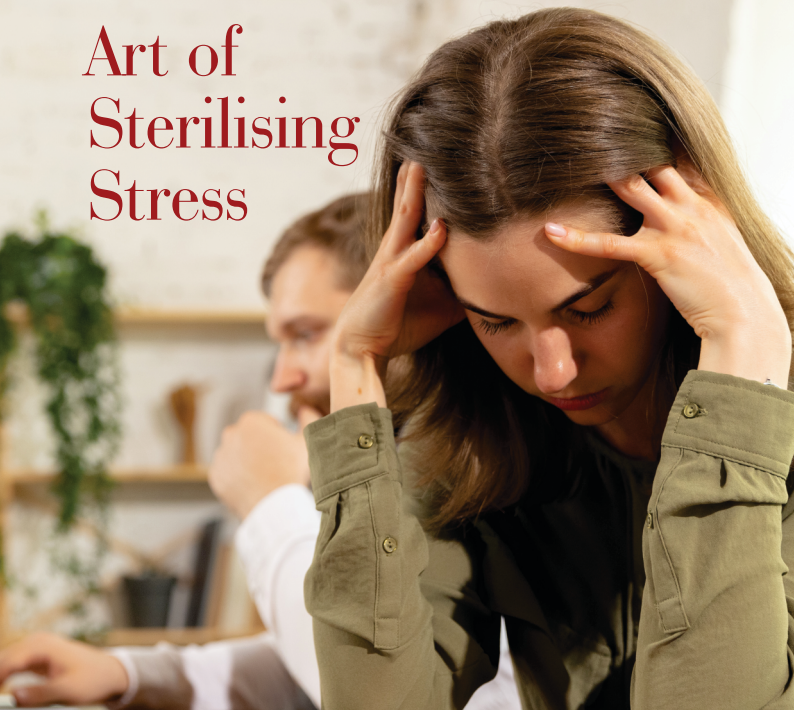




Presents

# Art of Sterilising Stress



by

Dr. P.R. Subas Chandran, Ph.D.,

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**Presents**

# Art of Sterilising Stress

by

Dr. P.R. Subas Chandran, Ph.D.,

This book is for those who.....

Are yet to write...

Wish to write...

Have been writing...

Continue writing... success stories

Life changing audios! Resolutions of rescheduling your humdrum routine life atleast an iota after reading this book? Confronting starting trouble like everyone does how to induce those thoughts into your memory system? The scientifically contrived technique, the 'Art of Altering Attitude through audio files', once listened to before hitting the bed (at the alpha hour) just for 18 days shows the way magical spell charms on you working miracles.

The pudding is in the eating. Don't have to believe your eyes or ears. For any guidance (for instance to get up on time with a smile or how to eliminate irritation, etc.) contact the undersigned; we will attune the content and facilitate you record; in fact, the tips are free of cost; the readily available piece, indeed. Service to humanity is service to Mother Nature.

Dedicated to

those who are still feeling that stress is a part of life.





## FROM THE AUTHOR

### Art of Sterilising Stress (AOSS)

“ஊழிற் பெருவலி யாவுள மற்றொன்று  
கூழினுந் தான்முந் துறும்.”

[Accepting Determinism as the Ultimate is the  
best way to keep stress at bay]

Is getting out of stress an art? The word stress is widely used and it is more or less becoming a routine or excuse to get away with things you don't want to attend or like. Scientists say even plants and animals get stressed. So human beings cannot be an exemption. Is it necessary to have a small dose of stress? Somebody argues for, but I am against it. Poison is a poison whether small quantity or big quantity. Damage is damage. Instead of explaining the reasons for stress which you are aware we are talking about the solutions. Well illustrated stories anecdotes, quotations are interspersed in the whole book and especially, the mango concept which is very popular in all my public speaking, why not give a try? How the mango comes into our rescue when we encounter stress should be experienced. Let me not speak much but I am confident from what many of my friends, clients have felt themselves after freeing from the clutches of stress, following some of the suggestions commended in the book. You will also overcome stress once you use the software that will help you as an antibody or a vaccine which will not entertain any sort of stress in the future too. Let us together explore the possibilities of alleviating the stress out of humanity.

