

Put Old on Hold

e-Magazine

June, 2012

*Advocating Lifelong
Growth and Productivity*

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From the Editor



Recently I saw Kathy Fediw's online magazine and I was blown away. Here is the [link to her magazine](#)). I thought, "Wow, that's fantastic! I want to do that!" So with the help of Microsoft Publisher 2010 and PageTurnPro.com, I took a stab at creating my online magazine. There is much room for improvement, but the learning process is fun.

While the magazine format is cool, it doesn't allow me to do things I would like to do. For example, while it's possible to use hyperlinks, it's not possible to embed code but the folks at Pageturnpro.com assure me they are working on adding all the bells and whistles that will make me happy.

Please let me know what you think about this format. And by the way, if you would like to be a contributor, please [click here for submission guidelines](#).

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Dealing with “Stuff”

By Mary Lloyd

Living in a consumer culture has one drawback. It means you end up with a lot of “stuff” after a while. This can go on for years without notice, but when it’s time to move, the horror of what you’ve accumulated can be downright terrifying.



I just moved. I’m painfully aware of “stuff.” Since I’ve moved into space someone’s already occupying, there’s also the challenge of dealing with *that* stuff. So I’ve been making up “rules of engagement” as I try to fit what we need and love in our current space without making it look like a

warehouse—or hoarder’s

warren.

As basic guidance, I’ve been using a recommendation I found in a self-help book a while *ago*. (I think it was Martha Beck’s *Steering by Starlight*—but it’s still packed so I’m not sure.) Only keep what you need, find beautiful, or cherish.

The first hurdle—knowing if you need it to live—is easy. If you use it, you need it. If you don’t use it at all, you can let go of it. (Think holiday Jello molds.) We currently have fifteen bed pillows—and one fulltime bed. Not for long. When I’m not sure, I send this kind of stuff to limbo. I put it in my official “waiting” place, and if I don’t use it in a year, out it goes.

We won’t go in to the difference between what I think is beautiful and what my man friend finds uplifting. (That’s a whole column—*itself*.) That brings us to the third standard—stuff we cherish.

It’s the “meaningful things” category that’s the bear, especially if you are living with someone. I

can assess how important something is to me emotionally. Or I can put it in Limbo while I think about it. But what about my guy’s things? (I’ve already dealt with what my kids left behind.) Those decisions are a bit more complex and involve some interesting explanations.

We need to keep that because it cost a lot of money. It’s not going to cost any *more* money if we let go of it. In terms of emotional expense, it *does* cost us to keep this kind of stuff. If it’s not our style or our choice, keeping it is a drain. In terms of overall cost, we’re ahead even if we have to give it away (but we can probably sell if it was expensive in the first place).

It’s family. When I made this move, I put five boxes of manuscripts in the storage unit—my father’s work. No way can I let go of them. I also have the toy box we had as kids—which is really just a crate from someone else’s china. And the bench four of us seven kids sat on at the dinner table. And the pump my uncles used to make moonshine during Prohibition. And ... With family items, it’s better to repurpose them than let them go (unless a sibling or child is interested in having them). The toy box holds my writing notes; the bench has become a coffee table.

If you’re the last surviving member of a family with “nice stuff” you can end up living in a museum. A friend inherited all of his mother’s family’s furniture—passed down for generations. He also inherited his brother’s stuff—with some beautiful antiques. Yikes!

I might need it someday. I tend to stash stuff to use in art projects. I still have “plans” for that stuff—be it bird feathers collected in San Diego or gourds from a recent trip to Arizona. For this stuff, I have a different rule. If I remember I have it and can find it when I want to use it, then it’s okay to keep it.

Even with all these “rules of engagement” there’s a lot of stuff yet to decide about. So in addition to limbo, I’m starting two boxes, one for me and one for my guy. Whatever I can’t figure out goes into the box—to deal with later. The caveat, of course, is that when the box gets *full* you have to decide!

