

STRESS AND STRESS REDUCTION: PRACTICAL STRATEGIES

CASE IN POINT

Clyde was raised in a Protestant Fundamentalist home that was very devoted to the practice of Biblical-literalism in religion. His family was in church each week without fail: twice on Sundays, and Wednesday nights, too. Clyde knew his Bible. So did his parents. And, they had definite ideas about the eternal destiny of those who weren't of their particular expression of faith. But, something happened that changed the family dynamic completely: Clyde fell in love with a Catholic girl.

Jennifer was raised in the Roman Church and went to parochial schools. For as far back as anyone could remember, the family had always been Catholic. And, they were proud of it. When the relationship became serious enough to talk about getting engaged, Jennifer told Clyde she had always dreamed—like lots of girls dream—of getting married in the church she grew up in. She could see herself in the white dress, train flowing down the center aisle, moving closer to the priest she had known all her life, to the altar where she made her First Holy Communion when she was in the second grade. And so it happened: he bought a ring and “popped the question.” Through joyfully teary eyes she looked at Clyde and said, “Yes!” And then, they were off to tell the parents.

The bubble couldn't have been burst with a louder bang! Clyde's parents came unglued. “I don't want my grandchildren to go to Hell!” one shouted. “Not to mention Clyde and Jennifer!” shouted the other. Clyde's parents wouldn't meet with the priest and criticized the plans for the nuptial ceremony. They threw a fit when the bride's parents who would be paying for the reception told them they were serving champagne to use with the Best Man's toast. These fights started a downhill spiral for the relationship of couple with the in-laws, one that was to continue to spin south through the first several years of the marriage, including the birth and infant baptism of the children/grandchildren. What might have been joyous family occasions—Christmas, Thanksgiving, Easter, Baptisms, Birthday Parties—turned into nightmares. And, predictably, after years of stress, Clyde and Jennifer started to fight with each other. About almost everything. Work. The kids. The house and its upkeep. Everything.



My favorite definition of stress is “the distance between expectation and reality.” For Clyde and Jennifer, the expectation was to live their “happily ever after,” enjoying the support of their friends, their neighbors, their church, and their parents. But the reality was far from that expectation. Clyde went to classes and converted willingly and energetically to Catholicism. Their neighbors were cordial. Their friends were pleasant and engaging. But the expectations of a relationship of warmth and friendliness with the in-laws across town was so far away from reality that the disquiet created thereby colored everything else.

Extended family issues were just one source of stress and anxiety for Clyde and Jennifer. They tried to ignore it, but the in-laws' close geographical proximity and the awkwardness that accompanied it was always “the elephant in the room.” It would be unfair to Clyde's parents to say that they were the source of all the stress in his and Jennifer's lives. But the cloud that hung overhead and the rain that always threatened to come from it affected the very atmosphere they breathed. Their jobs, their friendships, and their children's lives all showed signs of wear and tear as a result. That is the nature of stress: it is an equal-opportunity affliction. If you're stressed in one way, you're very likely to be stressed in all ways.

Stress symptoms can affect your body, your thoughts and feelings, and your behavior. Being able to recognize common stress symptoms can give you a leg up on managing them. And “ignorance isn’t bliss!” What you don’t know **can** hurt you. Stress symptoms that go unrecognized and unchecked can create serious health problems, and the effect it can have on your marriage is inestimable.

The Mayo Clinic in Rochester, Minnesota, one of the world’s most renowned health-care institutions, lists many possible effects of stress on your body, your mood, and your emotions. Physical effects include headaches, muscle tension, chest pain, fatigue, change in sex drive, insomnia, and upset stomach. Anxiety, restlessness, lack of motivation and/or focus, irritability, anger, and depression can set into your mood as a result of stress. And behaviorally, symptoms like over-eating and under-eating, violent outbursts of temper, impatience with your spouse and children, job dysfunction, and addiction have all been linked to stress. Researchers at Harvard University estimate that between sixty and ninety percent of all doctor visits are a result of stress!