**All the best**

(Dr. P.R. Subas Chandran)





## FOREWORD

**Tr. M.N. Manjunatha, IPS.,**  
ADGP / Chairman Managing Director

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**TAMIL NADU POLICE HOUSING CORPORATION LTD.,**

(A Government of Tamil Nadu Undertaking)

132, E. V. R. SALAI, KILPAUK, CHENNAI - 600 010.

### Art of Sterilising Stress

Date: 07.07.2020

Stress is a feeling of emotional tension prevalent in all life including plants. The police department, in their dangerous and life-threatening job, face a tremendous amount of stress every day. I have witnessed many of my colleagues in the police department who accept this stress as a part of their routine. But, it is an avoidable evil. Stress generates negative chemicals in our bodies that have adverse effects on our health. On the other hand, relaxed environments and positivity secrete dopamine and serotonin, chemicals essential to the wellbeing of humans. This book is a timely effort to bring this elixir of positivity to all of us.

I have known Dr. Subas Chandran for a long time and attended his inspiring motivational seminars. He is a very influential and knowledgeable resource in the art of overcoming stress through a simple Buddha-Mango story. It is a joy to read, and if practiced, one learns the magic of escaping stress.

I am glad to pen a foreword for this book which is very friendly in every aspect – the price, the size, and most importantly the invaluable content. I wish the readers are able to reap the benefits and rejuvenate themselves and their lifestyles.

(M.N. Manjunatha, IPS).



# About the Author



**The best way to overcome your stress  
is to help others out of theirs**

**- Dada.J.P. Vaswani**

**Dr. P.R. Subas Chandran**, the author of the pre poll book, '**Why Modi Should become the Prime Minister** (2015), the biographer of former Union Home Minister, Shri. Sushil. K. Shinde's **Who Wrote My Destiny?** an interviewer who has authored and compiled, **Aakasame haddu**, a renowned journalist, non-clinical psychologist, a blogger and a full-fledged motivational speaker, hails from a humble living like any of us who confides to all those icons the heart of the matter, the hidden agenda of his success story through the ART SERIES....further details visit [www.subschandran.com](http://www.subschandran.com)

**“ It is not a sin to have been born poor but to die one is certainly unpardonable. ”**



# ACKNOWLEDGEMENTS

This presentation reflects the Master who has sent a messenger to disseminate the message. A repository of creative people interspersed with worldly wisdom from mundane to spiritual fields is incorporated.

The author owes his accolades to **Shri. Tr. M.N. Manjunatha**, I.P.S., ADGP / Chairman Managing Director, Tamil Nadu Police Housing Corporation Ltd., to have foreworded the Art of Eliminating Stress vouchsafing the contents shared.

Of course, **Dr. S. Gurushankar**, Chairman Meenakshi Mission Hospital & Research Centre deserves a more than thanks for the all round support.

The author extends his due accreditations to **Mr. Sam Rajappa** and remains in gratitude to **Mrs. Latha Sharma**, Associate Editor, for making this book a possibility.

Also, applauds Google.com, Wikipedia, the team members: **Mr. S. Manikanda Raja** & Designing Team of MMHRC whose contribution is immeasurable in publishing the pocket-sized book.

## Special adulations to the first reviewer

The author and his team gratefully acknowledges the angel's (name not to be revealed) immaculate appraisal, correcting, editing as well as amending, to have the book rendered nearly error-free.



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### NOTE

This book is a compilation of wisdom from myriad sources intended to benefit the general readers, certainly not experts. Most of them are suggestive, self-experienced that readers may consult health care specialist, should they find information not in rhythm with their expectation. Moreover, the write-up is governed by the British English Language/Grammar rules. Any reconciliation with the computer language be kindly overlooked. The author and the publisher bear no responsibility for abusing or misusing the indicative measures.

## Art of Sterilising Stress

Stressed or Tressed? You know when these teenagers are stressed, they tress their hair and shake their head twice or whistle in the highest pitch. Our author was thus mounting the dais humming Mango, mango, mango... on one of his presentation sessions at a prestigious Institution in Australia.