Mary Lloyd is a speaker and consultant and author of . [*Supercharged Retirement: Ditch the Rocking Chair, Trash the Remote, and Do What You Love*](#) For more, see her website: www.mining-silver.com

Prostate Cancer – Is It Better To Be Poor?

By Michael E. Platt, M.D.



One often is under the impression that the wealthy have the advantage of better access to health care. However, this is not always the case. Perhaps if Steve Jobs took better advantage of what alternative medicine has to offer he may have had a different outcome – it certainly could not have been worse.

Recently, Warren Buffett, 81, announced that he has prostate cancer. He is certainly in a position to obtain the best advice money can buy. He has a condition that can be approached from a number of different directions, obviously a situation that can benefit from expert opinion.

According to the information reported about his treatment, he has elected to have radiation. At best, this provides a 50% cure rate, and at the same time provides complications that are often severe. Diarrhea is almost a given, but there is a relatively high incidence of rectal carcinoma.

Interestingly, an option called “watchful waiting” has been found to be a viable alternative, which makes sense when you consider that only 7% of prostate cancers spread. This means that if you do nothing, 93% of men will die with prostate cancer rather than from it. Certainly at his age, I would expect that most experts would recommend this course. Except, perhaps, the high priced “experts”.

While we are on this subject, I have never been a proponent of prostate biopsies. I strongly suspect that this is when many of the cancers spread. By punching the prostate 12-24 times with a biopsy needle, it seems logical that a cancer could easily get into the blood stream at that time and spread.

What most men are not aware of, there is a test that can be done at the time they have a PSA test called a

free PSA test. A value less than 10% can be a strong indicator of cancer, and a value above 20% can argue against it. Obviously this test could help men avoid a very uncomfortable procedure and provide important information without the danger of the cancer spreading. So raise your hands, how many men have heard of a free PSA test?

As most informed people realize, prostate cancer is caused by estradiol, the most potent form of estrogen. This is the same hormone that causes breast cancer in men and women, and uterine cancer in women. Men actually wind up with much higher levels of estradiol than women have when they are in midlife. At the same time, both sexes stop making progesterone, the hormone that prevents every cancer caused by estradiol.

Eventually someone will come up with the idea that women should be using natural progesterone cream rather than wearing pink ribbons to promote breast cancer awareness, which is unpaid advertising for the drug company who started it, who happens to produce chemotherapy for, you guessed it, breast cancer.

Many prostate cancer therapies involve the lowering of testosterone, which makes no sense at all. The end effect of this is the lowering of estradiol which is a hormone that is down-regulated from testosterone. This is good, but you are sacrificing testosterone which is an incredibly important hormone for men as they get older – especially for the heart.

Am I missing something, but would it not make more sense just to lower estradiol directly?

Of course, wouldn't it also make even more sense to prevent prostate cancer in the first place?

Wait a minute, I forgot, that they do not allow preventive medicine in this country.

Those of you who know me, or who have read my book, “The Miracle of Bio-identical Hormones”, realize that I am not particularly thrilled with our present medical system. For those of you who wish to become proactive with your health, I am available for consults - either in person, by telephone or by Skype.

Call my office: 760-836-3232, or visit my website: www.plattwellness.com, or e-mail: questions@plattwellness.com

Important Note: All materials are provided as opinion only and should not be construed as medical advice or instruction. No action should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being.

Reduce the Drama in Your Life and Become Your Own Healer

By Joyce Shafer



Do you make a genuine effort to process through and beyond negative emotions? If you don't, and these emotions get stuck in your energy field, life can become one drama after another.

You're here to live and to learn from your day-to-day experiences. You can allow

your experiences to be toxic to you energetically, mentally, emotionally, spiritually, and bodily, or you can transmute your experiences into opportunities, especially to expand conscious awareness and Knowing.

Ernest Holmes wrote: "Life is what consciousness makes it," meaning our individual consciousness, followed by local and global consciousness, based on the individuals who comprise it. **If you reinterpret or shift perspective about what happens – your experiences that is, on an ongoing basis, you become your own healer.** Then you can become a healer-helper with others to assist them to become their own healers.

