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Perri Dorset
GQ Magazine
4 Times Square
New York, NY 10036

Dear Perri:

Working class adults don't get enough leisure time in their hectic schedules. The amount of time individuals spend at work may leave adults often dissatisfied with their lives. Even college students face similar problems of dissatisfaction.

Students desperately look forward to a fun weekend to take their minds off that 12-page paper due next Monday. Although they should be studying, every one of the students needs some time to themselves. Dealing with stress is not an easy task to take on. Every hard working citizen needs to get out and away from it all, even for a brief couple of hours. Anyone can relate to this.

We feel that people should reward themselves for their accomplishments with something that will put the mind at ease. People feel good meeting their goals and feel even better making themselves laugh, run around, or just sitting down and relaxing. Stress is unhealthy for the body, both physically and mentally.

Some people starve themselves in order to get by. Some people frantically pace around trying to solve a difficult problem. If the mind is constantly under stress, then it tells the body to become under stress too. This is a very important matter and it may lead to significant consequences.

One thing people do to relieve stress is eating comfort food. They want something good to eat to calm their nerves down. Everyone likes to sit down at a table and eat some of their most favorite meals. In that short time, the mind is at ease. Though, these foods may not always be healthy foods. The body reacts the same way with the healthier foods it takes in. Every so often, the body needs to flush out those stress-aiding toxins dwelling in the blood stream. Fresh foods are an easy way to get rid of all that.

Sometimes the body goes the other way and uses the stress in order to get rid of it. In other words, people like to let it all out. They do something physical and work the stress out of the muscles while letting the thoughts disappear.

This message is so important to get out to everyone. Just simply having fun can really help oneself. If this message has helped shed a new light on the well-being of individuals, we would like you to share this information with your audience.

Thank you for your attention.

Sincerely,

Matt Griffin

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