Cutting-edge scientific studies in recent years show us that the steroid hormone cortisol (a.k.a., *hydrocortisone*) is generated by the adrenal cortex at the direction of the brain’s hypothalamus when stress takes place—the same gland that produces adrenalin—often producing the so-called *Fight or Flight Syndrome*. It does this by generating energy from stored reserves in the body and raising blood pressure in order for us to survive immediate threats and/or prepare for exertion (*e.g.*, running away from or fighting an enemy). At the same time it increases the oxygen level in the blood setting up the body for extra activity while it decreases the O₂ level in the brain, making thinking more difficult. Little wonder stress and anxiety are challenges for the marital relationship in which fighting and running away are unproductive, and thinking is vital!

The latest studies have revealed that cortisol production is reduced when oxygen levels in the body decrease. When this happens, blood flow and O₂ levels in the brain increase, positively affecting cognitive functioning. It follows, then, that the best way to decrease stress physiologically is to perform tasks that require a minimal amount of thinking and, at the same time, decrease the production of cortisol. Here are some easy-to-perform strategies to use in order to signal the brain to produce less of this so-called *stress hormone* and decrease the body’s O₂ level. As a result, you will get relatively quick relief from acute stress and anxiety. The following strategies work nearly immediately. Anti-anxiety narcotic drugs take from 15-30 minutes, depending on the medication. Keep in mind that mastery over stress will take time, so don’t expect too much too soon. But don’t give up either. Practice makes perfect!

Stress-Level Awareness

John D. Preston, Psy.D., a groundbreaking therapist and professor of psychology I highly respect and from whom I have learned much, emphasizes the importance of being able to assign a number between one and ten to your stress level at any given time. A one would indicate no stress; a three, a usual amount of stress; a seven, when stress starts to become very uncomfortable or unmanageable; a ten, when you’re freaking out and ready for the “rubber room.” The value in this exercise is that, when you get to a number that starts to get challenging, you immediately start one of the coping strategies available to you, many of which are detailed below. This takes the guess-work out of stress identification and gives you a concrete point at which you know you need to take action. Guessing about what is causing stress takes much more energy than knowing and, ironically, it increases the stress that you’re trying to banish from your system in the first place! Take time every couple hours during the day to stop and examine the level of stress you’re dealing with at any given time. It is important that you do this when you’re overly stressed and when you’re not, in order to gain perspective and assign a number that means something real to you. The more you

practice this, the easier assigning a number will become, even without thinking. And, since thinking in stressful situations is often difficult and thus increases anxiety, you want to do as little thinking as possible until the acute stress you're experiencing is substantially relieved.

Evaluate and/or Reduce Caffeine Intake

Caffeine is a natural ingredient found in the leaves, seeds, or fruit of a number of plants, including coffee, tea, cocoa, kola, guarana, yerba mate, and other popular and trendy dietary supplements. It is also manufactured and used as a food additive in some carbonated drinks and as an ingredient in certain drug products, such as cold and headache remedies. North American adults get about sixty percent of their caffeine from coffee and about thirty percent from tea. The remaining ten percent comes from cola beverages, chocolate products, and medicines. For children aged one to five, about half comes from cola drinks, about a third from tea, and the rest from chocolate.

There are about 95 milligrams of caffeine in an eight-ounce cup of coffee and between 35-69 milligrams in a twelve-ounce bottle of your favorite cola. Energy drinks lead the pack in caffeine concentration, ranging between 100 and 280 milligrams per container. Not all brands of coffee have the same amount of caffeine: Dark roast has less caffeine than light roast does, and even "decaffeinated" coffee, according to a report in *Consumer Reports*, carries about 10-30 mg of caffeine. Why is this significant for stress reduction?

An August A.D. 2013 article in the *Huffington Post* (can you mention H.P.'s sources, also?) reveals that naturally-occurring substances with a bitter taste stimulate the central nervous system, making you feel more alert. In moderate doses, caffeine can actually offer health benefits, including boosts to memory, concentration, and mental health. Coffee in particular—a major source of caffeine for Americans—has been associated with a host of body function plusses, including a possible decreased risk of Alzheimer's disease, lowering the risk of clinical depression, and certain cancers. Combining a pain reliever with caffeine can make it 40 percent more effective, the Cleveland Clinic reports, and can also help the body to absorb the medication more quickly. (Excedrin Migraine™, for example, combines 250 mg aspirin with 65mg caffeine as well as other ingredients.) Conversely, in excess amounts, caffeine overuse and addiction can generate a faster heart rate, atrial fibrillation, and create insomnia, anxiety, restlessness, and other side effects. Abruptly stopping use can lead to symptoms of withdrawal, including headaches and irritability.

