

## **How to Find Inner Peace**

I am passing this on to you because it definitely worked for me and we all could use more calm in our lives. By following the simple advice I heard on a Dr. Phil show, I have finally found inner peace.

Dr. Phil proclaimed that the way to achieve inner peace is to finish all the things you have started. So I looked around my house to see things I started and hadn't finished; and, before leaving the house this morning I finished off a bottle of Merlot, a bottle of Pinot, a bottle of Baileys, a bottle of Kahlua, a package of Oreos, the remainder of both Prozac and Valium prescriptions, the rest of the Cheesecake, some Saltines and a box of chocolates.

You have no idea how freaking good I feel. Please pass this on to those you feel are in need of inner peace.