### **Stress management techniques from Lord Buddha.**

Call it mango technique; let us explore the same. Once Lord Buddha was passing for a sunrise walk along with his disciples where he encountered a mango seller selling different types of mangoes. Lord Buddha enquired about different varieties of mango and their costs.



The disciples who were keenly watching the negotiations thought the Lord Buddha would buy mangoes in huge quantities; so did the mango seller. The vendor wanted to know the quantity Buddha required. With a wide smile, Lord Buddha informed him that he didn't need any mangoes and set off walking towards his ashram.



Irritated by the behaviour of Buddha purchasing not even one piece, the seller began abusing Lord Buddha. The disciples sensed vigour of the scene and rushed to hit the mango seller. Lord Buddha prevented them from doing so and asked his disciples to accompany him.

All started walking towards the ashram, after a few minutes the disciples stopped following further. Lord Buddha turned back and signalled them to accompany him. The disciples responded unless Lord Buddha answered their question, they would not walk along with him.

Understanding the temper of the disciples, Buddha thought it was the right time to teach them an important means to handle stress. He explained the wisdom behind not buying a mango from the marketer. He enlightened, “The mango seller was selling mango. If I buy mango it will be mine. If I don't, then it will be his.” (In reality, the disciples took the call certainly not Lord Buddha). Conversely, stress is like looking for a mango or a telecall emotionally. If you get the call, it is yours. If you don't, it is not yours. Assume you got a prank call from somebody that you have won a lottery; you are aware of the fact you don't have such gambling habits. Now, what is your response to that? You will ignore because it is not your cup of tea.

Hypothetically speaking, even it is rightful that you are habituated to buy lottery and your





losing is a commonality, the stress may not make any dent in your personality. Another model, if someone died adjacent to your house, you will be only witnessing a death without any effusion. You will not be turned on emotionally. Contrarily, any emotional intake will get an impact otherwise it is scarcely any information for you to see. The anecdote teaches you that stress/emotional management is not anywhere. It is within us, taking or leaving it is in our hands. A few minutes of exercise will relieve you from stress.

Don't get intimidated by the emotional tantrums. Step by step you will discipline yourself to be a spectator and become a liberated person. Stress management is within you. Try this method, for any clarification or consult the author for suggestion.

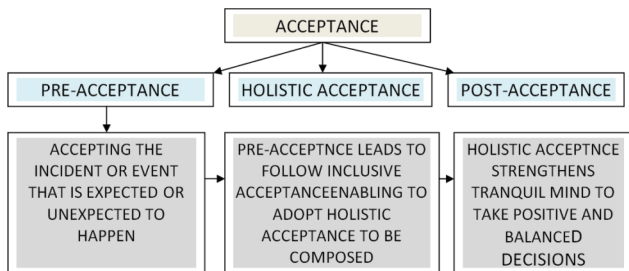


## The panacea for stress management



The panacea for all ills and ails is to get out of stress. One of the most fundamental remedies for stress is acceptance. It means in spite of many disadvantages, pain, loss or agony to accept not accepting things helplessly. Any tags to acceptance, conditional or unconditional, now or later should not be there. There are three stages: (1) Pre acceptance state- quite blank or ignorant or still like a newborn. To do this you need meditation [**Refer: Art of Ramping Interpersonal Relationship**] through yoga practice. (2) Holistic acceptance is whatever has been done can't be undone. If the flame in the gas engulfs because of our carelessness accept it as if you are a robot and find a remedy with a composed mind you don't get stressed. This is the biggest forte to react positively to a crisis.

(3) Post acceptance is a way forward state of tranquility. The state of mind is the most liberated mind. This book will give some tips in this line. Three stages should be viewed from a broader perspective. Let's take up a case study for a better understanding.



## Case Study

### Meet your Waterloo or Pride goes before a fall

Napoleon de Bonaparte, the finest French general, Dictator was a mighty ruler waging sixty wars ventured to conquer the world.

