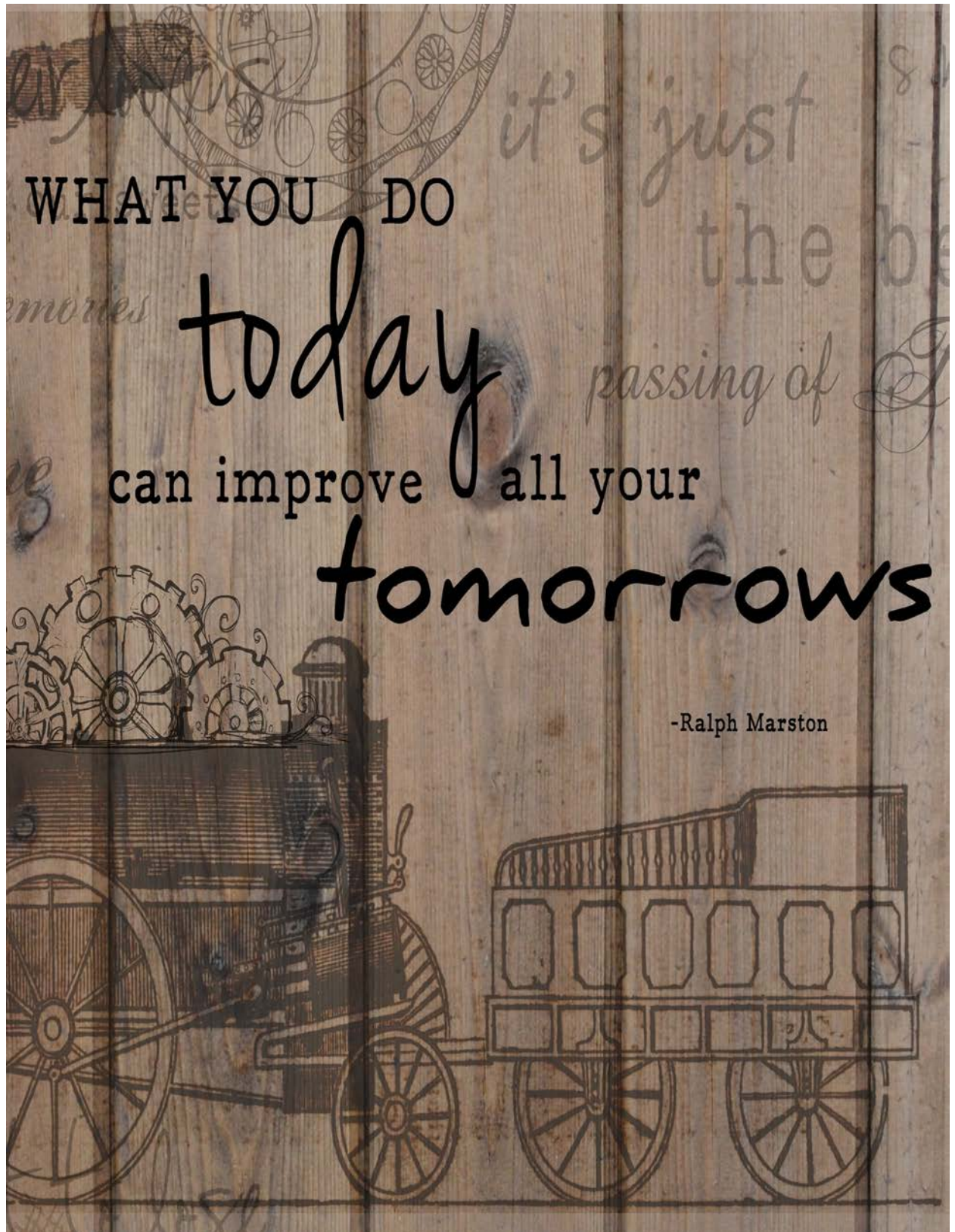
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KEEP
CALM
AND
CARRY
ON

