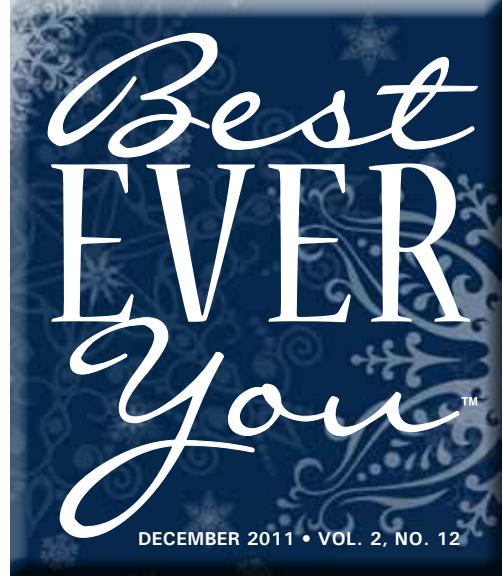


Our
Holiday
Issue!

ELIZABETH HAMILTON'S



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AWESOME! AWESOMENESS! YOU ARE AWESOME!

By William Paisley

I love that word. I guess it might have something to do with growing up in the 80's, where it seemed to become very popular, but for me it has stuck. I've recently been accused of using it too much and that's what has spurred me on to write about it! I use it for several reasons: one is because "good" seems to be the new okay and okay the new not so good, but the main reason is it's the absolute truth.

Definition: awe-some [aw-suhhttp://sp.dictionary.com/dictstatic/dictionary/graphics/luna/thinsp.png] adjective 1. inspiring awe: an awesome sight.

We are ALL an awesome sight! We ALL come from inspiration, which means: in - spirit. We have labeled ourselves as humans, but that's really not what we are. We are spiritual beings having a human experience. It's the same with our names: we are not our names, they really are just our personal labels and given to us by people we just met. We are truly awesome, but most of us forget that fact, so I like to remind people as much as possible of what you really are. My hope is that if you hear it enough you might just start believing you really are awesome.

All growth and positive change happens through some kind of positive reinforcement. Nature does a great job on her own. It's us "humans" that need it the most. So, please everyone, you are truly AWESOME. Believe it, it's the truth, keep telling yourself often and one day, all you will see is Awesomeness every where you look!

Just remember all words are not the thing itself (example: The word orange is not the color or fruit) Words are just signs that point to what something is. It's the energy we put behind the words we say that matter. You know the saying... It's not what you say, but how you say it that matters and what matters most is the talking that is going on between your two ears. So what anyone says to you, is really for them to deal with, what you say to and about yourself to yourself is what counts!

Our most effective way to live an Awesome life, is simply to observe our inner talk, let it be, and focus on something that makes us happy. Why not focus on being AWESOME?

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Thank you to www.sxc.hu for photos used in this issue.

COVER PHOTO CREDIT:

Ali Hohn Photography / www.ahphotos.com



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Happy Holidays from the Best Ever You Crew!



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Noel Bear would need to be ordered by December 9 to ensure delivery by Christmas.

Appreciating Those Around Us



People are each other's greatest asset.

One person sews. One cooks really well. Another talented person bakes. People produce amazing websites. One person is a doctor, another stays home to take care of the kids. One person writes and another trains dogs. One is a fitness instructor and another is a model. One is a great graphic designer and another an editor and the list goes on and on.

When you discover the world of people and all they have to offer without being scared, jealous, negative or comparing, but rather supportive, positive and promoting, your whole world can change.

One person can't do it all. If I came over to train your dog, most surely you would giggle. It takes all kinds to make the world go round and round.

My message this month is short and simple. Appreciate each other. Discover the people around you. Learn from one another and explore and meet new people. We all seem to struggle with most of the same issues in one form or another.

Women in particular, can be each other's own worst enemies. I'd like to think the shenanigans end is during high school, but I've always struggled with why it even occurs at all. I don't have that answer, but I do know that some women never leave their high school behavior behind. Jealous, comparing, back-stabbing, rude, gossiping, snooty behavior is something I still witness and even from people in their 40's, 50's, 60's and beyond. I'll never understand it and can't control others, but I will say that the only thing you can do is change your reaction and response to people like this - or ignore it, take the high road and stay consistent in your own positive, supportive behavior. You may also evaluate the situation and decide to purge and protect. Purge the relationship or people from your life and rid yourself of the drama!

Don't keep up with the Joneses. Scratch below their surface, too, and there are just as many issues. You'll also sometimes see great outsides and horrific insides. Try to just keep up with yourself and be the best asset to yourself and those around you. Looks fade, \$200 pairs of jeans wear out, shoes wear out, expensive purses get worn, furniture wears, houses age, cars break and in all that is YOU. Your personality and how you treat yourself and those around you to the best of your abilities.

Be the asset. Be in a good mood. Be positive. Be appreciative.

All My Best to You and Happy Holidays!

Elizabeth Hamilton-Guarino
Founder & CEO, Best Ever You

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Heartfelt Gifts

This is a tough Christmas for a lot of people. I know for myself, gift-giving in the expected sense of the word, just is not happening. At first, I was pretty down about it. How on earth can I convey to those I love that I love them, but can't buy them anything this year?

One idea, such as the gift of time, is always a good idea. Our lives are so wrapped up in the hamster wheel that we can't ever seem to budget time in our busy lives for our loved ones. Step off the hamster wheel, and take a winter walk together, or a Sunday drive, or hit Redbox for a movie night.

Instead of giving a not-so-personal gift certificate to someone's favorite restaurant, invest that same 20 bucks in the materials for an Italian meal, bake a loaf of bread, add a box of pasta and a jar of special spaghetti sauce, some homegrown herbs, and a bottle of wine. Add a clever card with an invitation to cater

that meal, at their leisure.

Collect photos of the family throughout the years, scan into a home-made calendar (most word-processing programs have one built in). It is cheaper to save the project to a stick and take the stick to Staples to have them put the calendar together. Again, about \$20. If you choose to print on your own, expect to spend more than that for ink. (Been there, done that!)

What if the money will be available later, but not now? Go online, find something they have mentioned they want (for me, it would be a large monitor for those editor-eyes!) and print out the picture. Put it in a card, with a to-be-delivered date in the not-so-far future.

And, of course, gifts from the kitchen are always enjoyed. One year my husband made specialty cheesecakes . . . done a few at a time, it is a gift that while not inexpensive, is still a gift from the heart. And, of

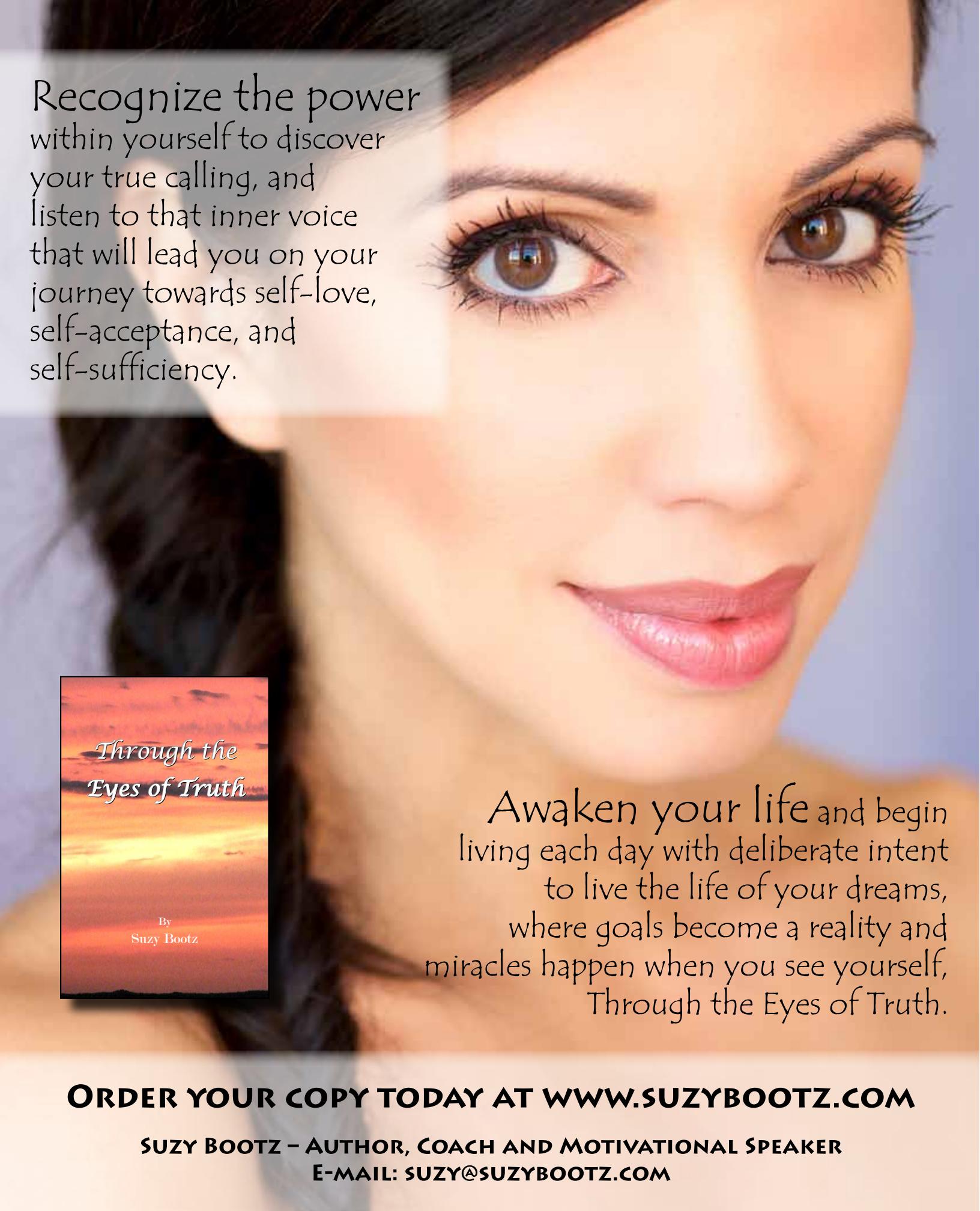
course, oh, so yummy!

A letter from the heart, documenting why this person is special to you, is something that won't collect dust, and may be something that will make his or her day. Expect to need a box of Kleenex in some cases! Frame it, add a special picture, and it will be cherished.

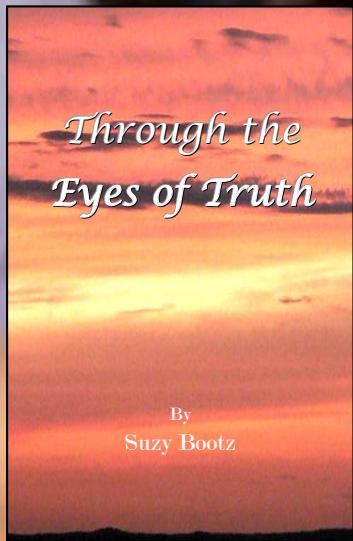
Lastly, find something near and dear to the heart – Make a Wish Foundation, Adopt a Manatee or Tiger, a local area shelter, and make a donation in their names. Much appreciated by both parties, and needed on such a tough year.

