



**Grow The ----- Up! You Fill In The Blank!: A Guide for Living dedicated to Changing Yourself to ensure you live the rest of your life Drama-Free!**

*Margo Norman*

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# Grow The ----- Up! You Fill In The Blank!: A Guide for Living dedicated to Changing Yourself to ensure you live the rest of your life Drama-Free!

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## **Grow The ----- Up! You Fill In The Blank!: A Guide for Living dedicated to Changing Yourself to ensure you live the rest of your life Drama-Free! Margo Norman**

Self-Perpetuated Drama Syndrome is the unnecessary, self-inflicted, daily stress that seems to happen in your life. SPDS affects a lot of women, no matter their age, race, religion, financial status, or geographical backgrounds. The "need" to have drama seems to be a gender-specific issue, yet SPDS has negative effects on both genders. Women (more than men) tend to inflict their SPDS on others without realizing that they have a problem in the first place. There are older, wiser, more mature women in the world who have found the "trick" to living a DRAMA-FREE life. Ms. Norman views herself as one of these women, and has written this guide to help you first identify if you have SPDS, and secondly, show you how to conquer it. Ms. Norman, a self-proclaimed people-ologist, has been able to draw from her own experiences with SPDS and give valuable advice on how to cure it, by teaching you the symptoms, giving clear examples of situations in her own life with SPDS that may be familiar to you, and then showing you how to alleviate the drama. Do you have at least one argument daily? See Chapter 1- Grow The -----Up! Do you still live at home with your parents, but can't stop arguing with them? Chapter 5- You're Grown So Buy Your Own! teaches you how to appreciate your situation and bring peace to a potentially drama-filled experience. Ms. Norman interviewed hundreds of people who identified with having SPDS. She came up with ten common issues concerning daily, self-inflicted stress that seem to be the "cause" of the drama women suffer. Her humorously candid portrayal of her own SPDS will cause you to think about why SPDS is considered the "norm" in today's society, like lying about your age (chapter 1) and in-appropriate behavior associated with your fashion choices chapter 2- What The -----Are You Wearing. Ms. Norman also speaks about two topics that are considered "taboo"

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