

# STORY IDEAS:

How to eliminate 99% of the negative emotions in your life.

What emotions really are and how to control them.

Our actions are our values made visible. What do your actions say about you?

How humans think: a new paradigm for the 21<sup>st</sup> century.

How to reclaim the energy and happiness you lose in worry and stress.

How to eliminate 60% of your doctor visits.

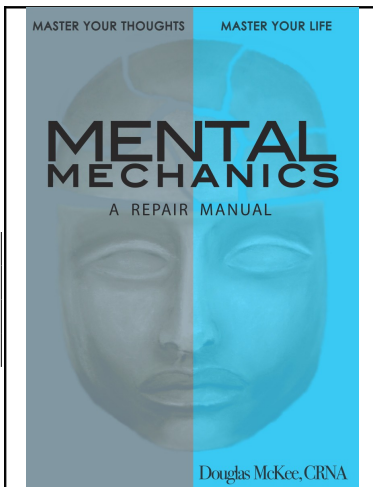
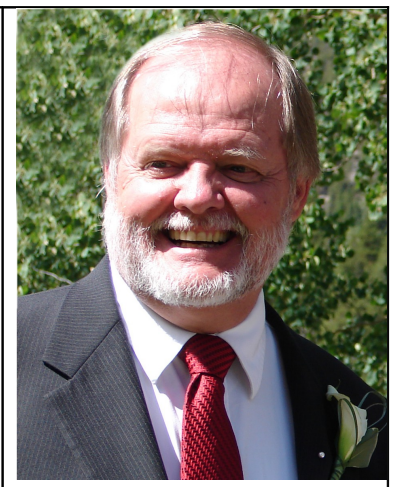
How to build relationships that just keep getting better.

Real intimacy doesn't have anything to do with being naked.

Wedding vows for living happily ever after.

Why giving your children what they want won't meet their needs.

Successful people really DO think differently.

	<p>Douglas McKee is a CRNA, a Certified Registered Nurse Anesthetist. In practicing anesthesia, he encounters frightened patients and families every day. Helping them handle their fears over the years allows him to understand the true nature of fear itself.</p> <p><u>“For the last thirty years I have also studied what makes the truly outstanding humans what they were and are, and how we can use the mental and emotional tools they used in our own lives.</u> Once we know how to think, the "what" to think is pretty easy.” Mental Mechanics: A Repair Manual presents the world with a new thinking paradigm for the 21<sup>st</sup> century.</p>	
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