

STRESS MANAGEMENT

Right said 'Fred'

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Stress-relieving methods number many. They run the gamut from nail biting, Scotch drinking and listening to whale-mating calls on CD.

But saying "Fred"?

Author David L. Mocknick says the name Fred – derived from Frederick, a German moniker that means "peace ruler" – has curative powers. And he's developed a system to prove it that he explains in his recent book, *Who's Fred, Ha!: Silly, but Fun Stress Relief* (Clear Brook, \$17.95).

Fredding begins when someone "baits" another person by getting him or her to say a word that rhymes with Fred. When the target – a waitress in a diner who suggests bread when asked for an alternative to rolls, for example – falls into the trap, the Fredder calls out, "Bread! Fred! Who's Fred, ha!"

It's not science, admits Mocknick. "I'm no psychologist and I don't have a medical background," says the 47-year-old Philadelphia-based literary agent. "But I've seen it work firsthand."