Unfortunately, he lost to the British army headed by the Duke of Wellington at the battle of Waterloo, Belgium. In extreme arrogance lies one's desperation of unprecedented defeat. He was blind to reason, that he was defeated. The vehemence of Ego and Greed is such it blurs the vision of reason and humility. Even before he could realise what was happening, he had already been imprisoned. The British house-arrested him exiling to a solitary confinement, an abandoned island, St. Helena, Africa. His refusal to accept his defeat led to a greater distress. Since Napoleon was disturbed, he could not apply his mind; had he accepted he could have been the ruler par excellence.



Fortunately, or fatalistically, at St. Helena Napoleon was gifted a chess board by Sir John Eliphanstine, in gratitude of saving his brother's life in an earlier war. He said: "It will take away the loneliness and liberate you from stress". His friend figuratively hinted that there is a way out to be free. He punned on to mean to put him at ease that also had the secretive escape plan. A stressed mind is like an iron curtain. It doesn't let even the most sane, outstanding brain to rationalise the best of best solutions given. Napoleon died distress shortly after. When the French Museum auctioned the chess board, that belonged to the hero Napoleon, at a sizeable price to its surprise, it did have something beyond playing chess. A hidden note was placed in the middle of the board that was a road map to escape from the prison. But Napoleon's frustration and anxiety stonewalled his thinking process, and he missed the opportunity to use the escape route. The secret plan got unraveled years later. But to what avail? The conclusion is the concept of

acceptance is the best way out to ward off stress.

So the secret of tiding over stress lies in holistic acceptance not in the first one spoken, which reflects immaturity.. Herein we would like to draw the reader's attention to stress; the cause for it; the twin concepts of tackling, - acceptance and refusal in stress management/ elimination\*. Sorry for the interruption! Stress Management intends to subdue or make up with, - always a pain in the neck; Stress elimination, on the other, is to uproot the sickness. For example, if a doctor is asked to manipulate the case study of a patient for reasons of the management it is considered wise first to accept the task and later



react to it quite diplomatically. If the doctor denies he happens to face the band. Rather, had he accepted the command he could have been successful in implementing his secretive plans even.

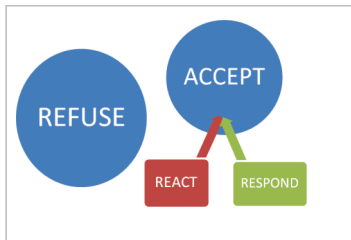
Stress management	Stress elimination
Suppresses the emotions, humiliation	Uproots it from the memory or subconscious by allowing it pass by.
Has the danger of surfacing anytime	Gains confidence and competence thereby
A tentative inadvertent act	A perpetual strategic solution
Leads to ill health	Health gets morally boosted
Exhibits peevishness, inferiority complex.	Expresses grit, gallantry & geniality

## Let's be transparent

“THUD”, the flush door slammed behind the poor employee with a tearful face coming out of the manager’s cabin.... All the others rose to their feet in bewilderment. The peon looked at him in amazement. What could have happened inside? A slimy assistant slid his way into the manager’s cabin to make out the scene.

The housekeep was mopping the wet floor and the things around. The manager was wiping his smoothly pitched play ground bald. “You bastard! You thought I’m here to lick your dirty boot putting up with all your filthy affairs with the lady receptionist. I know I’ve been a hurdle to guard her from your wolfish views and that kept irking you. Why do you come to office, you scoundrel? You thought I’ll lease my soul for your cranky ways, sadly mistaken!” Fueling the fire, the peon entered with a glass of ice cold water and this splatter... So he blurted out his anger and finally before taking leave he added, “You flirt, now, go and blow your top what happened here! save your head on your shoulder! It may be okay for me to endure it thus long but you... in quantum of a second...??? The door....

This manager had been abusing the employee who had been serving him in earnest sincerity, for quite long. Every time,





he was demeaned the employee overlooked the contention and bore the humiliation in subdued pain. The manager had the stress surmounting him on a fine occasion that his superior wanted to place one of his poor relations in the office and had asked him to create a post for him. Hence the blockhead manager's arrogance culminated that day in curling his lip on the innocent employee to the extent of, "Out of sight! Out of mind! Quick, get lost!" The employee unable to bear the insult any longer requested the Manager a few of his private moments....

