



How to Ruin Your Life

Ben Stein

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How to Ruin Your Life is a powerful self-help tool in the form of a work of humor. It is sardonic advice, presented in a tongue-in-cheek style, explaining how people can “ruin” their lives. Topics include essays such as “Convince Yourself That You’re The Center of the Universe,” “Think The Worst of Everyone,” and “You Can Change People.”

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