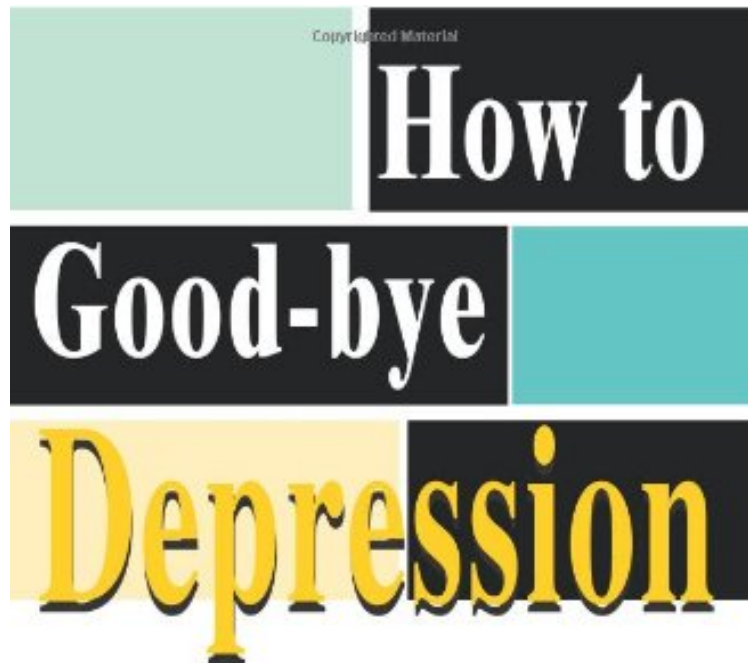


(Mobile book) How to Good-bye Depression: If You Constrict Anus 100 Times Everyday. Malarkey? or Effective Way?

How to Good-bye Depression: If You Constrict Anus 100 Times Everyday. Malarkey? or Effective Way?

Hiroyuki Nishigaki

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*If you constrict anus 100 times everyday.
Malarkey? or Effective way?*

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book I have ever read. If you are feeling deeply upset, dark, or even just slightly moody, spend a few minutes reading any given random page in this book. I have never laughed so hard! 5 of 5 people found the following review helpful. Effective Way, NOT Malarkey! By Truth Helped me grow 20 years younger. 10/10 - IGN2 of 2 people found the following review helpful. Especially if the recipient is good at dramatic readings By N. M. Swanson It's a hit for white elephant parties! Especially if the recipient is good at dramatic readings...

I think constricting anus 100 times and denting navel 100 times in succession everyday is effective to good-bye depression and take back youth. You can do so at a boring meeting or in a subway. I have known 70-year-old man who has practiced it for 20 years. As a result, he has good complexion and has grown 20 years younger. His eyes sparkle. He is full of vigor, happiness and joy. He has neither complained nor born a grudge under any circumstance. Furthermore, he can make ##### three times in succession without drawing out. In addition, he also can have burned a strong beautiful fire within his abdomen. It can burn out the dirty stickiness of his body, release his immaterial fiber or third attention which has been confined to his stickiness. Then, he can shoot out his immaterial fiber or third attention to an object, concentrate on it and attain happy lucky feeling through the success of concentration. If you don't know concentration which gives you peculiar pleasure, your life looks like a hell.

About the Author Hiroyuki Nishigaki, a graduate of Osaka City University in 1963, resides in Japan. He was employed by the Kyodo News Agency until 1976. He is the author of four books in Japanese, including How to Attain Silent Knowledge, and the author of one book in English Rejuvenation and Unveiled Hidden Phenix.