So what? So this; caffeine stimulation can begin as soon as ten minutes after intake, but peak blood levels won't be reached until it is in your system for about an hour. The half-life of caffeine is about three hours, meaning that one hour after it is consumed, half of it is left. After another hour about 25% remains. For most people the effects are gone between the third and fourth hour after consumption. If you hit the sack right after the eleven o'clock news, then you probably shouldn't ingest any Starbucks, Coke, or Hershey's after about three in the afternoon if you want a good, solid night's sleep where what sleep scientists call *deep sleep* takes place.

That said, caffeine doesn't affect all people in the same way. Women generally metabolize caffeine faster than men, smokers process it twice as quickly as nonsmokers do, women taking birth-control pills metabolize it at perhaps one-third the rate that women not on the Pill do. Asians process it more slowly than the people of other races. In *The World of Caffeine: The Science and Culture of the World's Most Popular Drug*, authors Weinberg and Bealer hypothesize that a non-smoking Japanese man drinking his coffee with an alcoholic beverage—a slowing agent—could likely feel the buzz "about five times longer than an Englishwoman who smoked cigarettes but did not drink or use oral contraceptives."

It goes without saying, then, that caffeine can increase the anxiety you feel during the day and affect your sleep quality at night. So, what can you do to monitor and improve your caffeine quotient? Examine the amount of caffeine in what you eat and drink by reading the product information printed on the packaging. Write down each “dose” in mgs of caffeine you take for three days as you take it which will give you information about time of day, circumstances, and so forth. If your usage exceeds 450 mgs/day, try some of the following to reduce your intake to a healthier level:

- † Drink as much milk and/or juice as you do coffee in the morning;
- † Don't skip breakfast, especially if you drink coffee in the morning;
- † Open the shades and turn on all the lights in your bedroom and bathroom when you get up, allowing light stimulation to help you in the waking-up process rather than relying on caffeine alone;
- † Drink lots of water when you're tired instead of coffee/tea thereby *pepping up* your system without caffeine;
- † Exercise regularly to metabolize caffeine in your system faster;
- † Try a cup of *half-caff* by mixing decaffeinated coffee with regular coffee;
- † Limit your intake of fast-food and processed food, typically higher in caffeine than food you cook on your own;
- † Exclude caffeine products from your diet after 3:00 p.m. daily;
- † Become more aware of what too much caffeine does to you by *Googling* “how caffeine affects the human body and mind.”

Calculated Exhaling

A public speaker who regularly experiences anxiety when in front of large crowds once told me, “It's not a good time to whip out a paper bag in front of two thousand people!” True enough. But let not the concept be lost for the want of privacy. An alternative to bag breathing is calculated exhaling. This is done by taking a deep breath for one count, exhaling for four counts, and then holding what little breath you have left for four more counts. At the right time and the right place, this technique is almost as effective as the aforementioned bag trick. If you're alone, doing this exercise lying on the floor with a book on your stomach, watching the book go up and down with inhaled and exhaled, makes it an even more effective tactic. But what happens if the situation or venue in which you find yourself prohibits this strategy?

Kegel Exercises

Shortly after the end of the Second World War, American gynecologist Arnold Kegel published an exercise he called the “pelvic floor exercise,” now known commonly as *Kegel exercises*. Originally intended for women with bladder control issues, these exercises have been found very effective in reducing cortisol production thereby decreasing stress and anxiety. *Prevention Magazine* suggests the following with respect to performing contractions with pelvic floor muscles:

“To get a sense of which muscles you're working, try to stop urinating mid-stream. That's the area you want to target during Kegel exercises.... Ideally, each rep should last 10 seconds, but that's no easy feat. Start with at least 4 or 5 reps of 2-second holds, 2 or 3 times a day, and increase your hold time week by week.” When you can do a couple dozen exercises at a time and hold the contractions for ten seconds, you'll be amazed at the stress that seems just to flow like a river out of your system.

I'll bet you didn't realize that I was doing Kegel exercises while I was typing the last paragraph! That's the beauty of this strategy: you can do it at any time and in any place without

anyone knowing. This is a particularly good strategy to use when in the presence of others. If you're unfamiliar with Kegel exercises, [check them out here](#).

