

Here in **New You City**, we are devoted to optimizing **all** aspects of our lives. Drawing on *ancient* wisdom and state-of-the-art research, **every** one of us strives for a *fulfilling* career, mutually **supportive** relationships, and a *healthy*, mindful way of being. We pride ourselves in solving our own problems. But ever since all this devastation in Bookspace, we can no longer do that.

Of course, part of self-help is **knowing** when to seek help *from someone else*. In that spirit, we are asking you to find solutions for us. Perhaps in helping us, you can **also** help yourself by furthering your search for the *all-important* Plot Device.

I know you can do it. Just tell yourself, "I am a **strong**, *wise*, capable person who can tackle **any** challenge that comes my way."

Sincerely,

**Dr. Juana Weerdtryk ME DO BS**