Just as with physical wounds, we are meant to heal our inner wounds, not cause them to linger or fester, and rob us of life force. Through this healing, we are meant to increase our understanding and compassion for wounds, the wounded, those who wound – even if we have to choose to no longer associate with them, and better understand and appreciate the dynamics and importance of healing.

Getting stuck in anger and resentment keeps us wounded and leads us to be stuck in drama mode. Our

bodies get addicted to the chemicals released when we experience any emotion often, positive or negative. As a result of chemicals released often in response to negative emotions, we experience a predilection, or addiction, to trap anger and resentment in our energy field. We imprison ourselves with them, like cell bars on our psyche. We watch the fun side of living and creating from within our enclosure, too invested or embroiled in dramas to let them go.

Imagine that energy field around you. It's with you everywhere you go. Picture all those angers and resentments like various sizes and shapes of debris – like debris and trash thrown into a stream – that snags and hangs up and blocks the flow. We are designed and entitled to feel unpleasant emotions because of the vital messages ALL of our feelings convey, but not to give negative emotions a permanent home in our energy field, which then becomes a field of dramas, past and attracted. Getting stuck in drama keeps you from perceiving, feeling, knowing - a Bigger Picture, a Larger Truth – best examined, processed, and integrated from a spiritual perspective.

An important part of what you're here to do is to expand your conscious awareness, which includes changing inefficient thinking and emotions that keep you from living your best inner and outer life experience. The more you do this – make these changes – the more Law of Attraction can cease to create matching scenarios to what's negative in your energy field. Think back over the last three to six months, or longer, and ask yourself how many unpleasant scenarios were either repetitions or variations on a theme.

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If your dramas tend to repeat or drama seems to be how your life experience goes, you can pause and really look at this. You can remind yourself that your thoughts directly contribute to your manifestations, just as your perceptions and interpretations of happenings contribute to how you experience them. You can look at what needs to change. Start with your thoughts and emotions then move this change outward, into your life, based on what you learn about yourself.

You may have to release addictions to ways of thinking, perceiving, believing you need to or must feel a certain way, behaviors, and actions you take. You may have to flip what you believe about reality. **You may have to see that you create and co-create unpleasantness to get your attention on something within your belief system that needs to change** so that you can experience more of the unsullied you that you came here to be, and share what you came here to share rather than live holed up inside yourself... to choose wholeness instead of holed up in drama.

Some events and moments in your life will be dramatic (it isn't about the false belief that if you just do something the right way, you'll never have a problem ever again – it's about practicing to the point of knowing you can manage yourself well – trust yourself to act from integrity - through any such times – and learn from them, whether just irritations or truly dramatic). Maybe your initial reaction will be to respond with more drama or from your conditioned drama response. However, if you practice pulling back to re-vision, re-perceive, and re-frame, you can then approach such experiences from a what-productive-thing-can-be-done-or-learned mode. This may be outward, but it will always be a seed at the inner level first.

The seed of who you are – your best self and best life – is inside you, possibly buried under a lifetime of beliefs that misdirect you, which in turn misdirects

your energy causing you to “misdirect” Law of Attraction. Begin the practice of noticing this. Appreciate that you can choose to change what's in your energy field, which will change your life, how you perceive drama, and how you respond to it.

Understand that what you feel – your feelings – are messengers and not to be controlled. Your emotions are what you do with or about what you feel, and can be managed. Though some people avoid it, processing negative emotions is necessary, but for the purpose of traveling through the process and arriving somewhere, not processing to the point where it becomes a way of life, with no progress made. People addicted to drama tend to allow identifying with and processing dramas – or not processing them at all - to replace healing and living.

Make an effort to cease anticipating future experiences based on any negativity from your past, or creating, by default, negative experiences that are within your control. Appreciate that every experience holds something for you to see and learn about you. Appreciate positive potentials and possibilities so they become probabilities. Believe in possibilities – without a need for drama, and your reality changes – starting at the most important, vital place – within you.