Think outside the wrapped box, and realize we don't have to break the bank to make our loved ones happy. And to all: Merry Christmas, Happy Holidays, Happy Hanukah, or whatever you say to your loved ones . . . there is nothing to be PC about when in fact it is love and cheer we are spreading!

Liz Foley, Editor-in-Chief



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When You Can't Forgive Yourself

Forgiving someone we want to forgive can be difficult. Forgiving someone we don't want to forgive – or who we think doesn't deserve our forgiveness – can be harder still.

Forgiving yourself often falls into the latter category. Even when you want to forgive yourself, you may believe in your heart that you really don't deserve forgiveness. After all, no one knows better than you the truth of your transgression. You know if you 'knew better.' You know the moment you decided to forge ahead. Knowing the heart and soul of your error can make forgiveness feel insurmountable. And yet, there it is. Without forgiveness, you are stuck in a self-defeating battle that does no one – not the injured party, not other involved individuals, and not you – any good.

It is helpful to remember that forgiveness does not mean that you are absolving yourself of responsibility or making light of a serious situation. Forgiving yourself means taking full responsibility for your actions, committing to a path of atonement, and allowing yourself the grace to improve, try again, and go on.

Generally speaking, taking responsibility for your actions means full

disclosure of your transgressions to a trusted other (therapist, church leader, family member, or support group). In doing so, you are allowing yourself to take full responsibility and not be tempted to hide some of the more painful facts. When you put energy into hiding, you are not putting energy into taking full responsibility.

As you take responsibility for your actions, it is important to be clear about the actions that are your responsibility versus the actions that are the responsibilities of others. So, in the case of infidelity, take responsibility for breaking your marriage vows and betraying trust, but not for the participation of the other person involved. In the case of a car accident, take responsibility for going above the speed limit or texting while driving, but not for being a bad person. In the case of an accident that was not your fault, take responsibility for being powerless over the situation. Sometimes holding on to blame and holding on to the illusion of control can feel preferable to letting go and admitting powerlessness.

Committing to a path of atonement means taking stock of the damages done as well as the long term consequences of your actions and, in that light, determining your course of recovery. This includes making amends, taking natural consequences, committing to long term repair as well as evaluating shortcomings that may have led to the transgression. If you notice you have a pattern of lying, then it is reasonable to commit to

addressing that issue in therapy with the goal of becoming honest. If you notice that you tend to minimize or be verbally harsh with your husband, then it is reasonable to address the behavior and underlying issues. If you tend to sweep problems under the carpet, then it is reasonable to address them with your partner in therapy.

If followed with energy, sincerity and commitment, the path of the atonement has the capacity to rebuild trust. In the case of infidelity, breaking all ties openly, getting rid of gifts from the affair, disclosing the timeline of the affair (without the sexual details), maintaining transparency, and getting into therapy are all trust builders. In the case of letting down a child, admitting fault and acting to repair through discussion, time, and making good on the promise are important trust builders.

Finally, it is important to allow yourself the grace to try again – perhaps harder this time and certainly with more mindfulness. While perfectly made, we are, none of us, perfect. You probably wouldn't feel shame if you didn't have the capacity to know better and do better. You probably wouldn't feel guilt if you felt like what you do or say doesn't matter. It does. With that in mind, allow yourself to be as whole as you can be. As you allow yourself to grow closer to your potential, you will have that much more positive energy to share with those around you.

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PRE-SEASON TRAINING

Late fall to early winter represents a time when most colleges and high schools winter sports pre-season preparations are underway. At the same time, business leaders should be preparing to transition from the fourth quarter of 2011 to the first quarter of 2012 with new goals, a vision and focused energy.

When your "practice" begins in business, it is important to be certain that the team members and departments within your organization are prepared to consistently bring the best version of themselves to the office every day. With this comes awareness: awareness of self and awareness of others. Without self-awareness you are blind as to how your actions, thoughts and words impact others around you. When there is an "awareness deficit" you also don't realize what your teammates need each day to be their best and help take the organization's performance to the next level.

With this in mind, I present some food for thought about what the leaders and the team members must commit to doing each day, each week, each quarter of the year to make the upcoming year the best ever.

The Leader:

- Bring the three E's – energy, effort and enthusiasm. All three have the ability to spread like a virus. Are your three E's worth catching??
- Live the six P's – Prior Proper Planning Prevents Poor Performance.
- Big eyes: A keen eye for detail and excellence as well as mistakes. Catch people doing something well, don't just notice things that prevent the team from improving.
- Organizer-In-Chief: Must be the most organized person in the organization. Without organization "at the top" of the organization you will never get the maximum potential of the team in the desired time frame.
- "Fingers on" more than "hands on" – The leader must have his or her fingers on the pulse of the team in order to know what they need and when they need it. This involves more listening than talking and more seeing than saying.

The Team Member:

- Bring your three E's to the office. (If you don't, look no further than the leader's E's.... they obviously weren't worth catching)
- Distraction Free: Must perform without mental clutter. Eliminate outside distractions through the 6 P's and by having a process to get focused, remain focused and renew focus. Like sorbet cleanses the palate between courses of

a meal, you need rituals to provide brain breaks as you transition between tasks during the work day.

- F > T (from > through) Must commit to strive to "get from" work not just "get through" work. Get passion, purpose and fulfillment from your work - not just get through the day.
- "Learners are Earners" Must elevate the commitment to learn -- The beginning of the year often involves more training and learning as new products are often rolled out, new initiatives begin and on occasion new team members join the organization.
- "Get Fit": Commit to 3-way fitness: Mind, body and spirit. The demands of taking your performance to the next level and working as a team member will require you to be at peak fitness level in all three areas.

One of my favorite sayings on teamwork is a sign in the Butler University men's basketball team room. It reads "Great Teams Have Great Teams." My workplace translation is that great companies are ones where leaders and team members capitalizing on every opportunity to help one another improve, grow and work together better towards a common goal. More we and less me!

I wish you success in your preseason preparations and in your quest to make the 2012 year your best ever!!

John Brubaker teaches audiences how to obtain better results in business with straightforward tools that turbo charge performance. Author of the forthcoming book *Overtime Victory: Success Strategies From The Locker Room To The Board Room*, John uses a multidisciplinary approach to help organizations develop their competitive edge. John Brubaker brings more than fifteen years of experience in Leadership Development, Coaching and Human Resource Management to his work as a consultant, speaker and author. He is a 1992 graduate of Fairleigh Dickinson University with a bachelor's degree in psychology and he also earned a master's degree in personnel psychology from FDU in 1993. Brubaker has completed his doctoral level coursework in Sport Psychology at Temple University. For more information visit: www.coachbru.com



Solution, and Right

I was giving a talk last week, discussing how to manage and communicate with “challenging personalities.” One point that I stressed was that, in conflict, it is more important to find a solution than to figure out who was wrong and who was right. This really upset one of the participants, as he raised his hand vigorously. “Don’t you have to decide who is right?” he asked. I told him that maintaining that he was right would keep him in the conflict, because the other person would have to maintain that they were right. This is what gets us stuck in the conflict, and not able to reach solutions. He was visibly upset, and repeated, “No, someone HAS to be right!” The audience politely chuckled at his intensity and unwillingness to move off of his point, which was exactly my point. Instead of continuing to try to prove that I was right (wouldn’t that be silly?), I went to an example. “Suppose we worked together and we had to solve a production problem. You thought one way, and I thought another. Instead of getting stuck on who was right, wouldn’t it be more productive to see a solution that might involve your thinking and mine?”

He looked at me and said, “NO, it would be more important to figure out who was right, so we could do it my way.” He was so sincere, and reflected the way that so many people think. We invented computers to reflect binary thinking, and we are now stuck in that way of thinking. If I am right, you must be wrong. Oh no, there could be some merit in each side’s ideas, if we listen and creatively problem solve.

That creative problem-solving approach can only help us to achieve more, collaborate more, and be more productive. Think about what goes on at work, and what happens when people are more invested in their position than in the solution. Time is lost, animosity grows, and when a solution is hopefully reached, there are lingering scars for the organization and its team members.

Think of what is occurring in this country of ours. People are more invested in demonstrating that they are right than listening to the merits of what someone else might be saying. No one, at work or in society, has a corner on “rightness.” In retrospect, we learn what worked and what we could do better next time.

It is definitely about the solution – how can we improve the bottom line, how can we get more customers, how can we increase productivity, how can we improve the economy are all questions needing answers. Being stuck in how right you might be will keep you stuck even longer.

How do we get out of this? Here are some tips:

1 - Listen to the people who have opposing views, and give merit where merit is due. Then, express your views without making the other person wrong; but instead, pointing out where your solution might differ. Then highlight where further conversation needs to take place.

2 - Lay out the differences and similarities between you and the other person. Discuss what is negotiable and what is not. If you are stuck there, leave where the differences are alone for the moment, and focus on the similarities.

3 - Take each difference, and discuss the components of each idea. If you are sure that your idea has much more merit, be willing to give in to an idea of the other person’s, so you cannot get stuck.

4 - Keep language focused on the solution, and not the other person or the rightness or wrongness of what they are saying.

5 - If you need help, get a trusted mediator to assist.

We are an angry and frightened group of people in this country. What is better – attacking other peoples’ views, or working together on solutions?

Of course, I know I am right in what I say. Of course, I keep that thought and others like it to myself. I sound pompous and foolish if I state that out loud, don’t I? And does that make you more or less willing to work with me?

Give thanks for what you have, and ask that we become focused on solutions at work, at home, and in our nation.



Dr. Diane Katz has worked with organizations and professionals for over 40 years. She holds a Masters Degree in Organizational Psychology from Columbia University and a Ph.D. in Conflict Resolution from Union Institute. Her consulting company, The Working Circle, provides organizational development, human resources, teambuilding, training and coaching to organizations of all sizes. Her newest book, “Win at Work! The Everybody Wins Approach to Conflict Resolution” is now available. www.TheWorkingCircle.com



How to Open the Door of Change

For decades Rebecca and James joyfully shared the holidays with their extended families. They would willingly travel, kids and dogs in tow, to one or the other's childhood homes to celebrate the festive season according to that family's longstanding traditions.

Every other year the formality of Rebecca's family was counterbalanced by the come-as-you-are attitude of James' brood.

The first change occurred when Rebecca's parents divorced. Suddenly their trip to her hometown turned into an organizational nightmare. How could they fit everyone in? Where would they stay? They ended up creating a schedule that involved seeing her dad on one day and her mom the next. Not only were the traditions gone, so was the family home, which had been sold as part of the settlement. Nothing was the same anymore.

Then James' brother and his family moved overseas, leaving James the only child to share the holidays with their parents. The place felt empty.

Over the years Rebecca, James and the kids continued to travel back and forth. Sadly, though, it began to feel more like an obligation than a joy.

That's why they're planning to make this year different. Now that their kids are grown and there's talk of grandchildren, Rebecca and James have decided it's

time to create their own holiday traditions. Finding it increasingly stressful and expensive to travel, they've been looking forward to hosting casual get-togethers in their own home with their expanding family.

Little did they know the havoc their decision would create.

