

Why
Make
Yourself
Crazy?

**400 Strategies for
a Stress-Free Life**

G. Gaynor McTigue

*Author of **Life's Little Frustration Book***

**SPECIAL 10-STRATEGY
PREVIEW EDITION OF**

***Why Make Yourself Crazy?
400 Strategies for a Stress-Free Life***

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Why Make Yourself Crazy?

FREE 10-STRATEGY PREVIEW EDITION

**400 Strategies for a
Stress-Free Life**

G. Gaynor McTigue

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Praise for the 400 breakthrough solutions in *Why Make Yourself Crazy?*

From experts:

"We live our lives oftentimes mired in destructive habits of insecurity—habits that generate anxiety and stress. G. Gaynor McTigue has managed to compile a profound and unique array of eye-opening life strategies that offer the reader simple, effective and healthy alternatives to stress. If stress is part of your life, you can't afford not to read this wonderful book."

—Dr. Joe Luciani, author of *Self-Coaching: The Powerful Program to Beat Anxiety and Depression*

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"Open this book anywhere and you will enjoy common sense solutions to life's big and small problems. It is like having a wise advisor at your fingertips."

—Gloria Arenson, MS, MFT, author of *Five Simple Steps to Emotional Healing*

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"If you're looking for a variety of quick and effective ideas for lowering your stress level, you can hardly do better than G. Gaynor McTigue's new book. There is literally a lot of something for everyone!"

—Jeff Davidson, author of the *60 Second Organizer*

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"Did my family bribe McTigue to write this book? It's the reliable advice from those who know exactly what I need to do to be happy. And they...and McTigue...are absolutely right. And it's all dished out in digestible bite sized tidbits!"

—Carolyn Reuben, author of *Cleansing the Body, Mind, and Spirit*

From readers around the world:

"Stress tips? Fantastic! More like practical wisdom for living. They have helped to streamline life, refocus on priorities, endorse my humanity, appreciate diversity, accept my limitations, welcome beauty, question status quo, challenge norms, and regain composure when the frenzy of busyness escalates!"

—Marisa, London, UK

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"Like a sharp, merciless scalpel, these stress tips cut away the fluff, the fads, the senseless distractions in our culture that tend to rob us of who we are."

—Linda Maxwell, Richmond, KY

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"Common sense, easily identifiable situations and behaviours that leave me laughing at myself because they are *us!* Thank you for your insights and helping me to leave behind the rat race. I thought I was alone in my dissatisfaction of our way of life until I read your many eloquent words."

—Bernadette Keane, USA

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"Brilliantly simple, easy to put into practice and particularly relevant to our modern lifestyle!"

—Jeanette, Queensland, Australia

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"G. Gaynor McTigue writes in a clear, straightforward, practical way that will soon help clear the mental and physical clutter from your life, eradicate the thinking errors and set you on a course for a happier, healthier existence."

—Jeff Petersen, Cove, Oregon

Introduction

Welcome! This special edition of *Why Make Yourself Crazy?* is your introduction to a proven, breakthrough program for eliminating stress, anxiety and clutter from your life.

Rather than just relieve your stress, each strategy goes right to the *source* of the stress and gives you the tools, motivation and attitude changes you need to actually *reverse* the stressful habits and mindsets you've developed over the course of your life. *They really work.* Ask any of the *thousands* of people worldwide currently using them with enormous success.

If you find this sample selection of tips helps you get rid of some the debilitating stress in your life, we invite you to download the full **400-strategy edition**—with solutions for virtually every stressful situation you face! You'll receive *3 valuable bonuses*, too. Go to:

<http://www.pickmeupbooks.com/stress-book>

And feel free to pass along this preview edition of *Why Make Yourself Crazy?* to anyone else you know who's saddled with stress. Thanks for trying out our life-changing stress reduction program!

1

Do one thing at a time.

Do it mindfully. Do it well. Enjoy the satisfaction. Then go on to the next thing. Multitasking might work for computers, but humans have yet to get the hang of it. A growing body of evidence affirms that trying to accomplish several things at once takes up more time overall than doing them sequentially. It consumes an excessive amount of mental energy, too, so you fatigue more quickly. The lack of focus also leads to careless mistakes, shoddy work and unreliable performance. Worst of all, having to do things over. *This is no way to live.* Give what you're doing your undivided attention. Take the time to get it right. You'll be more productive, and less stressed, in the long run. Why make yourself crazy?

Sometimes, of course you, you have so many tasks due it's hard not to frantically try to do them all at once. In the full edition, you'll find many strategies that ensure you'll no longer be put in that position. And if for some reason you are, you'll learn how to handle it with calm efficiency. Order now and claim your 3 free bonuses at:

<http://www.pickmeupbooks.com/stress-book>

2

Throw something out every day.

You've got too much stuff in your house. Office. Garage. Attic. Useless clutter that's weighing you down, getting in the way, obscuring the things you really need. Just *looking* at the stuff is stressful, to the point where physical clutter soon becomes mental clutter. The problem is getting rid of it. It's a huge job, so you keep putting it off. But the more you put it off the more clutter you accumulate...making it an even more humongous task to face. Here's how to break the cycle. Every day, find one thing you don't need and toss it. Or give it away. Or sell it at a consignment shop. Be realistic. If you're not going to use it, *lose* it. Over time, the clutter will begin to vanish and space and order will magically appear in your home... and your life. Stick with this. It really works. Why make yourself crazy?

In the same vein, you're going to love strategy #91, which will keep your house immaculate with minimal effort. And with strategy #334 clutter never has a chance to happen!

<http://www.pickmeupbooks.com/stress-book>

3

Cut down on competitive stress.

Today, we compete for everything: the space around us, to be first to own a new product, to get our kids signed up for programs, to get our viewpoints across, to be faster, smarter, richer, sexier. Our days are filled with stressful competitions. And most are absolutely unnecessary. Because they're driven by insecurity, fear of being left behind, an ingrained need to always have more or better than the next guy. Try to get above all that. If you want to compete, strive to be the one who stays calm and in control, who isn't easily sucked in by material things, who avoids being caught up in the daily grab-bag that robs people of health and peace of mind. Compete for that and see how pointless all those other competitions become. And how misguided those who partake in them begin to appear. Why make yourself crazy?

This is one of *hundreds* of tips that will change your thinking patterns in ways that will bring you peace, harmony and total enjoyment of what really matters to you:
More at: <http://www.pickmeupbooks.com/stress-book>

4

Eliminate excessive and superfluous activities.

Today, we run up time debt faster than we do credit card debt. And it's a debt we can't repay. It happens when we plan, sign up for and agree to do things without considering how long they'll take or where we'll fit them into our schedule. And that's inviting conflicts, chaos, mad dashes, late arrivals, no-shows, bruised feelings, and disappointing experiences. If this is life in the fast lane, maybe you should change lanes. Time is precious. Be selective how you dole yours out. Limit your pursuits to what you can fully and leisurely enjoy. Remember, every activity must be prepared for, gotten to, participated in, and returned from. Don't overbook yourself like the airlines do. You're asking for trouble. Why make yourself crazy?

Also, you must read strategy #23, which has some cautionary advice about volunteering. Strategy #392 offers foolproof ways to say "no", while #219 gets others off your back and returns control of your life to you. Get all 400 strategies + 3 free bonuses at...

<http://www.pickmeupbooks.com/stress-book>

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