Call it **response** or **reaction**, yet elimination of stress for one and management for another. The subordinate who managed to pull along with the stress resolved to eliminate it but in a single blow. Bravo! Response, more so, because it had been the optimistic resolve to get away with it in a single blow.- **Elimination**. The perpetual suppression of stress or **stress management** has exploded with greater proliferation. Psychology speaks at length why some children grow violent in kindergarten; why mental

asylums are, and things like that. It can be concluded that **reaction is emotional response** (Atomic war between Japan and the US whose outcome is loss), but then, there could be a humorous turn to it like the popular funny head collision game; while response is a rational reaction (India's Freedom struggle against the British) Ironically both took place at the same time period. That's why never hurt a quiet cat.

Buddha was uninterested in the comment so he could walk out of the situation calm and quiet ignoring the vendor's jibe-**refusal**. Contrarily, his disciples not only accepted but also **reacted** to it, which is why they returned with heartburns. Rather, had they been more sensible to **respond** (which is a positive feedback) to it, they could have evaded the blasphemy. Who dare challenge the situation better? Don't jump into conclusions. Wear patience till the last for you to arrive at a concrete decision.

Stress, therefore, is the "physical or mental disturbance" annoyance, impatience,

intolerance about an act, circumstance or person. It is also anxiety driven due to some kind of compulsion. Turn to psychologists' and researchers' definition.

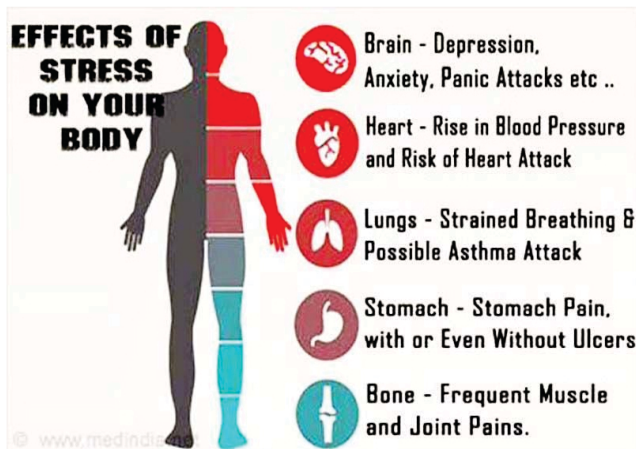
## Causes for stress

- Urge to perfection
- Need to compete
- Greed to overwhelm
- Craze to procure
- Inability to justify any or all
- Lack of planning
- Callousness about time and other factors, etc.

DOSE mechanism to address stress	The HOW's over WHAT's of stress
<b>Dopamine</b> -Define the stressed situation you are in	Ask HOW did I enter into stress
<b>Oxytocin</b> -Organise your emotions into reasons quickly recalling why into such a situation	HOW can I overcome it
<b>Serotonin</b> - Stabilise yourself-take deep breaths or simple steps to overcome stress	HOW do I plan the course of my implementation
<b>Endorphin</b> -Execute an action to end it even if you have to lick a dirty boot	HOW will I face the consequences