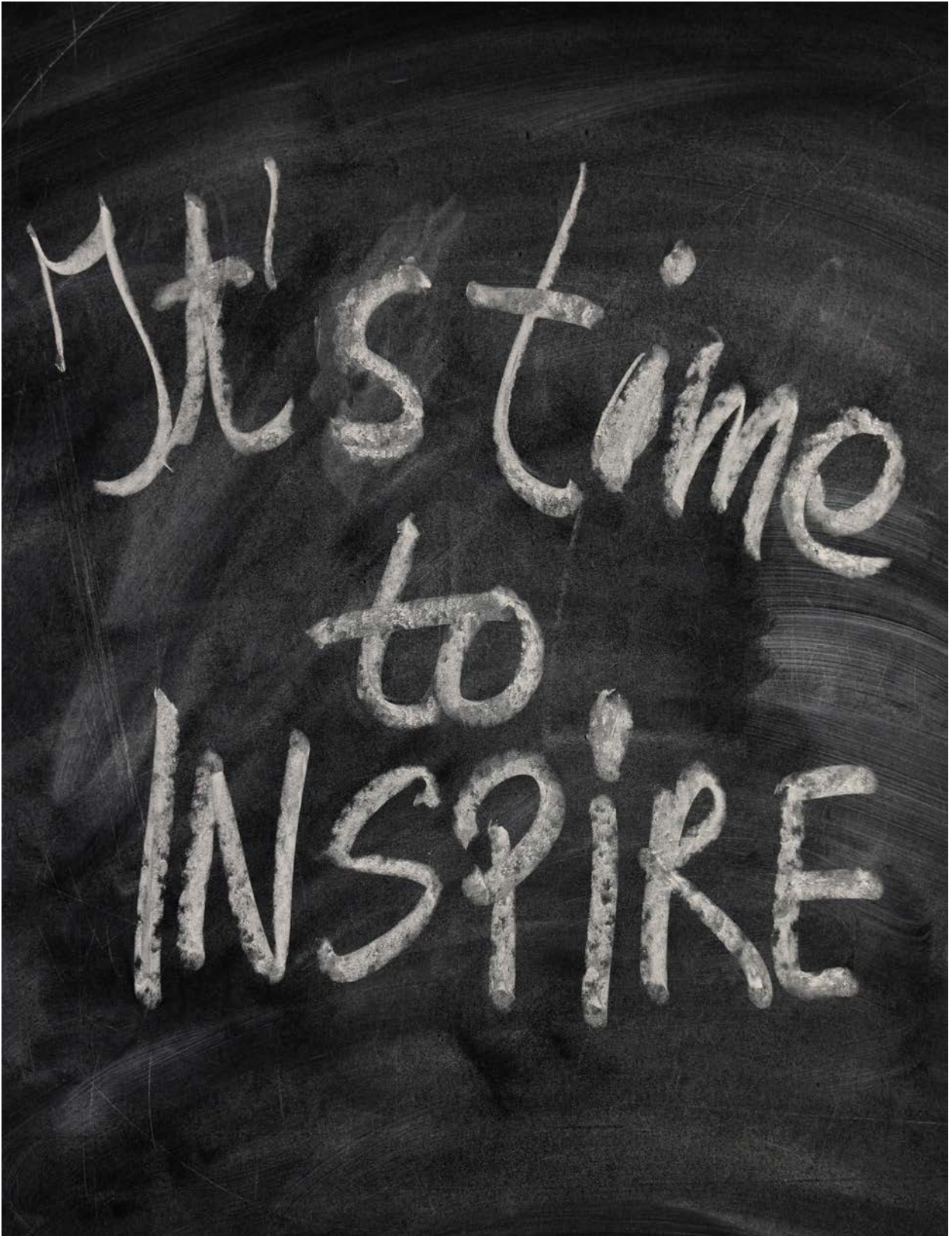
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-Ralph Marston

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it is well
with my soul



Life is Hard.

Here are some suggestions
to make Life a little easier.

