



<http://DocOrman.com>

Hello, and thank you for being interested in learning about **How Einstein Arrived At $E=MC^2$** .

At the end of this cover letter, I'll give you a link where you can go to immediately download a short 7-page PDF article that I wrote on this topic, back in **May of 1995**. But please read this entire letter first. (Don't worry...you won't have to submit your email or register to get this PDF, and there are no offers of any kind associated with it.)

I think you'll be very surprised when you read this article all the way through. You'll also find that a good portion of it also relates to **stress in our lives**. This is another surprise that you may not be expecting.

I do want to apologize, in advance, for making some tongue-in-cheek comments on page one that Einstein was not really a genius. Obviously, he was. But I was trying to make a point here...that **some of the qualities Einstein possessed are also available to us as well**, and that they are not necessarily dependent upon a highly developed intellect. I hope you don't let my tone, or my comments about Einstein's genius status, diminish your appreciation for some of the larger points that I am trying to share with you here.

If you like what you learn from this article, please come and follow me on my Stress Relief Blog (<http://ormanstressrelief.com/> or <http://docorman.com/>). Also, when you visit my blog (both URLs above take you to the same place) you can sign up for my free monthly **Stress Relief Insights Newsletter** when you get there.

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I sincerely hope you enjoy the attached article, which you can download right now from <http://ormanstressrelief.com/einstein.pdf> .

Regards and best wishes,

Mort (Doc) Orman, M.D.

P.S. **The Orman Health Letter** is no longer in circulation.