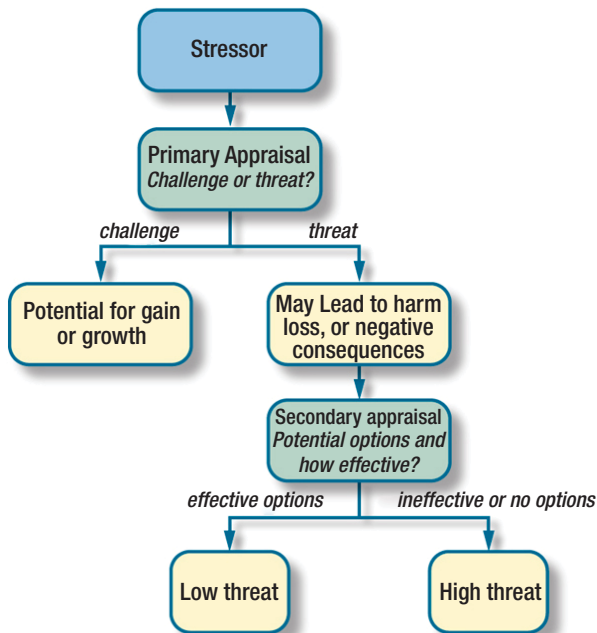
## Stress definition – Distress

The word stress itself began as a variant of the term ‘distress’ in the fourteenth century. The medieval term actually meant physical hardship, pain, torture and starvation. Hans Selye who is credited as being the modern day father of stress defined stress in 1936 as “the non-specific response of the body to any demand for change”. Hans Selye’s stress definition later expanded in 1979 as he explained further that “stress is a ‘perception’. It is the demands that are imposed upon us because there are too many alternatives”. Selye’s view: response of the body to any demand whether it is caused by, or results in pleasant or unpleasant conditions “beyond the psychological feasibility” “a reaction to a stimulus event” “Coerced adaptation” “external or internal load” “lacking equilibrium,” “challenging experiences,” “multitude of demands” “negative emotion”. It is pretty well conjectured that the factors accounting for stress encapsulate all the ten versions: distress,



perception, environment, events, adaptability , load, strife to stabilize, Challenges, and Negative emotion – cynicism.

More than Nature, who could be the best teacher? You know rat/mouse. It is capable of cutting the barbed wire or wood or iron bar. But think of its pathetic condition when caught in the mousetrap/ratrap. You call this stress management? Or stress elimination? Neither. It's DISTRESS. Driving oneself to a helpless state



restrains him from thinking further course of action. This what has happened to the rat even, most of us for that matter.

Corona is round the corner, like the common examination. The one who keeps cool and works his ways to combat it emerges heroic in its term. The story of RATTRAP limelights the

ideology of getting caught in the web of circumstance one's mind stops application. The solution may be near but the anxiety parameters complicate it. So has been the life of great heroic men.

Observe closely that stress management is deviant from elimination. Netaji Subhas Chandra Bose on the other hand, flee the conspiracy and survived torment in the hide out. Most interestingly, Fuehrer Adolf Hitler is said to have similar escape at the hour of crisis. In any case, all that one needs is the will to win. This becomes the driving force for one to tide over stress.

Conservative reticence, personal inflictions and memory are the triumvirs that amount to stress incitation. As for the memory zone is concerned, there are two perspectives: illusions – the suppositions, presumptions and assumptions and the past experiences, of repression, suppression and ultimate depression.

## Most predominant causes for stress

- Sense of insecurity feeling
- Inferiority complex
- Inability to socialize
- Lack of exposure/
- Natural piety
- Hypocrisy
- Xenophobia

\*The very fundamental information one should know is that we draw message information three collection of Encounters \*experience from our old memory which is always a storage of waste thinking material; the past is always painful bothersome loaded with negative energy of Agni planes of failures and many more and \*when we draw information from these stories and \*compare the past with the present scenario we are stressed because we are seeing through the old memory. Of course the future is also an illusion which equally bothers us because of uncertainty. Out of these two, the main called the past annoys us more than the future you are drawn into to various kinds of stress that include the present.

