



Hey you!

Do you ever get stressed? Of course you do, we all do. Would you like the tools needed to lower your stress? Picture yourself as good looking as you are, but with less stress. Not a bad image, right?

I studied neuroscience and psychology before becoming a stand-up comedian and public speaker, and for the past decade I have been touring the country. I run stress management workshops and help people understand why stress is dangerous to our health and wellbeing, and how we can manage it or avoid it. I use humor and personal anecdotes to help convey my message.

I wrote *The Art of Taking It Easy* to put my insights on stress management on paper, so my daughter, Alyssa, who is now three, can use them one day. (Nobody knows the future, and as an older parent I wanted to make sure that I teach her to be resilient.) Of course, in the process I wrote a book that can be enjoyed by anyone. (Well, anyone except Alyssa as it turns out—right now the bear on the cover is too scary for her.) The book is humorous, informative, full of practical advice, and written in straightforward language that most people can relate to.

Most of the time we are probably okay, but occasionally we feel angry, sad, and anxious, and all of these emotions are based in stress. Many of us would agree that the past year has been particularly stressful, and maybe even pushed our stress management skills to the limit. (One of my coping mechanisms is to make jokes, but sometimes even I found it difficult to laugh.) They say times are tough, but the truth is that they are always tough. The guidance in *The Art of Taking It Easy* can help with today's challenges, as well as the ones ahead. You'll find yourself returning to the advice imparted.

I am so grateful to be included as a Big Library Read. When I was a student, I would often visit the library as a place to de-stress. Thank you for also supporting libraries, and for embarking with me on this journey to lower your stress and lead a healthier, happier life!

Dr. Brian King

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