They were shocked at the response they got when they told their respective families that they'll be staying home this year. And, despite their open invitation for others to join them, they were accused of everything from being selfish to uncompassionate. Soon they began wondering if they should re-think their choice.

It can be difficult to deviate from the status quo, especially during special celebrations. People generally like knowing what to expect, yet sometimes those expectations no longer fit the circumstances. And as much as lives change and relationships evolve, a change in routine – especially one that involves relatives – can sometimes be very challenging.

No matter which side of this issue you're on, it's vital to sort things out for the sake of family dynamics. If it's you who wants things to stay the same, try to take an emotional step back and see things from the other perspective. And if you're the one proposing changes to what's become customary, here are seven civility suggestions to help you and your loved ones reach a resolution:

H: Have heart-to-heart discussions with your relatives about why it's important for you to cultivate new traditions.

O: Own your decision.

L: Let other family members have their say, and listen to their points with an open heart.

I: Incorporate a familiar tradition from each side of the family into your 'new' holiday celebration.

D: Dedicate quality time throughout the year to those family members who are unable to join your festivities.

A: Approach the entire experience from a position of courtesy and respect. This is a season of joy, not judgment.

Y: Yield to your heart's call for a fresh approach to the holidays.

Rebecca and James almost didn't move forward with their plans to incorporate change this year. They were feeling guilty about their decision. But following a heartfelt discussion with her mom and brother, who agreed that it's time for new routines, Rebecca realized that she and James weren't closing old doors. They were simply opening new ones.

Sue Jacques is The Civility CEO™, a corporate civility consultant and professional speaker who helps individuals & businesses gain confidence, earn respect and create courteous corporate cultures. Do you have a conundrum for The Civility CEO™? Please send it to advice@TheCivilityCEO.com. Your question could be featured in an upcoming column! www.TheCivilityCEO.com

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What's On Your Christmas “Wish List?”

I love everything about this time of year because of the feelings and emotions that the holidays create. Giving becomes the focus of attention and as we prepare our Christmas Wish Lists, I have six gift wishes for you. Everything in our journey through life is about the feelings from positive or negative experiences. Knowing this, I wish for each of you several items that I believe will bring you the feeling of happiness and fulfillment:

The Gift of Listening: Not to the voices from the world around you, but rather to the sounds of your own inner voice. Too often we allow the volume of the world to drown out the echo of our own voice and the only connection we have to ourselves and to Source energy. When you silence the world around you, the ability to listen to your own wants, needs and passions suddenly becomes the tool we need to achieve our own happiness and success.

The Gift of Validation: Too often we seek the advice and approval of those around us rather than trusting that the things we seek to experience are our own soul's wishes. How many dreams have you placed in the closet of your mind, only to collect cobwebs because another person did not provide you with their approval to attempt those dreams? You never need the permission or the approval from another person to become the individual you want to become. Be the source of your own validation, and you will uncover possibilities within yourself that you never thought were possible.

The Gift of Vision: We each have the ability to create anything in our lives that we can imagine. The problem often lies in the limiting perceptions we place on our own dreams and ability to turn those dreams into a reality. I challenge you to develop a list of possibilities for your life and next to each of those items, write down a plan of how you will control the outcome of their creation. The steps will unfold before your own eyes because you hold the key to unlock the door to your own potential.

The Gift of Urgency: How many instances in your life did you make a decision to put your own needs, wants, and desires on the back burner and place everyone else's needs ahead of yours? Too often we don't value our own visions because we don't believe in them or, worse yet, we don't believe in ourselves enough to achieve them. You must create a sense of urgency with your own dreams and make an action plan as if you were not going to be given another opportunity to create them. Stop taking life for granted and waiting until "tomorrow" to reach your full potential, because tomorrow doesn't exist. The only truth in your life this moment is that you have only this moment to create your life as you want to live it, so begin now.

The Gift of Courage: It is so frightening to put your own dreams in your line of sight, because so many of our emotions and our sense of worth are connected to our dreams. Oftentimes the pain associated with not achieving what we so desperately want to create in our lives overcomes the faith in ourselves to accomplish them; that the fear outweighs the love we have for ourselves and our dreams. Courage is a necessity when you decide to create your goals!

The Gift of Faith: There has not been one dream achieved without faith, both in yourself and in the power of something greater than yourself driving you towards that dream. Believe that whatever is in your heart to accomplish was placed there by a Source that is guiding you towards that dream. Use that same faith to know that if you dedicate yourself to the creation of that dream, you will have all of the tools necessary to achieve it. Good luck and Happy Holidays!



Suzy Bootz is an Author and Life Coach who has published her first book called, Through the Eyes of Truth. Her main platform in life is to inspire, encourage, and empower people into achieving their life's ambitions, and to realize they can create the life of their dreams.

Suzy's Favorite Designers:

1. Donna Karan - Love her style for elegance and simplicity!
2. Chanel - classic and perfection!
3. Halston
4. Chloe
5. Badgley Mishka
6. Versace
7. Proenza Schouler
8. Ballenciaga
9. Betsey Johnson -
she's fun, fabulous
and celebrates life!
10. Marc Jacobs
11. Monique Lhuillier
12. Vera Wang
13. Vivienne Westwood
14. Burberry
15. Dolce & Gabbana
16. Dior
17. Missoni
18. Stella McCartney
19. Zac Posen
20. Tom Ford



How to Love Yourself - Special Tips

Loving yourself is a process and a life long journey. I choose to love myself daily. Unfortunately, it wasn't always like that and I had to learn to love myself. The truth be known, I hated myself and felt inadequate most of the time.

As the captain of the cheerleading squad at East Meadow High School in New York, I loved cheering for the football and basketball teams. I also "cheered for" my friends who often came to me with their problems. They knew I would listen and wouldn't judge them. But what about me? Did I cheer for myself?

I hate to admit it, but I didn't know how to cheer for myself. I looked outside of myself for others to approve of me and tell me I was okay. My self-esteem was like a yo-yo. If you liked me, I felt good about myself and if you didn't like me, I didn't feel good about myself. Instead of loving myself, I judged and beat up on myself. I didn't know how to love myself and I didn't have a "self." I became a people pleaser and was loved starved. I wasn't in touch with my feelings (especially anger), what I wanted or who I was. But, I looked good on the outside-like I had it all together.

About twenty five years ago, I learned about Codependency and it changed my life. I gradually learned to like myself and then to love myself. Codependency can be called "other-addiction."

Codependents have a long history of focusing their thoughts and behaviors on other people, often at the expense of themselves. They "people please" and will do almost anything to get the approval of others. People pleasers are full of anger. Their needs are rarely met because they are so busy taking care of everyone else. They look very competent on the outside but on the inside they feel quite needy, inadequate, helpless, or perhaps nothing at all. They may have experienced abuse or emotional neglect as a child. They are outwardly focused on others, and know very little about how to direct their own life from their own sense of self. Sound familiar?

We cannot change until we are aware of our behaviors and what needs to be changed. I needed to change. I learned to stop beating up on myself and looking outside for my answers and self esteem. I began to affirm myself, "I like and approve of the person I am becoming." I said it constantly and after awhile, I started to believe it. This was the beginning of self-love. Nobody can love you like you can love yourself. When you love yourself, you learn to love others. Love is the answer. The bible says "love your neighbor as yourself." We often forget about loving ourselves first.

My journey has been one of self-discovery, self-love, self-confidence and self-trust. I started to say NO and stopped "shoulding" on myself. I put a sticky on my phone that said, "I will not should on myself." At first, my children and family weren't happy when I set boundaries and said no. They thought I was being selfish. I told them it was self-care! Today, I say no easily when I want to and so do my children. And the best part is – I don't feel guilty and neither do they!

Loving myself means I stop acting like a victim, blaming and judging others. I take responsibility for my feelings, actions and behaviors. It means I forgive myself for years of not loving myself, beating up on myself and having to be perfect. Today, if I make a mistake, I quickly forgive myself and see what I can learn from it. If others do something that I don't like, I choose to forgive and see the perfection in it – that I attracted it into my life for my highest good and healing. I believe everything happens for a reason and that it's for my highest good.

MORE TIPS ON LOVING YOURSELF

1. STOP ALL CRITICISM – Criticism never changes a thing. Refuse to criticize yourself. Accept and love yourself exactly as you are – knowing you are doing the best you can.

2. DON'T SCARE YOURSELF – Stop terrorizing yourself with your negative thoughts. Find a mental image that brings you pleasure and switch your scary thoughts to pleasurable thoughts. Remember the good things that have happened in the past.

3. SPEND TIME ALONE IN MEDITATION AND PRAYER – Plug into the Power within on a daily basis. Allow yourself to receive Divine Love and healing. Journal your feelings and focus on what you have, rather than what's missing.

4. BE KIND TO YOUR MIND – Self hatred is only hating your own thoughts. Don't hate yourself for having the thoughts. Change your thinking and focus on the positive things in your life. Start a gratitude journal.

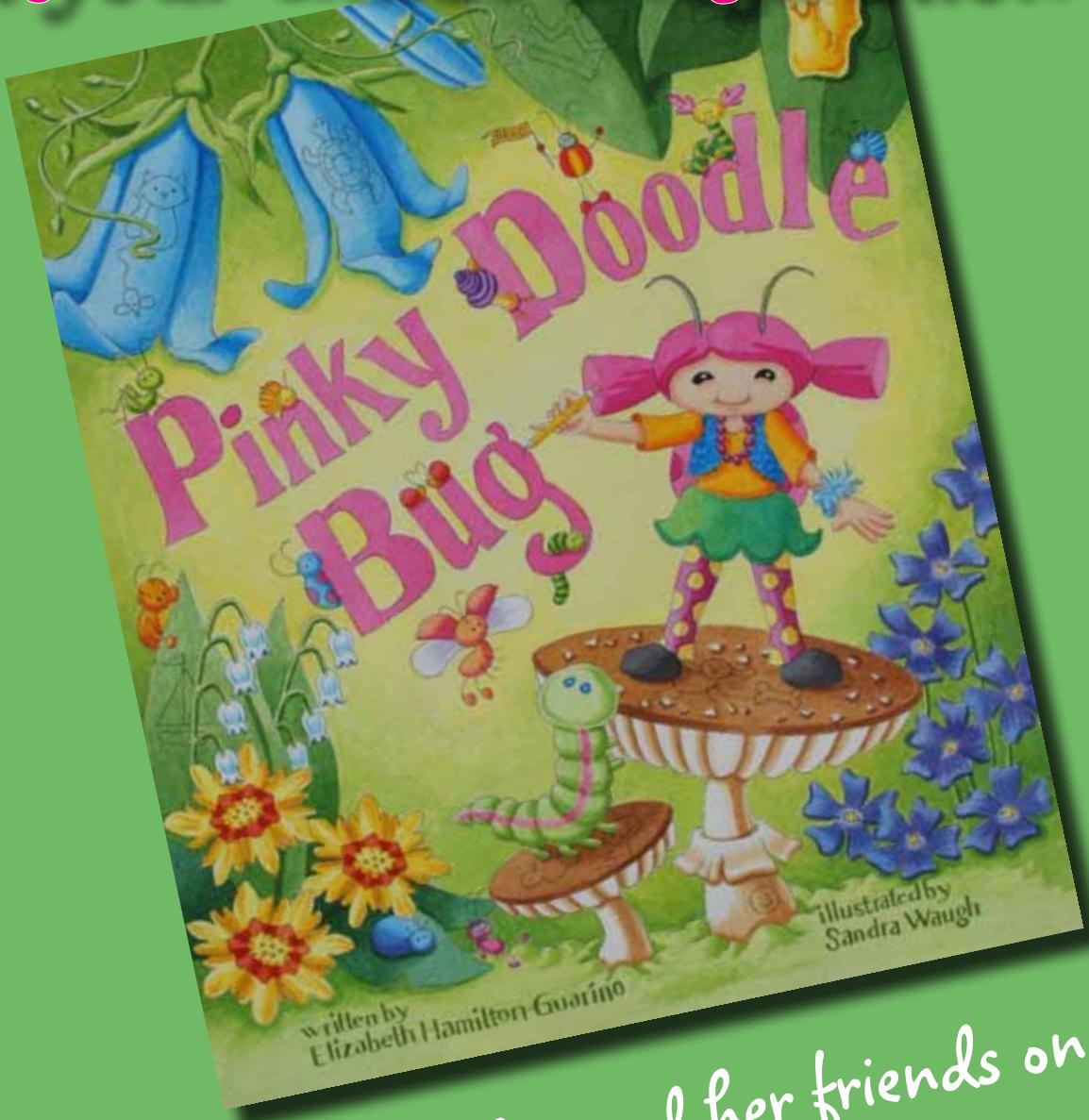
5. PRAISE YOURSELF – Criticism breaks down the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing with every little thing. Stop looking for others to validate you. Be patient with yourself and treat yourself as you would your best friend. Look into your eyes often and tell yourself the truth of who you are as a child of God.

