

# Comics

LIFE IN HELL

©1989 BY MATT GROENING

ROBOTMAN by Jim Meddick

## HOW TO GET BEYOND STRESS

LET'S FACE IT: WE ARE ALL STRESSED TO THE MAX. FOR SOME SENSITIVE PEOPLE, MERELY READING THE PHRASE "STRESSED TO THE MAX" CAUSES STRESS.



FEW OF US KNOW HOW TO GET BEYOND STRESS. WE YELL AT THE TV, WE HONK IN TRAFFIC, WE RIP UP OUR LOSING LOTTERY TICKETS, WE SNAP AT OUR LOVED ONES-- BUT SOMEHOW IT ISN'T ENOUGH.



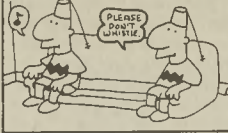
SOME TRY TO GET PEACE OF MIND BY EATING TASTY SNACK TREATS, PUFFING ON SOOTHING CIGARETTES, DRINKING DELICIOUS ALCOHOLIC BEVERAGES, OR SMOKING RELAXING CRACK.



AND YET WE OFTEN END UP JUST AS STRESSED AS WHEN WE STARTED.



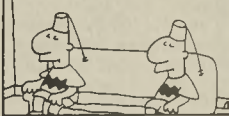
SO HERE'S WHAT YOU MUST DO. SIT ON A COMFY SOFA IN A PARK, WARM, QUIET ROOM. TURN OFF THE TV, OR AT LEAST KEEP THE VOLUME DOWN.



STARE AT A BLANK WALL BREATHE SLOWLY AND DEEPLY, EACH TIME YOU EXHALE, REPEAT THE WORD "STRESS" TO YOURSELF. THIS WILL BE YOUR MANTRA.



VISUALIZE YOUR BODY AS THE RUSTY, HOLLOW HULL OF A SUNKEN OCEAN FREIGHTER, AND THE WORD "STRESS" AS A GIANT EEL SWIMMING IN AND OUT OF YOUR PORTHOLES.



CONTINUE BREATHING DEEPLY WHILE THE EEL SLITHERS THROUGH YOUR DEPTHS. SOON THE EEL WILL SWIM AWAY, AND YOU WILL FEEL RELAXED AND REFRESHED.



JUST LOOK AT ALL THE POOR SUCCESS AROUND YOU WHO ARE LIVING IN CONSTANT MENTAL TURMOIL. BUT NOT YOU! YOU HAVE ACHIEVED INNER PEACE. YOU SHOULD BE VERY PLEASED WITH YOURSELF.



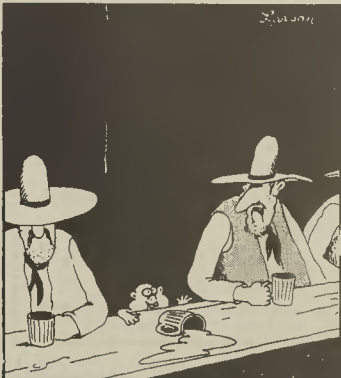
THE FAR SIDE By GARY LARSON



The Cyclops family at breakfast.



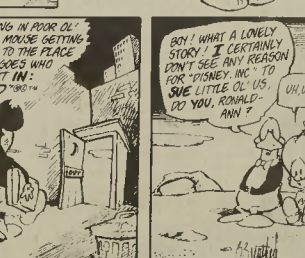
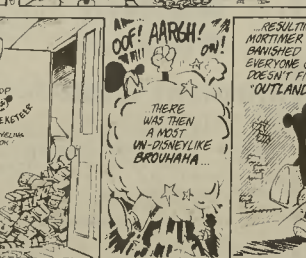
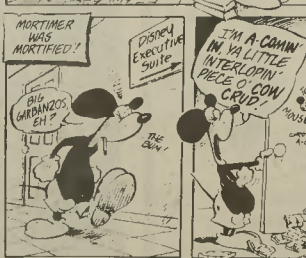
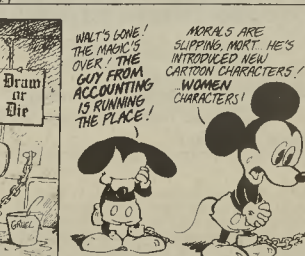
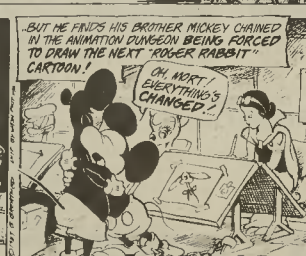
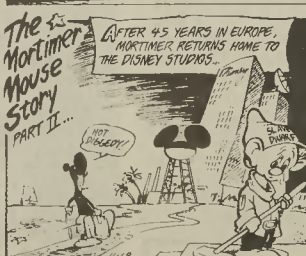
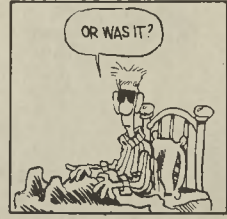
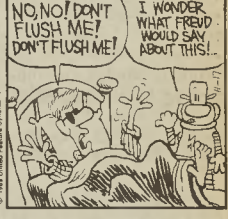
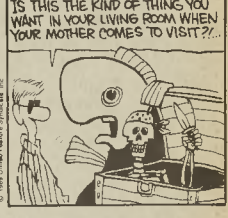
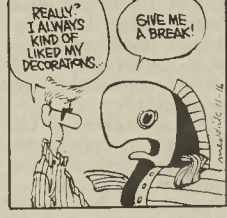
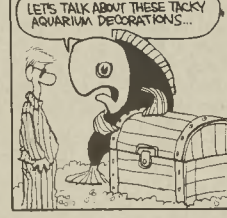
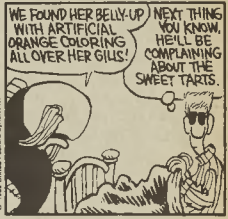
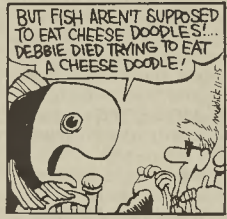
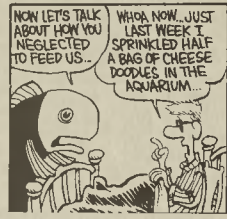
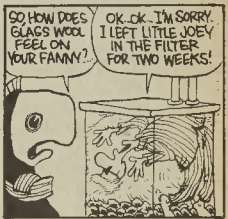
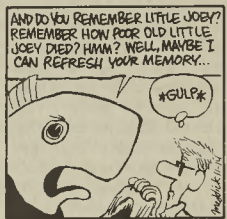
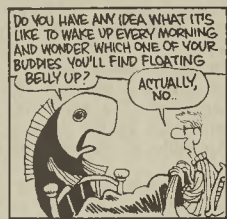
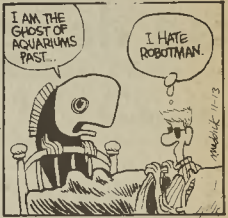
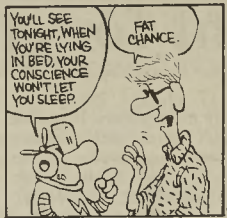
"Wouldn't you know it!... And always just before a big date!"



"So... You must be the one they call "The Kid"."



"By the way, we're playing cards with the Millers tonight... And Edna says if you promise not to use your X-ray vision, Warren promises not to bring his Kryptonite."



Layout by Benny Smith