Practice makes progress. © Joyce Shafer You are welcome to use this article in your newsletter or on your blog/website as long as you use my complete bio with it.

Joyce Shafer is a Life Empowerment Coach dedicated to helping people feel, be, and live their true inner power. She's author of *[I Don't Want to be Your Guru](#)* and other books/ebooks, and publishes a free weekly online newsletter that offers empowering articles and free downloads. See all that's offered by Joyce and on her site at <http://stateofappreciation.webs.com> #

Research to Help You Live and Feel Better

June, 2012

Clean Animals Result in Fewer E. Coli

Following the E. coli case in Norway in 2006, when 17 people fell ill and one child died after eating mutton sausages, the meat industry introduced a number of measures in order to reduce the risk of food poisoning from meat. Clean animals and good hygiene during slaughtering are essential preconditions for food safety.

Sports and Energy Drinks Responsible for Irreversible Damage to Teeth

A recent study published in the May/June 2012 issue of General Dentistry, the peer-reviewed clinical journal of the Academy of General Dentistry, found that an alarming increase in the consumption of sports and energy drinks, especially among adolescents, is causing irreversible damage to teeth -- specifically, the high acidity levels in the drinks erode tooth enamel, the glossy outer layer of the tooth.

Garlic Compound Fights Source of Food-Borne Illness Better Than Antibiotics

Researchers at Washington State University have found that a compound in garlic is 100 times more effective than two popular antibiotics at fighting the Campylobacter bacterium, one of the most common causes of intestinal illness.

Computer Use and Exercise Combo May Reduce the Odds of Having Memory Loss

You think your computer has a lot of memory and if you keep using your computer you may, too. Combining mentally stimulating activities, such as using a computer, with moderate exercise decreases your odds of having memory loss more than computer use or exercise alone, a Mayo Clinic study shows. Previous studies have shown that exercising your body and your mind will help your memory but the new study, published in the May 2012 issue of Mayo Clinic Proceedings, reports a synergistic interaction between computer activities and moderate exercise in "protecting" the brain function in people better than 70 years old.

Risks of Mixing Drugs and Herbal Supplements: What Doctors and Patients Need to Know

Herbal, dietary, and energy or nutritional supplements may offer specific health benefits, but they can also have harmful and even life-threatening effects when combined with commonly used medications. Clinicians need to be aware of and educate their patients about the potential risks of mixing supplements and therapeutic agents, since their interaction can diminish or increase drug levels. This timely topic is explored in a provocative article in Alternative and Complementary Therapies, published by Mary Ann Liebert, Inc.

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[Vitamin K2: New Hope for Parkinson's Patients?](#)

Neuroscientist Patrik Verstreken, associated with VIB and KU Leuven, succeeded in undoing the effect of one of the genetic defects that leads to Parkinson's using vitamin K2. His discovery gives hope to Parkinson's patients.

[More Evidence On Clot Risks of Non-Oral Contraceptives](#)

A study published on the British Medical Journal website adds to the evidence that certain non-oral hormonal contraceptives (e.g. skin patches, implants and vaginal rings) carry a higher risk of serious blood clots (known as venous thromboembolism) than others.

[New Nutrition Bar Improves Metabolic Biomarkers Linked to Cardiovascular Disease, Cognitive Decline, and Anti-Oxidant Defenses in Only Two Weeks](#)

Scientists at Children's Hospital Oakland Research Institute's (CHORI) Nutrition & Metabolism Center, led by National Medal of Science winner Bruce N. Ames, PhD, have developed a low-calorie fruit-based high fiber vitamin and mineral nutrition bar called the "CHORI-bar" that improves biological indicators (increased HDL-c and glutathione, lowered homocysteine) linked to risk of cardiovascular disease, cognitive decline, and associated decline in anti-oxidant defenses.