6. SUPPORT YOURSELF – Find ways to support yourself. Reach out to friends and allow them to help you. Asking for help and being vulnerable when you need it is sign of strength and courage. It gives others permission to ask for help when they need it.

7. TAKE CARE OF YOUR BODY – Learn about nutrition. What kind of fuel does your body need to have optimum energy and vitality? Exercise. Cherish and revere the temple you live in.

8. ACCEPT YOUR GIFTS – Step into your greatness and magnificence. Stop hiding and let your light shine. Find your passion and live it. Live your dreams.

Let your child's imagination soar!



Join Pinky and her friends on
a doodling and writing adventure!

www.pinkydoodlebug.com

Available where all books and ebooks are sold.

Miss "Smarty Pants"

How did you get to be where you are today?

Well, today I'm in downtown Minneapolis...I drove! But, I suppose you're looking for a different answer with less of a "smarty pants" attitude. You'll see – I like to laugh and joke often. But on a serious note, I'm where I am today by accident...literally! Although, no accident is really an accident – is it?

I was in a snowmobile crash over a decade ago in Hinkley, Minnesota. My tomboy nature took over on the sled and I hit the throttle zooming at over 55 miles per hour. It was fun for a moment, until I hit a chunk of ice on the trail, lost control of the sled, got off the trail and hit a snow-covered culvert. My body thrashed against the throttle to force it into an even faster speed and my sled and I went airborne. On impact, I was ejected from the sled and slammed into a tree. Unfortunately for me...the tree didn't budge.

I was laying unconscious in the 15-below weather (that's without factoring in the wind chill) for what seemed like hours, but it was only minutes. Upon waking, I discovered that I couldn't move my right arm. That day I went to the emergency and then to an Orthopedic Surgeon. The surgeon wanted to do surgery on my shoulder where the muscles had torn in a massive way. I had also broken my clavicle, but he said that would heal on its own. I knew that both injuries could be healed on their

own with patience and the right form of exercise. And...I was correct! My shoulder healed in record time.

Long story longer...the types of exercises I used to heal my shoulder are what I teach today through my Visibly Fit™ exercise program. Our bodies are self-healing in most situations; we just need the proper tools, education, and patience to allow the body time to heal. I've always been a student of physical culture, and have taught many forms of fitness at health clubs and as a personal trainer in the early years of my career. I went to school at the University of North Texas, endured intense study under several mentors, and also acquired a Doctrine in Natural Medicine.

God has taken what could have been a setback and turned it into something positive. His plan always comes through no matter what the circumstance. I love that...sure takes off a lot of pressure!

Have you ever been fired?

Ha... which time? I think I've been fired from most of my jobs – that's why it's a good thing I'm an entrepreneur. I started working when I was 13 years old and had the responsibility of opening and closing a hair salon in the 80s for three years. I did all the "grunt" work like sweeping hair, washing towels, cleaning the individual stations, etc. BUT . . . one night I thought it would be a great idea to perm the back of my boyfriend's hair. You remember that

style – I sure hope that one never comes back! Anyway, you can't do hair without a license even though I watched over the years and knew what I was doing. Needless to say, the owner wasn't quite as proud of the perm as I was.

What are your real passions?

My faith, my son, hanging with family and friends, assisting people in life transformation, dancing!

If you won the lotto, what would you do?

I suppose no one would ever really answer this question with..."I would keep it all!" But, that's what I would do. That's right . . . keep it all so I can give it all! Had you going for a minute, huh?

Actually, without question – I would first tithe a healthy percentage. Then I would assist my family so they could live without financial worry. Next, I would invest in single moms and their children so that they may fulfill their God-given purpose to its fullest without feeling the heavy stress and worry of being a single-parent family.

Everyone deserves a chance to be their best no matter what their current circumstance. This would be facilitated through a retreat center . . . offering healing and teaching programs to apply to their life to make it better for them and their children.



What do you hope to accomplish in the future?

Well, that is a loaded question and many items are on that list. But, to answer in short form – Ralph Waldo Emerson took a proverb and made it into his own quote... “The first wealth is health.” My desire is to get people to take this truth seriously and apply healthy choices to their own lives. I hope to continue doing this through television, radio, speaking, etc. and one day open fabulous faith-based retreat centers around the world that offer healing and teaching programs for the mind, body, and spirit.

What do you like to do in your personal life?

I'm actually a very simple gal. I enjoy spending time with my son and others in my life that I love. I dig the outdoors and like to hike, bike, golf, ski, fish, and throw the ball around with my son. You name it...if it's outdoors – I'll join in!

Please give us one or two shameless plugs.

Oh goodie...thank you! You can find me every Thursday afternoon at 1:30 p.m. CST on my Visibly Fit™ TV show – airs nationwide on Direct TV 378 on the NRB network. My website is www.wendiepett.com – go sign up for your FREE videos! Also, www.grace-n-action.org is my non-profit for single moms and children in need.

Please give us one plug for someone else or your favorite cause or charity.

Besides my non-profit, I really like Compassion International and Jesus Daily. They are both incredible ministries. Compassion International is a child-sponsored program that is full of integrity where over 82% of your donation goes to that child. That doesn't happen with many of the other child sponsor programs out there. I have met the founder and he is so very humble and has the heart of a servant leader. Visit www.compassion.com to learn more.

Jesus Daily is an amazing outreach for Christ and the founder is a dear friend who truly has a loving heart and desire for people to know Jesus. www.facebook.com/JesusDaily – Like it – over 10 million people have already! It's even beat out Lady Gaga and Justin Bieber... guess that says something.

What do you do to help stay your best ever?

First thing in the morning – prayer, meditation, and gratitude. I do my Visibly Fit™ exercises daily, run 3 miles 3-4 times a week or do a high intensity circuit (such as jump squats), eat clean and organic as much as possible, spend time each day loving on someone new via conversation – a hug – giving my time or gifts – or just through a simple smile.

How do you help other people be their best?

I'm not a big fan of the word help... it sounds needy. But, I do assist people when they are coachable and willing to become their best. I've learned that I tend to care more about others than they care about themselves at times...that's my empathic nature. It can be good and bad. I coach/train people via Skype or Oovoo and in person. The biggest way that I assist others to become their best is getting them to step through their barriers of past emotional hurts and lies. Once breakthroughs take place then their weight is easier to release and new healthy habits can be formed.

What is your favorite book to recommend to someone else to read?

I'm a book hound...love to read! There are so many great books to recommend so I'm going to give you two. *Ageless: The Naked Truth about Bioidentical Hormones* by Suzanne Somers. This book has been out for a few years, but has awesome information and application for women in their late 30s and up. I just read

Enjoy the Ride; the True Joy of Life is in the Trip! by Steve Gilliland. This book is a very quick and easy read, but powerful and thought provoking.

Tell us a secret

;) – Hmm...if I tell you a secret then it won't be a secret anymore! But, for you...okay! When I was 18 years old I made it as a Dallas Cowboy Cheerleader. Close to a thousand girls tried out and I made it to the last and final 40. Got fitted for the uniform – cheered once – got cut 48 hours later! A sad...sad day.

They normally only pick 36 girls, but picked 40 because we are all DCC material. After being on the field they realized that four girls needed to be cut as it was too crowded at each corner of the field. I was one of the four along with one of my closest friends. They told me that my “ribs were too big” and that was why they made the choice to cut me from the team. So...off I went with my big ribs to do what I'm doing now! It was a great experience and I'm grateful for the opportunity!

What's your favorite holiday tradition or memory?

I LOVE stocking stuffers! My parents always made a big deal about our stockings growing up. I probably should have received coal on numerous years, but they always came through with clever and fun items to surprise me and my sister. We would always rush out of our rooms at the same time and head straight for the stockings.

I have a great memory of the pine tree smell around the house because we always had a real tree even though Dad was allergic, the sound of Christmas music in the background all month, and the crazy hectic schedule we kept with all the socializing with family and friends. My son and I tend to keep our Christmas a bit simpler and not as busy. The goal is to focus on the true meaning of the holiday . . . Jesus' birthday! May you all enjoy the holiday in whatever capacity you celebrate!

It's time to become **Visibly Fit™**!

Your Body IS Your Gym - It's simple, it's portable, and it's free!
Go ahead...skip the gym today and tomorrow. Save money and time!

**PAM ROLAND CANCELLED HER GYM MEMBERSHIP AND FINALLY FOUND
FREEDOM FROM THE BONDAGE OF 100 EXCESS POUNDS! SHE'S NOW VISIBLY FIT!™**

**WANT TO LEARN HOW TO SHED FAT, GAIN MUSCLE, AND GET IN THE BEST SHAPE
OF YOUR LIFE WITHOUT EVER STEPPING FOOT IN A GYM?**

Receive 7 FREE videos that reveal how Pam lost 100 pounds and 46 inches without a gym membership or any exercise equipment.

In the FREE 7 Video series I'm going to reveal the simple *fitness and lifestyle secrets* that my clients have been using for years to finally achieve the results they desire.

For years I've trained professional athletes, chained-to-their desk-professionals, and back-to-work Moms. And now I'm making everything available to you through a simple, easy to follow series of videos. If you make the commitment to follow what I'm going to share with you, you will...

- Lose weight faster than any other program you've tried before
- Lose inches in your "trouble-zone" areas
- Dramatically increase your energy level
- Build muscle while shedding fat and
- Discover a strong, healthy balance of mind and spirit



When you sign up TODAY for my 7 Video series Wake Up with Wendy Pett I'll send you my free electronic Meal Plan Builder as a bonus so you can schedule and print out a unique and customized 5-day meal plan with the click of your mouse. It's my gift to you! Now give yourself a gift and go to...

