

Brilliant ideas

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So you're stressed? Be grateful. Stress makes life a lot sweeter when you learn to manage it right.

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No, seriously, is that too much to ask?

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Make 'just say no' your new mantra.

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Procrastination is stress's best friend. It's not big, it's not clever but for most of us, it's a way of life.

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Often you can't remember where you left the car keys. Sometimes you can't remember where you left the car.

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