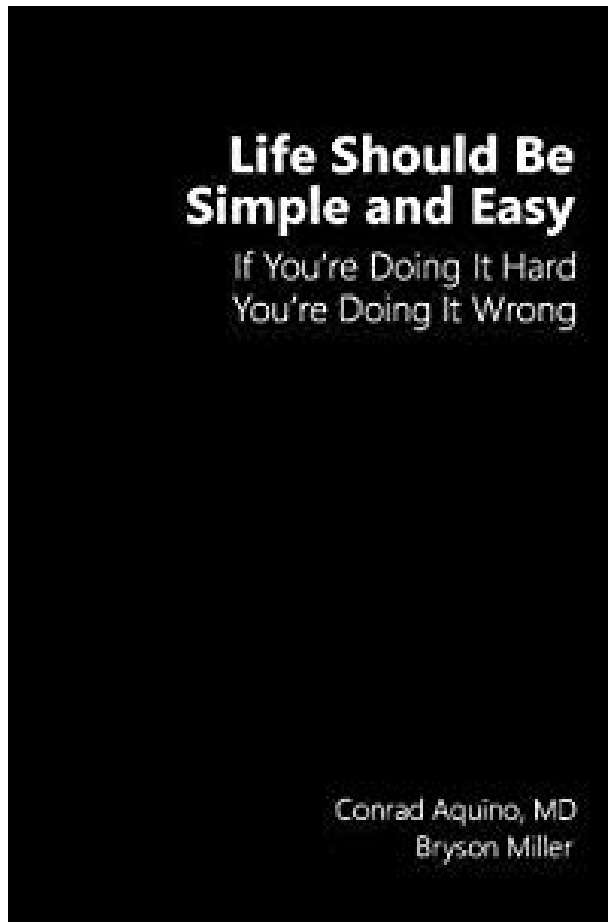


# Life Should Be Simple and Easy: If You're Doing It Hard, You're Doing It Wrong



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"...slim but powerful...

one of those rare books to read, reread, and then pass on. It's a gift that will surely change the lives of many." □□□□  
- Reader's Favorite The book, Life Should Be Simple and Easy: If You're Doing It Hard, You're Doing It Wrong , shows us the downright, honest truths about life. In doing so, this book gives us the tools to live life in the best possible way. It is a unique self-help book, in the sense that, it does not try to change you, motivate you, inspire you, or teach you coping skills. It drills down to the basics of how we become who we are, in turn, revealing the origin of stress. The book was written in a manner that makes logical sense. It is divided into six sections meant to be read one week at a time.

It provides the reader the opportunity to experience the concepts in each section, in order to fully grasp their meanings. When you truly understand the ideas in this book, it will give you a new awakening. You may find the happiness you are seeking and live a stress-free life. But it doesn't end at the book. The publisher also follows through with the readers by giving them access to the authors through hosting a website.

This site provides exclusive content and a private online forum where people gather regard of gender, race, religion, or political affiliation. It is a community of people helping people achieve the same goal - the simple and easy life.