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nourish.

YOU
are like
no one else. . .

"I cannot place a value on my sessions with Sara. I learned so much and feel as though I have new found clarity when it comes to food and well-being."

- B.G., Falmouth, ME

... from the way you think to the way you digest your food. So a one-size-fits all approach to getting healthy probably won't fit you very well. My programs consist of a balance of education, modeling, guidance, and emotional support. Breaking bad eating habits is one of the most challenging things that one can face. Together, we will replace bad habits with good ones. You will develop habits that uplift your spirit and bring you happiness through fitness, good health, and mental clarity.



Sara Sullivan, BA, CN, HHP, CH

Nutrition Counselor
Holistic Health Practitioner

CALL 207.846.1162 TODAY FOR YOUR FREE 15-MINUTE PHONE CONSULT!

I design specialized nutritional food plans that enable you to lose unwanted pounds, facilitate proper digestion, and improve your overall health. My unique approach will help you transform both mind and body. www.nourishyourbodytoday.com

For delicious recipes and nutrition tips, please visit me at www.saradishes.blogspot.com

Green Smoothies - The Nutritional Powerhouse!

Hit this holiday season feeling healthier than ever!

Do you love the Holidays but secretly dread the excess weight, low energy, intense cravings & food guilt that can be associated with this time of year? If so, you aren't alone.

What if you could make one change to your current diet and experience increased energy and motivation? What if you could easily and successfully reduce your unhealthy habits and lose weight?

You can.

I have seen countless clients experience incredible results, simply by replacing their usual breakfast or lunch with a green smoothie. If you can replace just one meal a day with a cleansing, nutrient packed meal, you too, will be surprised how much of a difference it can make! Ideally your meals would be packed with nutrition, easily digested and filling enough to sustain you until your next meal, however, around the Holiday's you may find yourself skipping meals or loading up on processed, nutrient deficient treats & snacks.

How does it work?

Green smoothies provide carbohydrates, otherwise known as energy, but they're also loaded with vitamins, minerals, antioxidants, phytochemicals and chlorophyll. And of course, they are an excellent source of fiber which will keep you full for hours. Green smoothies are also very cleansing to the liver which is your major fat burning organ! Blending the vegetables ruptures the cell walls of the greens and releases the nutrients encased in the plant cells. You'll be able to absorb more nutrients from the vegetables, plus, you'll be able to consume more greens than you usually do! All of this in a quick to make, easy to drink, and portable meal that will give you all the energy you need for your day.

Remember, even if the rest of your diet remains the same, you might be lucky enough to experience a boost in immune system function, weight loss, increased energy, and many more benefits. Many people find that over time, the more green smoothies they drink, the more they crave greens and healthier foods throughout the day. Your body likes being treated this well and will be asking for more! You may start with breakfast, but don't be surprised if the rest of your diet starts evolving as well.

My Favorite Smoothie

4 cups spinach or kale or a mix of both

1 large cucumber, peeled if not organic

2 bananas, peeled

1 apple, cored

Juice of 1/2 lemon

Enough water to blend, I usually add about 1 cup.

4 ice cubes

Blend until mixed smooth. Makes 2 big yummy drinks. Breakfast for two!

Make Your Own Green Smoothie

The best green smoothie recipe is the one you make yourself!

1 bunch green leafy vegetable of choice (50% of total)

Fruit of choice (50% of total)

1 banana or 1 avocado to emulsify (make creamy)

ginger, lemon, parsley to taste

Put all ingredients in your blender. Add clean water to cover all ingredients. Blend.



Sara Sullivan, BA, NC, HHP, CH is a Certified Nutritional Counselor and Holistic Health Practitioner. She has a private practice at Sanctuary Holistic Health & Yoga Center in Yarmouth, ME.

Sara uses an individual approach to achieving optimal wellness for each and every client. "We are all unique" — no two people have the same metabolism, biochemical make-up, health concerns, behavioral issues or nutritional needs.

For the past five years Sara has also been a featured chef at the Stonewall Kitchen cooking classes in Portland, ME and continues to teach Pilates classes three days a week at Sanctuary Holistic Health & Yoga Center. She lives in Yarmouth, ME with her husband and two children.

Why Being More Grateful *Might* Be The Best Gift You Could Give Yourself This Holiday Season!

What if I told you that making one simple change in your life could significantly improve your health, mood, functioning, relationships and overall life satisfaction? And what if I then told you that this life-altering remedy was completely free, accessible to all, and not at all time consuming?

What is this magical elixir of well-being and happiness, you ask? The answer might surprise you! Researchers in the new field of Positive Psychology have set out to apply the scientific method to identify the factors that lead to happiness and greater life satisfaction. While many traits and practices have been identified as having life-improving qualities, the simple practice of gratitude has risen to the surface as one of the most powerful agents of change that we have at our disposal.

And what are the benefits of fostering an “attitude of gratitude?” Here is a synopsis of the impressive research results so far:

Increased Happiness and Satisfaction with Life

First of all, happiness can be learned. The practice of gratitude has been shown to be able to increase overall happiness by as much as 25 percent! People who practice gratitude report higher levels of positive emotions, including joy, enthusiasm, and optimism about their futures. In addition, the practice of gratitude helps people to cope better with everyday stress and increases the resilience of people who are experiencing trauma. The practice of gratitude can also reduce anger and aggression. It's not surprising to learn that grateful people report high levels of overall life satisfaction!

Better Relationships

Grateful people are more likely to focus on and appreciate the positive qualities of their loved ones. Not surprisingly, this leads to greater stability and more satisfying relationships to others. People who practice gratitude report increased feelings of connectedness to their loved ones and have an easier time forgiving people for their faults. In addition, grateful people appear to be more giving as they have been shown to participate in more frequent acts of altruism.

Improved Physical Health

People who regularly practice gratitude report overall greater physical health and increased amounts of energy. The research indicates that they are less likely to report symptoms of illness and have a faster recovery time when they do in fact become ill.

In addition, lifestyle factors that improve physical health also appear to get a boost when a person practices gratitude. In one study, when subjects were given an assignment to practice a daily gratitude ritual, they reported falling asleep faster and sleeping longer and more soundly than the control group. During this same experiment, the gratitude group also exercised significantly more than the non-gratitude group. Gratitude's overall impact on physical health may actually lead to greater longevity. As gratitude increases optimism, optimism appears to increase our lifespan. And that's something to be grateful for!

So how can you start to reap the benefits of gratitude and become a more appreciative you? One easy first step is to join the Positively Maine Gratitude Challenge! Make it a commitment to celebrate the holidays by bringing more gratitude into your day-to-day life. Every day this month, start your Facebook status or tweet with the phrase, “Today, I am grateful for...” and share the things you appreciate with your friends. Don't have a Facebook or Twitter account? Then write your responses in a journal or share them at the dinner table with your family. You'll be amazed by the power that this simple act can have.

Want more ideas about how to implement gratitude into your life or to create a more grateful family? Positively Maine offers gratitude coaching for individuals and groups, and can provide a gratitude workshop to groups of five or more. Don't live in Maine? Positively Maine offers distance options such as video conferencing, phone coaching or e-mail consultation. Contact us to find out how we can help you and your loved ones create an attitude of gratitude!



Christy A. Cole is a licensed clinical mental health counselor with a private psychotherapy practice in Kennebunk, Maine. Christy provides compassionate and holistic counseling services to adolescents and adults in individual, family, couple, or group settings.

Happy YOU! Year Motivation Marathon

Create the BEST year of YOUR life!

Motivation Marathon is a free teleseminar dedicated to providing tips you can trust in the areas of your life that matter most:

Meet Our Experts And Celebrities.

Saturday 14

9:00 AM	Gary Kobat	Celebrity Fitness
11:00 AM	Pina de Rosa	Dreams
1:00 PM	Bergen Williams	Actress Wellness
3:00 PM	Lisa Haisha	Soul Blazing
8:00 PM	Forbes Riley	Exercise

Sunday 15

9:00 AM	Dr. David Fraser	Relationships
1:00 PM	Debbie Mancini	Family & Kids
6:00 PM	Keith Keller	Twitter
8:00 PM	Brianna Brown	Actress

Monday 16

9:00 AM	Dr. Joanne White	Law of Attraction
1:00 PM	Sandra Robinson	Charisma on Camera
6:00 PM	Sue Ingebreston	Nutrition Health
8:00 PM	Michelle Mayur	Meditation

Tuesday 17

9:00 AM	Dr. Nancy Mramor	Happiness
11:30 AM	Eva Gregory	Law of Attraction
1:00 PM	Fred Cuellar	Expert Success
2:00 PM	Susan Harrow	PR Secrets
6:00 PM	Heshie Segal	Networking
8:00 PM	Jenn Ward	Healing

Wednesday 18

9:00 AM	Lisa Tener	Write Your Book
11:00 AM	Sandi, Rick, Vicky	MidLife Road Trip
1:00 PM	Cari Murphy	Relationships
4:00 PM	Sue Jacques	Civility CEO
6:00 PM	Robin Roffer	Brand YOU
8:00 PM	Nicole Burley	Nutritional Health

Thursday 19

9:00 AM	Annie Jennings	Public Relations
11:00 AM	James Rick	Goals
1:00 PM	Elinor Stutz	Sales & Marketing
3:00 PM	Shea Vaughn	SheaNetics
6:00 PM	Wendie Pett	Fitness
8:00 PM	Katana Abbott	Finance

Friday 20

9:00 AM	Dr. Alex Concorde	Business Psychology
11:00 AM	Jennifer Shea	Grocery Well Being
1:00 PM	Marnie Swedberg	Faith
3:00 PM	Tosca Reno	Eat Clean
5:00 PM	Wayne Scot Lukas	Fashion
6:00 PM	Lolly Daskal	Leadership
8:00 PM	Devin Alexander	Chef/Biggest Loser

Saturday 21

9:00 AM	Melissa Galt	Vision
1:00 PM	Sallie Felton	Organization
8:00 PM	Donna Seebo	Intuition Mind Power

Sunday 22

9:00 AM	Deb & Elizabeth	The ABC's of Life
12:00 PM	Debra Oakland	Living in Courage
6:00 PM	Dr. Wendy Walsh	Relationships
8:00 PM	Lisa Nicole Bell	Star Power

When Is The Event & Where To Register?



**Live Event:
January 14-22, 2012
HOST:
DEB SCOTT &
ELIZABETH HAMILTON-GUARINO**

How to Create Your Best Holiday Ever!

Memories most treasured are the Moments which Matter most.

Busy moms, non-stop active kids, family commitments and a to-do list that seems to have a never-ending life of its own.

"Are you kidding? How do I create the best holiday ever with all this going on?"

First, take a moment to define what will truly create your best holiday ever? Is it in the activities or the feelings created during the activity? Is it the material gift, or the eternal memory which it inspires? Is it in the doing, or the being?

The Recipe for Happy Holidays:

Create a Family Tradition

Creating a special family tradition where each person contributes in some special manner is a great way to make any holiday unforgettable. Family traditions are important in every individual because it strengthens the connections between each member and it bridges the gaps between them.