[Privacy Law Expert Warns of the Perils of Social Media and Social Reading](#)

The Internet and social media have opened up new vistas for people to share preferences in films, books and music. Services such as Spotify and the Washington Post Social Reader already integrate reading and listening into social networks, providing what Facebook CEO Mark Zuckerberg calls "frictionless sharing."

[Hot Sauce Ingredient Reduces 'Beer Belly' Fat as a Weight-Loss Surgery Alternative](#)

According to research from Brigham and Women's Hospital (BWH), the ingredient that gives hot sauce its heat could play a role in the future of weight loss.

[How Cannabis Use During Adolescence Affects Brain Regions Associated With Schizophrenia](#)

New research from the Royal College of Surgeons in Ireland (RCSI) published in Nature's Neuropsychopharmacology has shown physical changes to exist in specific brain areas implicated in schizophrenia following the use of cannabis during adolescence. The research has shown how cannabis use during adolescence can interact with a gene, called the COMT gene, to cause physical changes in the brain. #



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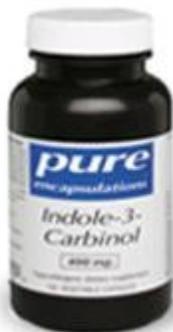
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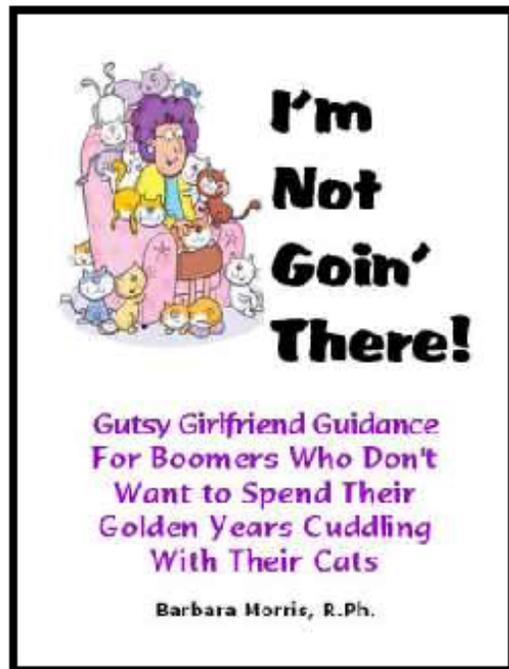
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- How to stay in charge of what goes on in your head because that's where "going to pot" (not the kind that's smoked) originates—not with the passage of time.
- How to eliminate outdated family and cultural traditions that encourage premature aging.
- The disastrous outcome of choosing to "age gracefully."
- How to adopt revolutionary new stages of aging to help you stay youthful and productive longer.
- The consequences of telling your age and dwelling on the significance of your chronological age.
- The power of group dependence and consensus thinking, and how to avoid or manage it.
- And so much more...

She's 93: So What?

By Barbara Morris

Recently I watched videos of women in their nineties who are yoga masters. One woman, Ida Herbert, 93, started practicing yoga at age fifty. Watch her video: <http://www.putoldonhold.com/ida-herbert.html>

Comments made about the video include:

- This is beyond awesome! Go, Ida!!!
- She's adorable and she's kinda hot!?! lol
- Inspiration for all of us who are no longer very young!!! WOW!
- Ugh. . .

Yes, Ida is a great role model and an inspiration. But adorable? It makes me crazy when competent older women are called "adorable" or "cute." (My sister, a runner in her seventies, was called "cute" by neighbors – those with nothing better to do than sit by the window and watch the world--and my sister race by.)

And please notice one comment was simply a disgusted "ugh". In our "enlightened" culture, being "chronologically advanced" is the ultimate sin deserving either derision or condescension.

Calling old women "adorable" is offensive. Kittens and puppies are adorable. Babies are cute and adorable. Women in their nineties demonstrating an accomplishment are not "adorable" – they are competent. If they were age forty showing what they could do it would not be

worthy of mention. Unfortunately it is an ignorant cultural norm to poke fun at or diminish those who make the effort to achieve more than what the culture expects at an advanced age.