“Laugh, Clown, Laugh”

Research has shown that laughing relieves stress dramatically by reducing cortisol up to 40%. Funny movies, stand-up comics, TV sit-coms like *I Love Lucy* and *Frasier*, even just being with a jovial friend—anything where laughter or the anticipation of laughter is manifest—is good for you in a number of ways. A good belly laugh boosts your energy and can significantly diminish pain, not to mention protecting you from myriad damaging effects of stress. Best of all, this priceless medicine is fun, free, easy to use, and relatively easy to find. Laughter works faster than Valium and Prozac to bring your mind and body back into balance, lighten your burdens, inspire hope, connect you to others, and keep you grounded, focused, and alert. Laughter is relaxing. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes afterwards. A decent chuckle boosts the immune system and increases immune cells and infection-fighting antibodies, thereby improving your resistance to disease. Laughter triggers the release of endorphins, the body's natural feel-good chemicals, which promotes an overall sense of well-being. Laughter protects the heart by improving the functioning of blood vessels through increasing blood flow, which can help protect you from a heart attack and other cardiovascular tribulations. According to Melinda Smith, M.A., and Jeanne Segal, Ph.D., “more than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious; just hearing laughter primes your brain and readies you to smile and join in the fun.” This is an exercise that works well even when you're not stressed. By laughing in non-stressful situations the body is prepared to get less stressed in potentially anxious times. Laughter may not always be appropriate, but when it is, use it. Remember, “when you laugh, the world laughs with you!” Laughter is productive, relieving, and fun!

Snap To It

Believe it or not, a rubber band on the wrist can be a low-cost stress reduction tool which, if used stylishly, can even be a fashion accessory! In an article in *Psychology Today* Harriet Lerner, Ph.D., tells about a young woman named Katy who uses a rubber band to reduce negative thinking that leads her to stress. “When Katy finds herself drifting into negative thinking, she snaps a rubber band on her wrist and says to herself in a spirit of playfulness, ‘Hello again, you silly little critical thought! How are you today?’ If she's alone, she may say this out loud. Then Katy puts the thought in an imaginary red dumpster and envisions it rolling down a railroad track where it gets dumped into a pile at the end of the track.” Just rename our Katy's “negative thought” as “stress” and see if it works for you as well.

“Music hath charms...”

...to soothe the savage breast.” So said the seventeenth-century English playwright and poet William Shakespeare in the first line of his play, *The Taming of the Shrew*. And, he was right! This exercise can be helpful in dealing with acute stress—*anxiety in the here and now*—but is even more effective if practiced daily by anyone for whom stress or conflict in daily life is a factor. The music you choose is important. Hard rock and Disco are not your best choices for relaxation and tension reduction. Whether a soothing ballad, a string quartet or full symphony orchestra, an English boy choir or a CD especially made for rest and relaxation, the regular observance of a quiet time when all you do is

listen will produce benefits galore. The place where you engage music is almost as important as the music you choose. Listening to the radio in the car doesn't count; too much relaxation there could produce unfavorably and undesired dire consequences! Name a place(s) other than the car. Get comfortable, take off your shoes, cuddle up in a blanket, turn off the phone, and turn your back on the computer. Put on something beautiful and close your eyes. Set a timer if you must, or create an iPod mix that lasts about fifteen to thirty minutes. Whatever it takes, make sure this time is yours, uninterrupted by spouses, children, secretaries, and bosses. Music can get you through hard times, and helps heal your heart. Music is always there on your good days and never leaves you alone on those bad days. Studies show that cortisol can be reduced by 65% through music. Never underestimate the power of music to heal and refresh. This writer/musician ends this section with a poem written by Van Cliburn, internationally acclaimed pianist and late personal friend.

TO MUSIC

Steal not away, Oh piercé heart, from all life's mist of treasures;
Of song and dance and worldly pleasures, to escape this fury, and in silence depart.
Flee thee not, thou bleeding heart, from all life's tribulations,
But on the morrow take consolation in the beauty that thou art.
And the empyreal choirs will sing in the empyreal rooms,
and their song will be our song, just for us, us two.
But will it not be for us only 'till there be no tombs to cover us,
And time will ne'er be long for us, us too?