It can be a signature dish you cook together, a gratitude tree you decorate reflecting what each person appreciates most about the other, certain prayers you say before your holiday meal, music you enjoy, or even doing errands together in preparation for the celebration itself.

The point is to have fun, create smiles, and an atmosphere where you all feel the love, love, love!

Help someone else have a Happy Holiday

The irony in volunteering is the person you help most is most assuredly yourself!

Helping out at a soup kitchen or homeless shelter probably quickly comes to mind, but what about volunteering to watch another family's child so parents can get some alone time, walking a neighbor's dog, visiting the old age home and dropping off some home baked cookies, or keeping socks and food certificates in your car to give to a homeless person you might see going by?

No time to travel in your volunteer effort? How about writing a letter to a Holiday Hero who is away from his/her family this season? The American Red Cross Holiday Mail for Heroes is a great place to start.

Watch an inspirational movie together and discuss what you experienced.

Stories and movies are a powerful catalyst for introspective emotion because we see ourselves in the characters and their stories as we watch.

Find a movie which inspires reflection on priorities which you value: love, integrity, respect, or simple appreciation for being alive.

One of my favorite Christmas movies is the 1946 Classic, ‘It’s a Wonderful Life’ with Jimmy Stewart and Donna Reed. It highlights the paradox of what we want vs. what we need, and the revelation that often being aware that we may already have it is the most profound gift of all. George Bailey thought his life was not worth living, triggered by a major financial crisis. What he learned by seeing life without him in it, was that he truly did have a ‘Wonderful Life.’

How great would it be to start a family discussion of your favorite scene, message, or quote which especially touched your heart? A little popcorn and a lot of conversation can be an inexpensive event with a priceless memory.

Share gratitude prayers together.

I have never met a humble or grateful unhappy person. Sharing prayers of gratitude for the blessings you have in your life, and praying for those who don’t keep you fully in the present moment.

Not only will you feel better when you reflect on the many blessings in your life and family, but scientific studies show “Children who practice grateful thinking have more positive attitudes toward school and their families (Froh, Sefick, & Emmons, 2008).”

I have begun to make a conscious daily effort to capture how many things I can be grateful for in my day from sun up to sun down. From waking up in the morning and being grateful that I had a bed to sleep in with a roof over my head, to the heat in my house, and the water that is running for a hot shower, to every meal I am privileged to eat. Why do I keep it so basic? Because there are many people without a home, heat, running water or food. My two legs that walk are a blessing I can’t allow myself to take for granted, as I reflect there is a soldier coming home who does not have his legs anymore.

From A - Z, or using each letter in your name, there is a way you can start your gratitude list and pray for those who don’t have what you already enjoy. Your gratitude list is somebody else’s best wish list.

Give one another the gift of time.

In this electric speed information age where everything is instantly available, it is easy to forget the material world is not the real world. In fact, the things we all want most can’t be purchased or touched with the hand, but only felt in the heart: Love, appreciation, respect, happiness.

Why not wrap up a box with the gift of time? An intention to get an ice cream together, visit a museum, go ice skating next weekend, finger paint, or finally make that trip to that ‘somewhere’ you planned for ‘someday.’ You can even volunteer to help an animal by adopting a pet for a day – check out Pets 911 for more information on how to make this happen.

Get a new way of thinking about the most valuable gift you can ever give: yourself.

Try one or all of these tips, and you’ll discover your best holiday ever.

Have an idea? Sharing is caring!

*Angel sprinkles and blessings
to you and yours for
the happiest holiday ever.*



DEB SCOTT, BA, CPC is the author of the two-time national award winning motivational book, “The Sky is Green and the Grass is Blue – Turning Your Upside Down World Right Side Up!” She is also a certified professional coach at Discover the Amazing YOU! coaching, and host of “The Best People We Know Radio Show!” on Blog Talk Radio. Sign up for Deb’s newsletter today! For more about Deb and to sign up for her Monthly Mind Vitamin Newsletter visit <http://www.greenskyandbluegrass.com> today!

FIRE BIRD

It was one of those normal days for a new kid who just moved to Cody, Wyoming from Downeast, Maine. Charlie Wright had dirty blond hair and blue eyes. He was home schooled before he moved to Wyoming. His life was about to be turned upside down.

"Well mom, I'm off to a society of kids that I don't know. I'll see you when I'm running back from school being chased by a mob of bullies" said Charlie, with a hint of sarcasm.

"Bye honey," said Charlie's mom and dad, eating their breakfast and not even noticing what he had said. Charlie got on the bus and sat with a girl with fiery orange hair and the same color eyes. She wore a blue sweatshirt and black skinny jeans. He didn't know her, so he introduced himself. "Hi, I'm Charlie. I'm new here..." Charlie was suddenly interrupted by the girl.

"Yeah, I can see you are new. Well, my name is Lucy. Where are you from?" she asked. "I'm from Maine," he answered.

The bus came to a stop at a two story red brick building that had some concrete lining around the edges of everything with big white letters that said Buffalo Bill Middle School. Charlie opened the doors to his new school.

"Gulp" went Charlie, when he saw a sea of multi-colors and the crowded hallway. It seemed that if you had claustrophobia you would be very uncomfortable.

"Well, I'm at school now – just stay calm and introduce yourself to a group of kids," Charlie thought nervously. He realized that he didn't even have a schedule. So instead of introducing himself to some kids, he walked to the main office and said, "I don't know where to go for my classes because I'm new. My name is Charlie Wright."

The girl from the bus had just walked in asking if she could show Charlie around the school. The lady at the front office said "Sure, just make sure that you go to your classes. HEY! Don't forget your schedule Charlie."

"Well here is the cafeteria and here is the hallway. All of your classes are here except for gym and your U.A. (unified art)." At that moment, the bell rang, and Charlie and Lucy went to their first class, which was social studies with Mr. Mancuso.

"Class, please take your seats, we have a new student." Mr. Mancuso pointed to Charlie so he got up nervously and said "Hi, my name is Charlie," and he sat back down.

"Hello Charlie, can you tell us something about yourself?" asked Mr. M.

"O.K. well I was home schooled back in Maine before I moved here."

"Blah! Home schooled? WHY? You look smarter than that." said Mr. Mancuso with disgust.

"I was home schooled because the school there was a ninety minute bus ride from where I lived."

"O.K. Well today we are continuing our lessons on algebra."

"Oh no, not algebra!" thought Charlie.

After three more boring classes and a snack time, it was finally time for lunch. "I'm starving. I feel like my stomach is eating itself. Just then he saw Lucy, "Hey Charlie, how do you like the school so far?"

"I think it's great except for one teacher - Mr. Mancuso he hates me just because I was home schooled before I moved here."

"Yeah I don't like Mr. Mancuso either, he says I ask too many questions." said Lucy. They approached the cafeteria that smelled like rotten cheese with skunk sprayed all over it. The sign on the doors to the cafeteria said "today's lunch: meatloaf with canned peas and a salad bar."

"Ewww... gross...canned peas," he thought.

Charlie had two more classes and then his U.A. class, which was art with Mrs. Hamilton. That he really enjoyed. At the end of the day his mom picked him up and took him home. When Charlie got home he was putting his backpack up in his room when he overheard his parents talking about a trip to Yellowstone National Park.

"Cool! I get to see 'Old Faithful'" whispered Charlie.

"So Charlie how was your day? Did you make any friends?" asked Charlie's mom while they were eating dinner.

"Yeah, I did–her name is Lucy but I didn't talk to her much."

"Was she nice?" asked Charlie's dad.

"Yeah. She asked the person that was going to give me my schedule if she could show me around." replied Charlie. "Mom, can I be excused?" asked Charlie, finishing his dinner of steak and mashed potatoes.

"Yes you can, just make sure that you clean your plate and put it in the dishwasher," replied his mother. After dinner Charlie went upstairs to his room to do his homework for math and language arts. He didn't really understand his language arts homework so he just skipped it (he knew that it wasn't really a good idea). "Charlie! We need to talk about something," yelled both of his parents. So Charlie went downstairs and his parents said, "Charlie, this weekend we are going to Yellowstone National Park to see 'Old Faithful' to see how beautiful it is."

"COOL!" screamed Charlie with excitement. That night Charlie fell asleep thinking about what he will do about tomorrow at school...how will he make friends? What will he do about not doing his homework? What a horrible way to start off a school year at a new school.

"Well mom, I think today I will make some friends" said Charlie with confidence.

"Great Charlie – just keep thinking that and you will," said his mother. "Charlie, don't miss the bus!" At that moment the bus appeared into view and Charlie ran outside as fast as he could.

"Wait! wait!" exclaimed Charlie. The faded yellowish orange bus came to a complete stop."Ka-churrr!" the doors on the bus opened and the same people were on. Lucy was sitting with nobody so Charlie decided to sit with her. "Hi Lucy," said Charlie thinking that she wouldn't remember him.

"Hi Charlie, how do you like Wyoming so far?" asked Lucy.

"Kinda hard to tell I've only been here for a few days. But it's great." the bus suddenly came to a stop. "See yah later" said Lucy.

"Everybody off!" yelled the bus driver. Charlie thought to himself "he's mean!" The same sea of everyday colors was in the hallway moving like bees in their hive. Charlie went to his locker to put his backpack and books away. As he was putting his books away he saw a group of boys that looked like they could be his friends. "Hi, I'm Charlie. I'm new..." Charlie was quickly interrupted by a boy.

"Get away, nobody likes you!" said a mean looking student.

Charlie thought in his head "wrong group of kids!" The bell rang and that



probably saved his life. His first class was science with Mrs. Baker. Everybody said that she was really nice. Charlie just did what he did yesterday, which was laying low.

Mrs. Baker walked into the room. "Today we will be learning about rock science." Every kid in the class groaned except for Charlie. "Class...it's going to be fun! We get to study about different types of rocks." The next forty-five minutes were about how different types of rocks were made and what types of rocks there were.

Charlie's next class was ELA with Mrs. Moaller. The class was quiet and peaceful—he thought that this would be his class for relaxing. "Hello class," said Mrs. Maoller as she was walking into the class."We are going to be studying Greek mythology and what symbols showed what they worshipped."

When Mrs. Maoller said that, she showed a picture of a red and orange bird rising out of a volcano and Charlie felt something. Something he never felt before, like he was supposed to do something about what he saw. Charlie asked if he could go to the bathroom because he didn't feel good, and when he looked in the mirror his eyes weren't blue they were fiery orange. Charlie thought in his head, "What

the heck? My eyes are orange! They are supposed to be blue!"

"Do you feel better Charlie?" Mrs. Maoller stopped like she had seen a dead body – her face turned a light shade of blue and she said "Your eyes...they're... they're orange!"

"Yeah, they are. I don't know how they turned that color." said Charlie. The room went silent. Nobody said a word. Everybody just stared at Charlie. "Okay class. Just get to work," said Mrs. Maoller. She sounded very worried. Everybody started working and talking again except for Lucy, she looked disturbed.