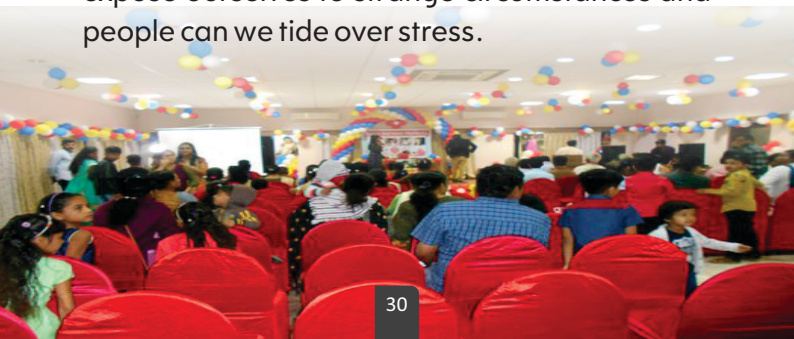


The author entertains you with a flippant anecdote. A guy working for an IT company wishes to make quick progress in his career like the senior. The superior asks him, “Open that envelope.” “How can I? It’s addressed to you.” So you don’t want to become like me.” Not that, Sir...” Have you ever been to a marriage as an uninvited guest? Getting there you’ll know the secret of my success story. Pickup the card and represent me as I’ve an urgent appointment in London. At the party, the guy wears a bovine sheepish grin at every face. The damsels at the reception think him to be a loafer. In the hall, the bridegroom waves hand at his friend next to this guy, trying to seek identity he waves back only to see bewilderment on the groom’s face. Unfortunately, seated in the midst of the bride’s relatives the guy wears a blank to all their comments.

Suddenly, an oldie interrupts him, “where’s the family?” “What family? Whose family? Which family? Unable to answer the questions with mind boggling on these questions, kept to a side.

A gentleman abruptly opens up a talk, “where working? How related to the bride/bridegroom? Married? Where...? How many kids?” One comfortable answer spilt out of the ITian, “Not as yet.” “What? Not even once? What are you up to?” Feeling quite blemished the guy hurriedly leaves the place. Next day, when he met his superior with a sigh narrated his predicament\*[Refer: Art of Ramping Interpersonal Relationship].

“Got me, how I have reached this place? Precisely. ‘coz I grabbed the opportunity thrown even to the others and with hard work, grit, perseverance and patience I’ve made it. The secret of success also lies in stress management, rather eradication, only when we expose ourselves to strange circumstances and people can we tide over stress.



## Tips to keep stress at bay

- Keep cool headedness, seeking the company of fools, pranksters
- Practise physical strain/exertion or exercise to eliminate mental stress
- Talk to self standing in front of the mirror-dramatise the stress you want to bring out
- Leave the place at once
- Count reverse fast
- Lock inside the washroom and speak out all the abusive terms in a stroke
- Allow yourself to recall where lay the mistake; review and rectify create an opportunity, if need be.
- Avoid unhealthy company-Positive attitude
- Accept things fallen apart, out of control
- Have firm conviction more than aggression, never to indulge in addiction of any sort
- Monitor eating habits, managing time-never to quit routine
- Entertain consultations and moral support. But,... Your biggest weakness can be your biggest strength.



This is also a thought and it is you who generates such arts drawn from the past or the future and start green when you compare with the situation similar to the past unaware of this basics. You are entertaining thoughts of suffering which has a strong influence on your memory system and the present scenario which is similar to the past will get the same amount of pain and anguish and you are stressed.

Now the question here is why draw message from the old memory to an event that is totally different from time and energy also the situation is different you can't compare a similar type of

event of the past with the present. So now we have to rework out the strategy to overcome the stress by introspecting and try to apply some of the tips given here so that you can overcome the present state of mind. Please try to understand that you blame the external agency (could be a noise and accident or a fight) responsible for generating stressful thought in you which needs to be analysed. Unless you entertain thought from the external influence you will not suffer. In other words, you have left your remote control in someone's hand I mean the external influence.

## Anger Management $(-)\times(-)=(+)$ formula

The Buddha said, “Conquer anger by non-anger. Conquer evil by good. Conquer miserliness by liberality. Conquer a liar by truthfulness.” (Dhammapada, v. 233).

Anger is one of the greatest obstacles in Buddhist practice — and in daily life. The very heat of anger obscures our minds — and not just our own minds, but those we touch: online at

Facebook or Twitter, those we interact with at work, and our relationships at home. Anger is cancerous contagious danger.

Road rage erupts spontaneously, and can be dangerous both to self and others. Buddha taught mindfulness methods to calm anger, and not just to subdue, but convert into valuable Dharma practice.

In Buddhist teachings, anger is most often metaphorically compared to either an “out of control forest fire” or a “rampaging elephant.” Why these two? Simply because anger reacts and destroys quickly; we often don’t have time to control it — it tends to explode destructively outwards: angry words that hurt, angry fists that bruise, angry weapons that kill, angry actions that destroy relationships, angry reactions that destroy business deals.

