

PART THREE:

FINISHING  
WITH A  
FEELING OF  
COMPLETE SUCCESS

P R E S C R I P T I O N S  
A N D  
P R A Y E R S



PRESCRIPTION

BEFORE YOU START YOUR DAY PRAY FOR YOUR MOTHER THE HAIL MARY THRICE

Hail Mary, Full of Grace, The Lord is  
with thee. Blessed art thou among  
women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,  
pray for us sinners now, and at the hour  
of death. Amen.

Hail Mary, Full of Grace, the Lord is  
with thee. Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,  
pray for us sinners now, and at the  
hour of our death. Amen.

Hail Mary, full of Grace, the Lord is  
with thee. Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus

Holy Mary, Mother of God,  
pray for us sinners, now and at the  
hour of our death. Amen.

# PRAYER

before Study: "PRAYER BEFORE STUDY" by THEODORE ROETHKE

CONSTRICTED BY MY TORTURED THOUGHT,

I AM TOO CENTERED ON THIS SPOT.

SO CAGED AND CAGED, SO CLOSE WITHIN

A COAT OF UNESSENTIAL SKIN,

I WOULD PUT OFF MYSELF AND FLEE

MY INACCESSIBILITY.

A FOOL CAN PLAY AT BEING SOLEMN

REVOLVING ON HIS SPINAL COLUMN.

DELIVER ME, O LORD, FROM ALL

ACTIVITY CENTRIPETAL.

REITER PRESCRIPTION

BEFORE WRITING ABOUT FLAYBERT RECITE THE FOLLOWING AND GROWL  
LIKE A BEAR

ONE DOES NOT WRITE WHAT ONE WANTS

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PRAYERS

IN CASE OF BAD AIR TURBULENCE OR A PANIC ATTACK IN THE ABSENCE OF MEDICINE

Our Father,

Who art in Heaven,

Hallowed be thy name.

Thy Kingdom come.

Thy Will be done,

on earth as it is in Heaven.

Give us this day our daily bread.

And forgive us our trespasses,

as we forgive those who trespass against us.

And lead us not into temptation,

but deliver us from evil.

Amen.

PRAYERS

IN CASE OF BAD AIR TURBULENCE OR A PANIC ATTACK IN THE ABSENCE OF GOD AND  
MEDICINE

Our Father,

Who art in heaven,

Hallowed be Thy Name.

Thy Kingdom come.

Thy Will be done,

on earth as it is in Heaven.

Give us this day our daily bread.

And forgive us our trespasses,

as we forgive those who trespass against us.

And lead us not into temptation,

but deliver us from evil!

Amen.

PRAYER

WHEN MAKING MAJOR LIFE DECISIONS OR WHEN HAVING A PANIC ATTACK AT THE OFFICE

GOD,

GRANT ME THE SERENITY

TO ACCEPT THE THINGS I CANNOT CHANGE,

COURAGE TO CHANGE THE THINGS I CAN,

AND WISDOM TO KNOW THE DIFFERENCE.

*Prescription: Repeat when necessary at all times.*



PRAYER

BEFORE LOVING SOMEONE OR WHEN HAVING A PANIC ATTACK AT YOUR DESK

God, GRANT ME THE SERENITY to accept the things I cannot change,

COURAGE to change the things I can,

and WISDOM to know the difference.

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----- Amen. -----



PRAYER

WHEN PREPARING FOR A PANEL DISCUSSION

God, grant me the SERENITY

to accept the things I cannot change.

COURAGE to change the things I can.

and WISDOM to know the difference.

Amen.

PRAYERS PRESCRIPTIONS

FOR GENERIC PANIC ATTACKS

please see PRAYERS IN CASE OF BAD AIR TURBULENCE

FOR DEPRESSION AND ANONYMOUS ALCOHOLISM

please see PRAYER WHEN PREPARING FOR A PANEL DISCUSSION

FOR ADD/ADHD DURING A NATIONAL ADDERALL SHORTAGE

please see "PRAYER BEFORE STUDY" by THEODORE ROETHKE

FOR UNREASONABLE SADNESS

please see PRAYER WHEN HAVING A PANIC ATTACK AT YOUR DESK

FOR THE DEATH OF A LOVED ONE

please see PRESCRIPTION BEFORE YOU START YOUR DAY

FOR BAD DREAMS

please see PRAYER BEFORE LOVING SOMEONE

FOR MORTALITY

please see PRESCRIPTION BEFORE WRITING ABOUT FLAUBERT

~~FOR~~ AGAINST ALL MALEDICTIONS

~~please see PRAYERS AND PRESCRIPTIONS~~  
please see ~~PRAYERS AND PRESCRIPTIONS~~ PRAYER BEFORE MEETING YOUR LOVER

