



# The Teflon Self: How to Live Stress-Free in a Chaotic World

*Edith del Mar Behr MD*

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## **The Teflon Self: How to Live Stress-Free in a Chaotic World** Edith del Mar Behr MD

This book reveals that you can easily change your life from stressed out to completely stress free. It then proceeds to show methods in a practical way that you can apply in your everyday life. It can help with everything from an annoying coworker to manifesting wealth. The bonus is that it will make you laugh often and without any effort on your part you will find life getting better without limit.



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