Chiclets, anyone?

Believe it or not—and the country's chewing gum manufacturers have not paid me to say this—chewing your favorite flavor of regular or bubble gum can lower cortisol production by as much as 15%, according to studies performed and analyzed at Northumbria University in Great Britain. Gum chewing promotes blood flow and increases oxygen supplies to certain regions of the brain and has been shown to be helpful in maintaining alertness in stressful situations. In his report to the 2008 International Congress of Behavioral Medicine, Dr. Andrew Scholey, an Australian behavioral and brain scientist, cited the effects of gum chewing on mood and cortisol levels during psychological stress. He noted that chewing gum helps relieve anxiety, improve alertness, reduces stress among individuals in a laboratory setting, and enhances multi-tasking activities. Got gum?

A Brisk Walk and/or Exercise

Another tactic to reduce cortisol and lessen your stress quotient is taking a fifteen minute walk at a pace that, while not running, isn't just walking either. I define "brisk walk" as moving at a speed where it would be difficult to have a conversation with another person at the same time. In order for you to benefit from walking as a stress reducer, you must push yourself a little beyond your normal, comfortable walking pace. You need not be an Olympia athlete; just moving fast enough for a quarter of an hour to get yourself out of breath at the end is enough.

For years, researchers—especially those in research psychiatry—have studied the effect of exercise on those suffering with depression while hoping that conclusive clinical evidence would one day be available to say definitively that exercise is an effective therapy for Major Depression. That day has come! The studies have lasted enough years and have involved enough people. It is now a medical fact: exercise metabolically relieves symptoms of anxiety, clinical depression, and stress.

You don't have to buy expensive equipment that gets in the way at home. You don't have to purchase an expensive membership at a gym or a health club. However, if you want to join a gym

or health club, and you can afford it and will go there with some frequency, then more power to you! Otherwise, simply walking is one of the best forms of exercise available. And for those with bad joints and/or physical disabilities, walking in water is a solution when a brisk walk in the neighborhood isn't in the cards. The friction and resistance that the water provides simulates the energy required to take an exertive walk. Sometimes the simplest of things produce the greatest effects. Walking, in or out of water, is a great example of that dynamic.

Exercise, especially walking and swimming, has a peripheral effect with respect to stress reduction. With a proper diet, the addition of exercise to your routine tends to stimulate weight loss. The U.S. Center for Disease Control and Prevention (www.cdc.gov) estimates that 35.7% of twenty-first century American adults are obese, costing those same Americans over 147 billion dollars annually. And would it surprise you to be told that poor health and financial matters are contributors to stress in daily life for lots of people? Probably not. Studies show that those who exercise regularly are healthier than those who do not. Studies also show that those who regularly eat “fast food” and eat high-calorie high-fat and carbohydrate diets are less likely to experience good health than those who have balanced diets. If you are overweight—the CDC estimates that 67% of us are—then losing weight through exercised can diminish stress for you in two ways: from the health benefits from exercise and from the physical and psychological effects of losing weight. Those who are overweight and lose some weight through exercise will experience far greater reduction in stress than the average weight person will experience from the addition of exercise.

Set a Hassle-Free Time Zone

Everyone knows about time zones. Geographically, they separate regions of the earth and create a uniform standard time for legal, commercial, and social purposes. It is convenient for neighbors to be on the same page with each other, so to speak, so time zones generally follow state and country boundary lines. Unless you live in Indiana. I once made a retreat at a monastery in St. Meinrad, Indian, where the phone on my clock added and subtracted an hour each time I crossed the room in which I slept. But that's another story! If you and your friends are on the same time schedule, everyone knows when to expect you to be at work, commuting or at home. I guess the monks at the Abbey relied on a Higher Power to get them to chapel on time!

A *Hassle-Free Time Zone*, as I have dubbed it, is a time certain each day after which nothing controversial can be discussed. In our home, the *HFTZ* lasts from nine at night until coffee is poured the next morning. Peace is a necessary component for landing on Planet Sleep, and is a reasonable expectation for waking up. Very few mortals can fall asleep in the middle of a fight; no one I know enjoys being wakened abruptly or by violence. Whether discussing a disturbing piece from the evening news, tackling a trying family problem, or figuring out which bill gets paid first and which ones have to wait, none of these should be able to invade the sanctity of calm that needs to exist before pleasant dreams can begin. This practice takes discipline and planning; it might even mean postponing an argument until the next day. I speak from my personal experience as well as the experience of many of my clients: creating a hassle-Free Zone that begins at least an hour before your bedtime can work miracles in the bedding-down process.