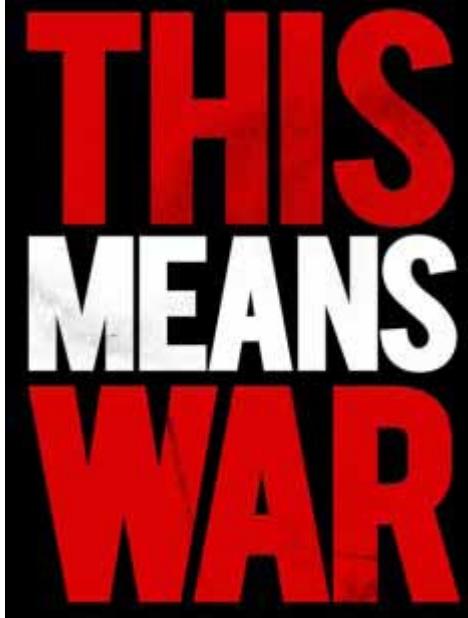
After class Charlie asked Lucy if she was alright."Yeah I'm fine. Thank you, though," said Lucy, holding her head like she had a headache.

"Are you sure? It looks like you have a headache" asked Charlie.

"YES! I'm sure!" exclaimed Lucy.

"Alright I'll go!" said Charlie backing away slowly. On the way down the hallway Charlie thought what was going on with Lucy? Suddenly Charlie's right eye changed to a light red and his left eye stayed a fiery orange.

To Be Continued...



The Battle of the Holiday Bulge

THIS. MEANS. WAR.

It's here. It's now officially the season for feasting – turkey, ham, stuffing, gravy, biscuits, mashed potatoes, pumpkin pie, pecan pie, every flavor pie, every kind of cookies, cake, ginger bread, rum balls, fudge, candy canes, chocolate covered pretzels, poppycock, apple cider, hot chocolate, hot toddies and eggnog. There is no other time in the entire year that we are exposed to such a crazy amount of calories, so hang on to your healthy britches because it's going to be a long two months!!

If you've been working on transforming your body, or you already have gone through a major transformation, you may be freaking out a little in anticipation of the Holidays. If you are nervous about it, that's a good thing. This means you can prepare for it.

In many ways, this may be a serious battle for you – a battle you must fight and a battle you can WIN!

10 tips to Winning the Battle of the Holiday Bulge:

1. Prepare for battle. You don't enter battle without a plan. Is your plan to maintain your weight, lose more weight, get stronger or eat healthier? What is your specific goal this Holiday season?

2. Build your army. Since you are not alone, join forces with other allies in the mission to stay thin. Discuss your plan of action and promise to support one another. They need you just as much as you need them.

3. Train for battle. If you anticipate eating more calories over the Holidays, then start BURNING more calories NOW. Schedule more cardio through the week and boost your intensity by joining a strict training regimen (like our BCx Boot Camp program or a personal training program). The harder you train, the stronger you will be when facing your enemy (food).

4. Learn your enemy. When someone goes to war, they study their opponent. With food, it is crucial you know everything about it. Learn how many calories are in each item so you know how many "punches" you can take without being knocked out of the game. Knowledge is power.

5. Know your weaknesses. It would be foolish to enter battle without knowing your own weaknesses. If an army has a weak spot, they don't just ignore it and hope the enemy doesn't find it. No! They guard it heavily.

6. Fuel for battle. Do you think a soldier goes to battle hungry? Do you think an MMA fighter steps in the cage malnourished and starving? No way! It is crucial that your body is properly fueled for battle – especially when your enemy is food. Your best defense is a content stomach, so never go to a dinner or party running on empty.

7. Follow orders. You can't expect your plan of attack to work if you don't follow the plan. With every temptation you face, instead of focusing on what NOT to do, focus on the victory if you do what must be done.

8. Know your base camp. If you mess up or get lost, the key is to always have that go-to position to regain strength. For soldiers it may be a place everyone agrees to meet back up if they get hurt or split up. For MMA fighters, the goal would be to get back to their strongest fighting position, like getting back on the ground for a wrestler or getting back on your feet for strikers. For many of you, base camp is the gym. For others, it's taking a 5 mile run. No matter what happens, determine the safe place you can always run to.

9. Persevere. Battles are not won overnight. They require patience and perseverance. If you get knocked down, you must get back up again. If you are defeated, you must wake up the next day ready to fight and reclaim your victory. No matter what happens – as long as you are still fighting, and as long as you don't waive the white flag, YOU CAN WIN!

10. Don't underestimate your enemy. You may be thinking I'm over-thinking this whole Holiday thing, but I know from experience what the holidays can do to someone. Every year I see the battle scars of hundreds of people filled with regret flooding the gym. So why not be prepared for the worst? A good army does not prepare for ease. They do not under estimate their enemy no matter how great or small. A smart leader will prepare for all the worst-case scenarios so they are prepared to handle whatever comes their way.

It's the Battle of the Holiday Bulge. THIS. MEANS. WAR!





#1 Fat Burning Tip, Your Attitude

A positive attitude will help you reach your fat loss and weight loss goals and achieve anything you want in life. A bad attitude . . . well, you know where that takes you.

Learn to be a “glass half full” type of person if you aren’t already. The quest for fitness and health can be full of setbacks and disappointments along the way.

You may need to change your attitude about weight loss in general. You have to burn fat if you want to drop pant and dress sizes for good. If you just lose weight, you will probably regain the weight because you haven’t changed your body’s composition (burn fat, build muscle) to lean and toned.

A woman’s weight is influenced by many things. According to a survey taken by Fitness Magazine, a woman’s attitude about her weight is most influenced by “the fit of her clothes.” And, coming in second—“whether she feels good physically.”

Even if you leaned out your body with hard work and clean eating, you have to keep it going. You will stay lean and toned with more hard work and good nutrition. Even though muscle never changes to fat, you can lose muscle mass and the fat cells will fill up even more (if you become inactive for too long).

It will help if you get your motivation right while setting realistic goals. And, be ready to work hard and change any workout habits or bad eating habits. Most of all – be ready to make the commitment to a lifestyle of fitness!

How’s your attitude these days? Here are some general guidelines to help you:

1) MOTIVATION – You don’t really have a reason to work out....like “whatever girl.” Working out just happens to be the “flavor of month (January!!)” for you. Your workouts won’t last long.

2) EXTERNAL REGULATION – You’re motivated to work out because other people like the way you look when you’re in shape, but no internal motivation exists. How long do you think you’ll be able to please other people? Then what will motivate you?

3) INTROJECTED REGULATION – You feel bad about yourself when you don’t work out. This is a type of motivation, but it is based on negative motivations.

4) IDENTIFIED REGULATION – You work out because it is good for your health and lifestyle. This is a very positive behavior and will lead to permanent lifestyle changes.

5) INTRINSIC MOTIVATION – You work out because you enjoy it! Probably the best motivation of all.

In my opinion, a combination of the motivations listed in numbers 3 through 5 lead to permanent lifestyle changes (with heavier weight attached to numbers 4 and 5). And, the motivation listed in number 2 will probably be mixed in somehow.

Be positive, stay strong and reach your goals!

AN APPLE A DAY? - WELL, SORT OF...



I have to admit I have been enjoying some of our sunny fall days and taking brisk walks on the weekends. We have an open land area with broad cinder trails behind our home. It is easy to jump on them and go for a walk, run, or bike ride. These moments in particular help to give my head a break from all the negative things that life seems to put in front of us from time to time and turn my thoughts instead to feeling blessed and thankful for all we have. I look around and am reminded of the wondrous gifts Mother Nature has bestowed upon us and I can't help to feel overwhelmed with gratitude.

Leaving the trails recently I kept thinking about what I was going to write about in my newsletter. What immediately came to mind were thoughts about Raw Apple Cider Vinegar. So, here it is:

The Power of Raw Apple Cider Vinegar

Raw apple cider vinegar (RACV) is touted as an aid to weight loss and a potential complement to traditional diabetes treatment, but these uses require ingesting the vinegar. Used, externally, the vinegar may also be helpful for a number of ailments. Many of these uses are based on traditional and anecdotal evidence. However, if the condition you are treating with RACV worsens, consult a doctor.

* RACV is the only acceptable vinegar you want to consume on a regular basis, since it is non-acid forming. It is a great replacement for your favorite salad dressing - balsamic vinegar. Balsamic vinegar is good for special occasions, weddings, formal dinners, but it is acid-forming, and should not be used as a staple in your diet, especially for those of us who already do not react too well to highly acidic foods.

* RACV actually helps promote optimal digestion and encourages the growth of friendly bacteria in our bodies. An age-old digestive remedy calls for sipping diluted apple cider vinegar using one tablespoon in a cup of water for twenty minutes before meals.

* Raw apple cider vinegar is high in minerals and potassium, which helps promote cellular cleansing. It has antiseptic qualities as well and can help cleanse your digestive track and promote bowel movements. Make sure you buy a brand labeled "raw" because "filtered" and pasteurized apple cider does not have those healthy properties.

* Anecdotal reports suggest that using a raw apple cider vinegar foot bath every day can mitigate, resolve or prevent the growth of nail fungus.

* Pubic Lice, an embarrassing, sexually transmitted condition may be resolved with RACV. The Mayo Clinic suggests that after shampooing with a lice treatment, you use raw apple cider vinegar to speed up the treatment.

* RACV purportedly relieves itching caused by poison ivy, poison oak, eczema and sunburn. It helps to kill off any oils or unfriendly bacteria that may be causing the itching.

Honestly, raw apple vinegar is one of nature's own true miracles and health elixirs. The long history of its use demonstrates that its use was once highly revered as a practical medical application long before Johnny Appleseed graced North America by planting apple trees.

An energy boosting way to drink RACV, without it taking your breath away, is to mix about 2 teaspoons with an equal amount of raw honey in a small glass of warm water. Stir to dissolve the honey and drink one to three times a day. You can also sip on it during a meal or after a meal to promote extra digestive power.

I actually keep a bottle in my shower and I take a swig of it every time I take a shower. It

is also a great cleanser for your hair. I clean my scalp and hair with two tablespoons of baking soda mixed in a cup of warm water. Pouring it on my scalp, I massage it into my scalp and hair. After letting it sit a bit, I rinse it out and pour four tablespoons of RACV alone into a cup of water, pour it over my scalp and hair, massage it in and then rinse again thoroughly. Towel dry; add some organic hair smoothing serum (which replenishes moisture and repairs damaged ends) to the hair and style. It is so healthy and inexpensive...

As I mentioned earlier, the list of uses for RACV is diverse. Here is a tasty salad dressing using it:

2½ tbs. raw apple cider vinegar
1 garlic clove
Juice from a half lemon
¼ tsp. black pepper
½ tsp. celtic sea salt
1 small tomato chopped
1½ tsp. Italian seasoning
¾ cup fresh cilantro
½ cup filtered water

I am always excited about sharing with you these healthy "Take Charge" alternatives. I hope you give them a try and that they add to your over all commitment to live a healthier life. Please visit me on Facebook (<http://www.facebook.com/SheaVaughnSheaNetics>) and share your thoughts and opinions. I wish each of you inspiration on your journey to well-being.

