



# Absolutely Should-Less: The Secret to Living the Stress-Free Life You Deserve

*Damon L. Jacobs*

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**Absolutely Should-Less: The Secret to Living the Stress-Free Life You Deserve** Damon L. Jacobs

Imagine a day in which you wake up, get out of bed, and go about your daily business without a single "should" getting in the way of how you feel about yourself, your appearance, other people, or the world around you. Absolutely Should-less invites you into such a fascinating world, and offers you seven proven steps toward a much happier and peaceful living. If you have ever experienced any stress or sadness from looking in the mirror and telling yourself you should lose weight, make more money, think smarter, look better, or be any different from who you are today, then you are suffering the consequences of devastating "should's," and this is the right book for you. It may not change every aspect of your life, but it will change your mind about every aspect of your life.

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