Participate with the Prince of Peace

Following this spiritual train of thought, we should not be surprised that the exercise of spirituality is a fine component of any stress- or cortisol-reducing scheme. Judeo-Christian theology teaches that human beings were created out of God's love and destined to enjoy ultimate peace in union with God for all eternity. While that peace started a several-millennia-long hiatus as a result of the Fall of Mankind described in the third chapter of Genesis, God has reached out to us ever since

Adam and Eve ate the apple. Any attempt that we make to respond positively to His divine invitation at reunion will reduce the stresses that resulted from being separated from God through the original sin of Adam and Eve. If you look at the story of The Fall, you'll find that mankind was alienated from many things he was created to enjoy. That Adam and Eve were ashamed at their nakedness displays their psychological alienation from self; that they hid from the Lord shows their alienation from God; that Adam blamed Eve, who subsequently blamed the serpent for giving into temptation, demonstrates they were alienated from each other; that they had to work for a living and experience pain in childbirth points to their alienation from nature.

Good religion tries to facilitate our reunion with God thereby allowing us to experience in this life some of the joy and peace that we will enjoy in the next. Good religion also centers upon the way we treat others and the world in which we were placed as stewards. Anything that leads us back to what we were created for in the first place relieves the stress and anxiety of living. Daily stress and anxiety can be traced to any behavior of ours that is (or similar in your words) contrary to our God-given purpose and best-case-scenario identity: unity with God and neighbor. Religion that restores us to a loving God restores us to ourselves, to others, and to nature. Healthy, orthodox religion is, by its very nature, restorative and beneficial for the experiences of peace and joy.

If you don't have a religious regiment, chances are your life is more stressful and anxiety-filled than if you did. Studies show that people who intentionally practice their faith by going to worship weekly and engage in daily spiritual reading and/or prayer are less likely to experience depression, and anxiety and...yes...marriage trouble.

Talk to Yourself

There's an old saying that alleges it's o.k. to talk to yourself...as long as you don't answer. Hogwash! Many people find that, in times of acute stress, they can have an out-loud conversation with themselves about what is happening and how they're feeling that genuinely assists in the calming process. Try asking yourself questions and answering them. Tell yourself how you feel as well as how you think. Don't be afraid to tell yourself about the stress and verbally brainstorm ways to help it decrease, perhaps using examples cited above. (You might want to try this in a private place before you start practicing this in public! You never know who is watching.)

Treat Yourself

Massages, manicures, pedicures, going to the movies or a concert, even if you have to scrimp a little to find the money to do it, is a very worthwhile and effective tool to use in chronic stress management. While you might not want to walk into a dark theater (we are not in England ;)) in the middle of a panic attack, this strategy works well to prevent people from getting to the "panic attack" level. Stress is not pleasant; in fact, it keeps the stressful person from enjoying the things he usually does. It may sound a little simplistic, but doing pleasant things—getting at stress before it has a chance to get at you—is a very effective "apple a day" strategy to address long-term chronic stress management.

In a Nutshell...

Cortisol production isn't always a bad thing. Neither is stress. An appropriate amount of both is designed to protect you from danger by preparing you to run away when you can or fight when you must. Cortisol can enable sexual functioning, keep a necessary amount of sodium in your body, enhance short-term memory, and reduce inflammation when manufactured into the topical anti-infection, anti-inflammatory ointments and lotions (*e.g.*, hydrocortisone). But a little goes a long way. A healthy body won't let the cortisol level get too low for its own good. That said, the above

paragraphs show how reducing cortisol can go a long way in the battle against excessive anxiety and stress. Knowledge is power. Try some of the above techniques whenever you need to reduce stress. By reducing stress and anxiety, you will do invaluable service to yourself and to your marriage.

These and many more practical strategies for stress management are detailed in my new book, Living Your “Happily Ever After,” coming out in the next several weeks (April or May, 2014). [Check it out and/or pre-order a copy by clicking here.](#)

~RWB