Disclaimer: Always Consult Your Doctor Before Beginning Any Exercise Routine. The entire contents of this newsletter are based upon the opinions of SheaNetics and Shea Vaughn, unless otherwise noted. The information in this newsletter is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Shea Vaughn and her community. SheaNetics and Shea Vaughn encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



Shea Vaughn is a fitness expert, wellness coach, author, motivational speaker and a recognized spokeswoman for creating well-being at any age. She has a devoted group of students and clients, helping them all to build strength and flexibility, prevent injuries, "stay in the game" and live more fulfilling lives. Ms Vaughn is also the founder and CEO of SheaNetics®, a revolutionary lifestyle wellness and exercise practice that blends Eastern and Western values and movements giving you a powerful mind-body experience and igniting your potential to look and feel your best on the inside and out. Her new book, *Shea Vaughn's Breakthrough – The 5 Living Principles to Defeat Stress, Look Great and Find Total Well-Being*, invites you to "BREAKTHROUGH" and find the answers you seek – to discover the clarity, balance and fulfillment that await you...to live without fear and regret the life you deserve.

Elizabeth's Picks

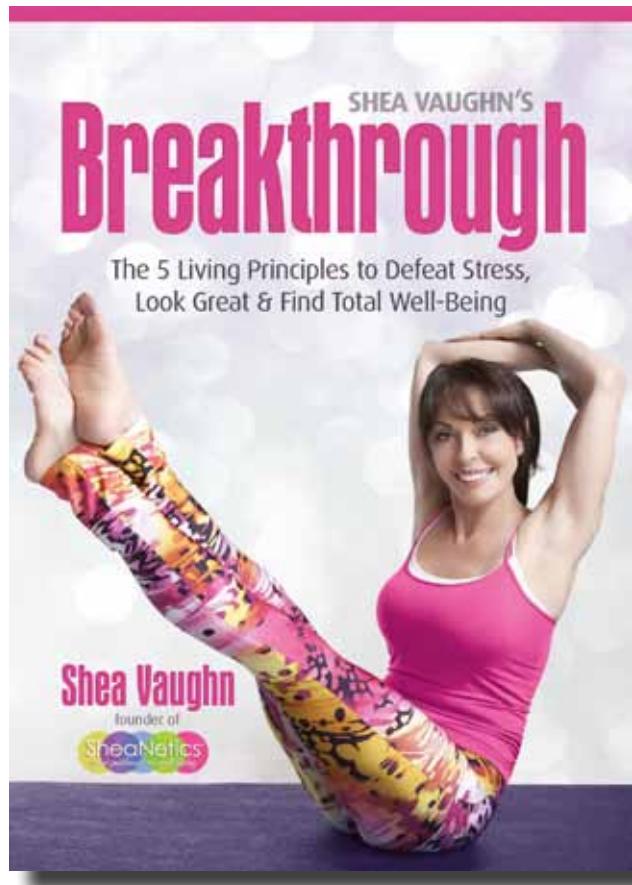
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How To Banish Your Excuses And Work Out Already

True Confession: I have never been one of those people who LOVES working out.

I used to be a dancer – and I certainly loved that – but dancing never felt like exercise to me, so I didn’t mind doing it. Hmmmm – that’s a big lesson right there, wouldn’t you say?

As I’ve gotten – ahem – a little older, and as my knees, back and shoulders have voiced their discontent with certain activities, dance class is no longer the joy it used to be. I’ve found that I do better with the slower-pace and the therapeutic nature of pilates, yoga, and gyrotonic – and so that’s what I do. And I genuinely enjoy it. It keeps everything where I like it to be – and it feels good.

That said, I still have a stack of ready-made excuses in my pocket for why I don’t want to work out.

Here are some of my top reasons for skipping a workout. Do any of these sound familiar?

I don’t feel like it.

It’s going to hurt.

I’m going to sweat.

I just ate.

I’m too tired.

It’s going to MAKE me tired.

I don’t feel like changing clothes.

I need to do laundry.

I’d rather watch TV.

I’d rather eat.

I’d rather sleep.

Sigh. What’s a gal to do?

If you’ve known me for any length of time at all, you’ll know that I am deeply opposed to the word ‘SHOULD’ – so telling myself that I really ‘should’ workout is a non-starter.

‘Should’ no longer motivates me or inspires anything inside me except guilt and resentment – two emotions that I choose not to allow in my life.

So I don’t like to workout JUST because I ‘should’. It sucks the life out of it and makes me grumpy.

I prefer to CHOOSE to exercise because I either enjoy it, or I want the health benefits, or because my body feels like moving, or because I want to feel good in my clothes.

These things motivate me. They’re true for me – and they’re all mine.

What would be some genuine motivations for you?

If you could silence the chatter and the pressure and the ‘shoulds’.....what remains?

Here are three questions you might ask yourself the next time you start hearing all of those excuses rattling around in your head. I encourage you to be really specific with your answers – and banish the word ‘should’!

1. What matters to you most about exercising?

2. What’s the worst thing that could happen if you don’t work out right now in this moment?

3. What’s the best thing that could happen if you DO work out right now in this moment?

What’s your go-to excuse for not exercising.....and how do you overcome it (if you do!)?

If you’d like to banish your excuses once and for all, please feel free to request a free coaching session with me! We’ll talk it out.



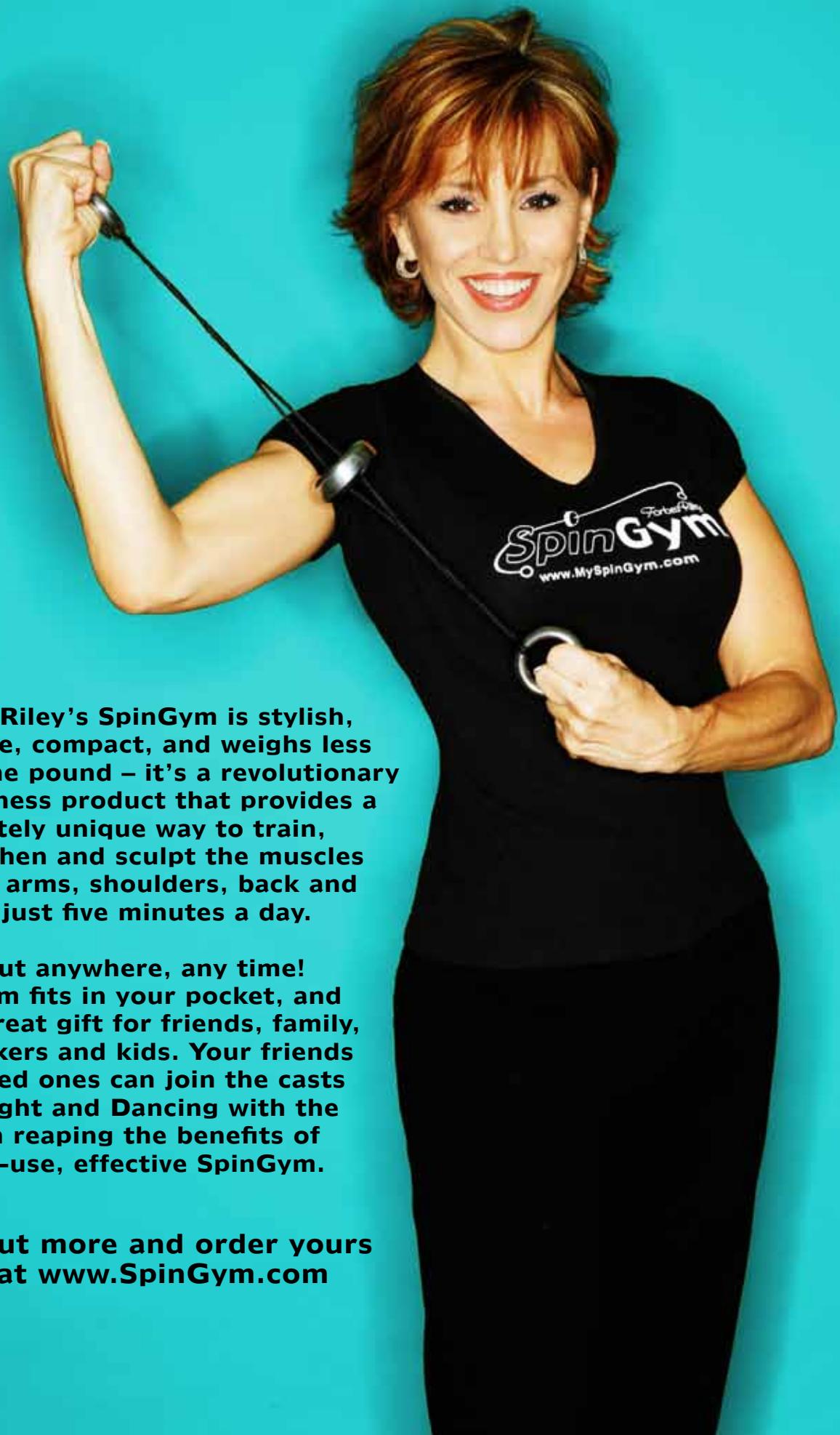
While you can't actually go back in time and get the skin of your youth back, you can do a lot to achieve the younger looking skin you had when you apply makeup. However, it's important to note that great looking skin is first achieved by making a few lifestyle changes (daily exercise, increased water intake and a healthy diet). Once you've done this, you can move on to the techniques discussed below.

1. **Use creams instead of powder.** Many women and young girls prefer to use powder makeup. While this will reduce the amount of shine on your face, as you age some shine is good. It actually makes your skin look moisturized and luminous. In addition, using cream blushes and eye-shadows help reduce the appearance of wrinkles because creams smooth your complexion out. However, powders seem to highlight wrinkles and facial lines.
2. **Use a brush.** When applying powders, you should use a soft brush to apply them with instead of the included pads. Also, bronzers and other loose powders work best with brushes and also appear more translucent than pressed powders do.
3. **Apply moisturizer first.** If you want to achieve a "dewy" moisturized look, consider applying a light moisturizer under your makeup. Depending on how light you like your makeup, you can purchase tinted moisturizers that double as a light foundation.
4. **Keep it simple.** One of the worst mistakes many older women make is over-doing their makeup. When you put on too much makeup, it appears heavy and caked on. Therefore, keep it simple by applying your makeup lightly. Some makeup professionals recommend choosing foundations that are lighter than your skin tone and using bronzers and warm blushes to darken them up.
5. **Apply lip liner.** Lip liner does a number of different things for women. First, it adds color that generally stays longer, and secondly, it helps prevent those unsightly lines, aka "feathers," that form around the edges of the mouth. When these lines form, lipstick can seep (or bleed) into them, making your skin look wrinkled. When choosing lip liner, choose a color that's close to the same shade of lipstick you wear. Don't choose a color darker than your everyday lipstick.



Nina Sutton is a dynamic TV host, Beauty and Mom Expert. With an MBA and a business background in beauty, fashion and consumer packaged goods, she brings real world expertise to audiences around the country. Nina's first book, *The Chic Mom's Guide to Feeling Fabulous* was published in 2008. With the rise of celebrity moms bouncing back so "effortlessly," this book offers real women tips on staying chic in all areas of their life – including beauty, fashion, fitness, relationships with friends, spouses, children, and financial and time saving tips for moms. Nina also devotes her time to charity – she is on the LA board of Step Up Women's Network and worked with the March of Dimes on their Celebration of Babies event with Halle Barry in November 2009. For more information visit www.ninasutton.com

www.SpinGym.com



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