It is worth remembering the story of Buddha calming the “rampaging elephant” with a simple gesture and a peaceful demeanor. With practice, the quiet, patient mind can overcome the destructive flash of anger.

Shakyamuni subdues an elephant with loving kindness and the Abhaya (palm put out in blessing) gesture. The elephant was enraged by evil Devadatta. Elephants are sacred and beloved by Buddhists.

## Five ways to end anger

1. Meditate mindfully in the present moment, observing anger but not participating in it (Even psychotherapists use mindfulness to help patients manage anger).
2. Be attentive to the kindness of others, and overlook their unkindness. Practice meta kindness and compassion for all beings, putting your enemies first in your meditations use wisdom (and patience, a form of wisdom).
3. Analyze anger meditatively, understand its cause and effect; approach problems with patience.
4. Substitute something positive for the negative.
5. Convert all the negative into positive.

## Anecdote

A mother asked her five year old son to bathe and complete his day's chores. Without a second thought the child asked, "How'll it benefit me?" The mother had no answer for his question simply said do it because everyone, your grandfather, granny, your dad, me and the others have been doing like the sun rises with every hespers and sets by vespers. The boy blurt out without slightest iota of consideration, "so the mistake lies with Nature; without even knowing the whys and why fores of life it does everything monotonously, what a pity! But I can't be taken for granted. Unless I'm benefitted out of it I ought not commit myself" and withdrew to his gaming. The mother with a quick repartee cornered him "how should your gaming benefit you?" Giving pleasure; keeping me preoccupied, Simple! "Well then, why



munchies and junk stuff in between?” When you’re preoccupied whence arises the question of hunger? To refurbish energy, keep me fresh, brisk and energetic. You’re Done! This’s what I expected you to say. Your daily chores do the same to every part of your body. Do you understand, at least now...? Stress elimination is something like this.

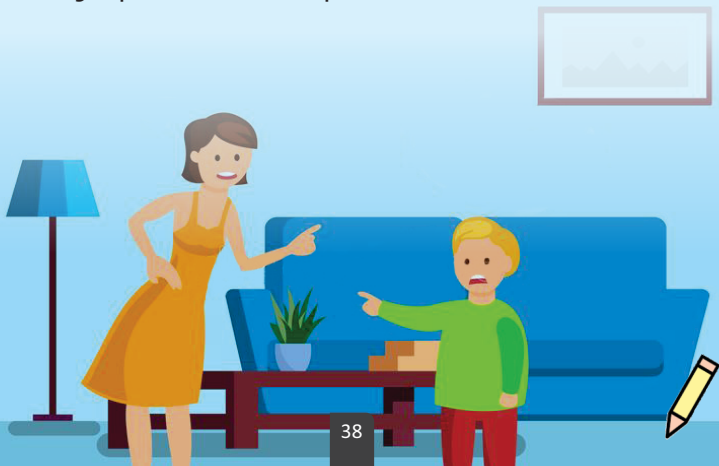
**Win Win** strategy is to accept and respond. The most adopted policy by stake holders. Suppose a business tycoon invests money and the employees do not work for his profit he washes his hands on their salary assurance. The quest for credibility lies in this win win strategy: You earn profit for me; I’ll take care of your package. That’s how hard work becomes a tool to eliminate stress.

Lose Win strategy-to accept and brood over the spilt milk on the inability to rise to the occasion.



Win Lose strategy-to refuse and throw oneself to abnegation.

Pay back coins- similar to the disciples one soils his shoes trying to bell the cat but who in reality is the most stress manager it's he who in the midst of crisis plays the safe game. It is therefore clear that one who lets the stress pass by confronting it with the morale of superconductivity. absorb and fight it out to the fullest. The true persona then emerges. Just Go ahead! Good Luck! Even if everything is lost there's still something to go...for we have miles to go, promises to keep...



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- The Secret by Rhonda Byrne.
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- Websites: [www.who.int](http://www.who.int)
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