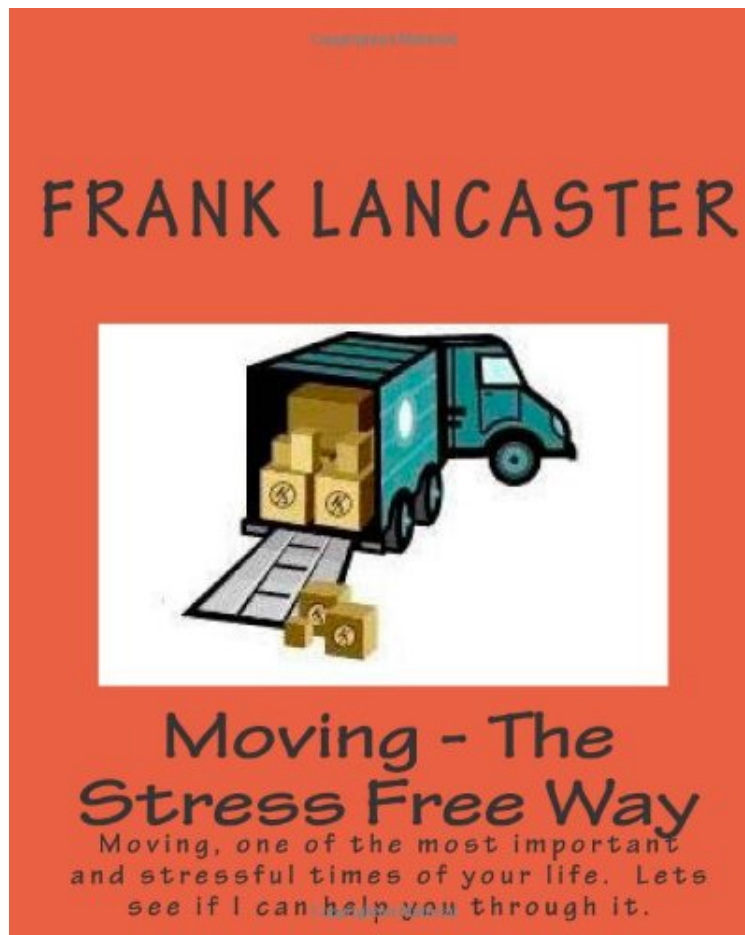


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Moving is very stressful, even in its best form. It is disasterous in its worst form. I have been a professional mover for several years and have seen the best and worst in moves, movers and people moving. In here you will find information and stories to help your move be as stress free as humanly possible.

About the Author Frank Lancaster has been a professional mover for several years, and made over 2000 professional moves and over 20 personal moves. He has worked on local moves in the Phoenix Arizona and Portland Oregon / Vancouver Washington areas; and made long distance moves all over the US and Canada. He specializes in 'do it your self' moves, (the kind where you rent a truck or shipping box and talk your friends into helping, or hire guys like Frank). He Lives in the Pacific Northwest and loves to travel on his moving adventures. When he isn't moving the world, he is hibernating on his mini farm.