Another woman whose video I watched, Tao Porchon-Lynch is a 90-year-old former screenwriter turned yogi and competitive ballroom dancer.

"I've never thought about age in my life," she said. "In fact, it's only when I had a hip replacement that somebody said, 'You won't be able to do this anymore.' So I sent the doctor a photograph lifting off the ground in lotus, and he was amazed I could do it."

The statement **"I've never thought about age in my life"** is the ultimate secret to stay "young forever."

Women allow themselves to "get old" when they buy into the cultural obsession with chronological age and accept the outdated meaning and expectations the culture attaches to advanced chronological age.

Most any woman who demonstrates unexpected skill or competence later in life will tell you she did not allow awareness of her chronological age or cultural norms to control her thinking. She ignored cultural cues that subliminally tell women "you are too old" or "it's

not done at your age."

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We Got It Goin' On!

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Here is the reality. You can't wait for the culture to support your intention to grow and be productive regardless of (in spite of) your age. Ida Herbert and Tao Porchon-Lynch didn't become yoga teachers by watching YouTube videos of other women who mastered what they wanted to accomplish.

Those who waste their life watching others achieve what is unexpected at an advanced age don't get it: Youth is a short term loan. If you want to keep the best parts of the "youth loan" it takes effort and determination, not wishful thinking.

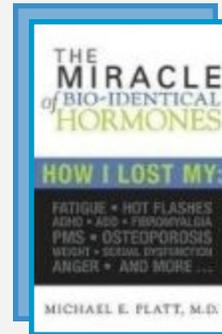
Traditional retirement works against keeping the "youth loan." Even though the lifespan has increased by 30 years in the past century, the American dream is still traditional retirement as early in life as possible. That works well for some, but for most retirees, after the retirement honeymoon wears off in a couple of years, the mind and body are well on the way to serious decline for lack of challenge.

I don't expect the retirement age to change significantly any time soon. It's an entitlement politicians hate to deal with and not only that, from a money perspective, "retirement decline" is big business. However, helping older people maintain vitality and purpose could be even bigger business but few would-be entrepreneurs seem to have that figured out.

I hope to see the time when we don't have to endure "cute" or "adorable" labels attached to productive women because we will have reached a state where it is the norm for healthy individuals in their ninth decade to be just as vital and productive as they were when they were fifty.

I hope to see the time that when an accomplished woman's advanced age is revealed the reaction will be, "So what?" because what she can do at her advanced age will have become the norm. #

The Miracle of Bio-Identical Hormones



Michael E. Platt, M.D.

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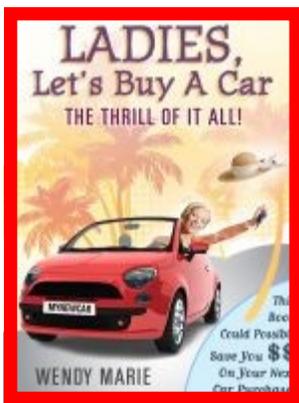
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Book Review

Ladies, Let's Buy a Car

As a woman, (or a man!) do you dread walking into an auto showroom, wanting to buy a car but fearful of being taken advantage of?



Fear no more. Everything anyone needs to know about buying a car is presented in Wendy Marie's new ebook: *Ladies, Let's Buy a Car*. Wendy Marie went from not knowing anything about buying a car to working in the automobile industry as a finance manager for over sixteen years. With her vast array of experiences she shares exciting ways to be prepared before you go shopping for a car. *Ladies, Let's Buy a Car* has been nominated for a Global e-Book Award and deserves to win!

This is not a book just for women car buyers. It's for men as well. It's well written, easy to read and it's the best \$2.99 you will ever spend for such important and useful information.

Table of Contents tells it all:

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- Chapter 2 Shopping For a New Vehicle
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