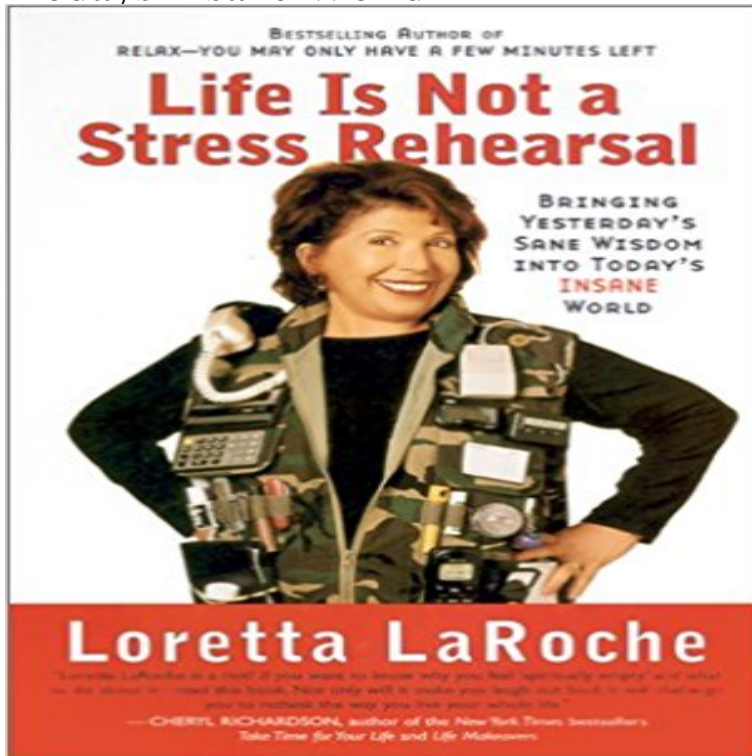


# Life is Not a Stress Rehearsal: Bringing Yesterdays Sane Wisdom Into Todays Insane World



For most of us, life has become such a pressure cooker of unrealistic expectations, information overload, relentless marketing, and workaholicism that we spend our days stressed out over being stressed out. Guided by the timeless wisdom of her grandmother Francesca, renowned stress coach and humorist Loretta LaRoche makes us see the wisdom of a more civilized time, when no one carried a cell phone during a peaceful walk on the beach. In *Life Is Not a Stress Rehearsal*, Loretta takes an honest and hilarious look at the gizmos, self-help regimens, talking heads, comfort products, nutrition plans, and sexual freedoms that we have all come to believe will make our lives better. She shows us that in many ways, they're filling our lives with more stress and insanity and keeping us isolated from the thing that matters most in any healthy life: real human connection. With Loretta's contemporary wit and a hearty dose of Francesca's old-world wisdom, *Life Is Not a Stress Rehearsal* is a breath of fresh air for everyone who's suffocating in our techno-crazed, germ-phobic, go-go-go world.

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