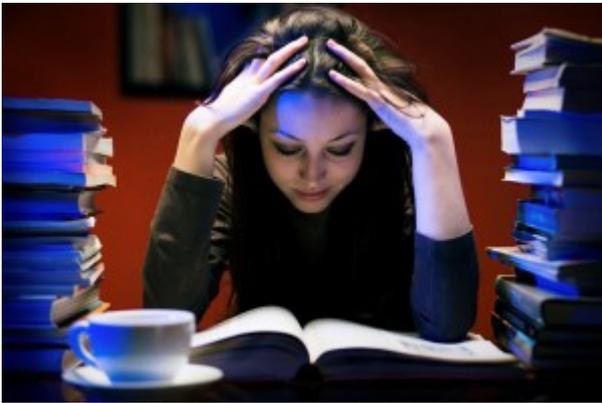


Play with stress!

Today with the rapid development of economy city white-collars is facing the hitherto unknown pressure for avoiding those psychological worries Psychologists have designed some lovely methods to reduce pressure due to this situation like Movie therapy Lollipop therapy Tank therapy ...do you want to be energetic again? Do you want to get rid of stress relaxed? Whatever, there will be one item fits you well to release yourself!

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Movie therapy

Movie therapy is made by a famous English psychologist named Berne Verdel, which is also a crazy movie fan, he developed this therapy because he success to cure a patient when he realized the behavior of the patient was similar to Malone Brandt in "On The Waterfront",like if you lack enterprising ,you can watch"THE FRIST BLOOD" something happened in the character will impress you .if you are tired of life ,"Don Juan DeMarco " may help you find the passion to go ahead ,the point is that you must correctly pick up one movie closest to your life so that you can have emotional resonance with them, and then get positive energy from the movie to release yourself!

Lollipop Therapy

Lollipop therapy also called' day dream decompression' which

is a new way of post-90 generation to reduce pressure. Can you image a world full of honey!? you can spare only 10 minutes to clean up your mind by eating a lollipop, but it isn't as normal as usual, remember try your best to focus on the sweet heart and soul and do not think about something that worries you.taking advantage of this10 minutes, a fresh world belongs to yourself!

Tank therapy

This is an amazing way to unlock stress although it's a very expensive item. Tank and stress seem to have nothing to do with each other, but in New Zealand, if you want to reduce pressure, a company will provide you a tank to crush a car! No joking, it's true. New Zealand always welcome adventurers, bungee jumping□rafting and helicopter flight attract many young people to challenge every year .now several tank of 52 tons is waiting for you to take □let the press disappear in the extraordinary rolling!

Hey, have you learn something useful from that? If not ,you can continue surfing the website below to search more funny way to fight against stress ,play with it and win yourself!

[Release stress website](#)