



Welcome To "20 Little Ways to Stop and Smell the Roses, a guide to less stress and more joy!"

Do you ever feel like you have too much to do and not enough time to get it done?

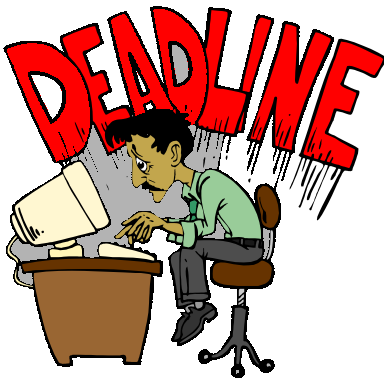


Or feel stressed by the frantic pace of your life?

Do you feel like



you're always on the run?



Trying to meet more deadlines?

Juggling too many roles in your life?



Worried about your finances?



Worried about your future?

Your family's future?



Facing too many decisions, too little time?



Sometimes feel like you're just trudging uphill?

Or feel your life is like a high wire balancing act?



Lost sight of what is truly important to you?



STOP! It's time to get off the whirling merry-go-round...



What would happen if you could make time stand still, even for a few minutes?

That's what "**20 Little Ways to Stop and Smell the Roses**" helps you do! To stop the whirlwind, the frantic pace, the running here 'n' there, the deadlines...so that you can recharge and refresh. It's time for you! 😊

20 Little Ways offers simple, effective ways to stop time, to get off the merry-go-round, to recharge and de-stress. These are techniques you can do quickly and easily whether you're online or offline.

These tips and resources only take a few minutes: they help you recharge, replenish, and **open up the flow to allow more joy into your life!**

That's why **20 Little Ways** is chock-full of simple ways to make time stand still for you! Here you can:



Meet others who share their personal tips to release stress and Discover how

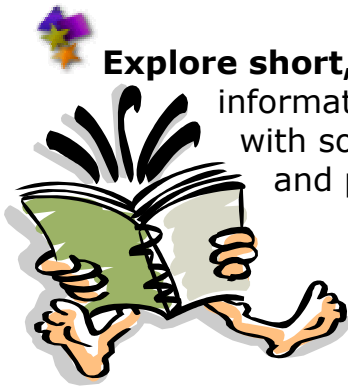


other web owners, parents, and professionals who lead busy, demanding lives just like you recharge and rejuvenate on a daily basis. You can, too.



Discover quick pick-me-up's and ways to relax, tips that don't take much time but will pay you big dividends in the **quality of your life.**

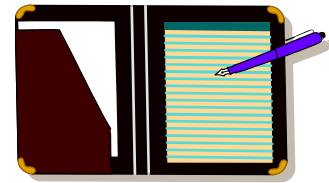




Explore short, relevant articles that give you useful information about joy, health and stress. You'll find **links** with solid, well-researched resources for your emotional and physical health.



Find practical, useful resources at the end of each chapter.



Add your
be part of
Ways.



tip for our next revision so you can
upcoming revisions of **20 Little**

20 Little Ways is a labor of love created and published by
Joann Javons, owner,
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A Personal Message To You...

This, the Second Edition of **20 Little Ways**, is different from the First Edition published in May 2001.

What's Different?

One of the differences is that the Second Edition has 120 colorful graphics compared to 30! Another difference is a new chapter: *Table The Technology*, a statement about the control that technology can have in our lives if we let it. Another difference is the addition of links to articles, ebooks, and other resources useful to you, the reader. Other differences are many more tips, inspiration, quotes, and poems.

But There's More...

Apart from these tangible differences, there's another difference: the big difference in our lives. The pace is faster, the volume is greater, the 'to do' list is longer, the appointments are more...and the energy drain is greater. Even more, greater anxiety about safety, security, and the future concerns us.

The First Edition came into existence because my site visitors and so many other web owners told me how much they were **working, spending long hours away from family and friends:**

"I now only sleep 4 hours each night!"

"I haven't exercised in 2 years since I started my web business!"

"I don't know when was the last time I had a 'real' conversation with my husband!"

"Sleep...what's that?"

"My life is a whirlwind...from one errand to one appointment to one deadline after another."

My own life was heading down the same path. As a full-time professional consultant *and* web owner with several businesses, I barely had time to do anything else. It had to stop. Then came September 11... and it did stop. That was a turning point, a time-out to look deeply at what was truly important and get back on track.

The Mission

Self-care at all levels...from sleep, diet, exercise, relationships, spiritual connection...all of it... is vital to our health, well-being, and success in life. **The mission of 20 Little Ways is to help you remember that**😊



If you think I no longer get off track in my life, think again! <grin>. I just make sure my copy of **20 Little Ways** is right in front of me on my desktop so I can **click to get an instant reminder**. You might want to save it to your desktop for the same reason.

20 Little Ways is not an ebook to read from cover to cover, all at once. Rather, save it to your desktop, then click on a chapter when you need a pick-me-up, quick way to relax, or a reminder about what is truly important in your life.

Give Your Gift

Read it and share it with others. Send the link in an email to your friends and clients so they too can be nourished and inspired to open up the flow in their lives.

You are welcome to give **20 Little Ways** as a

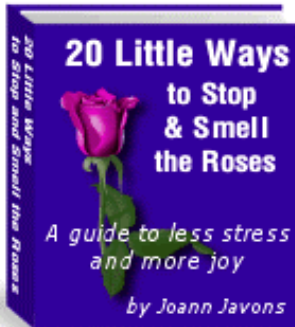
'thank you' to your site visitors

bonus for new subscribers

gift for a customer order

gift just because you care

or any other way you'd like to use it, as long as the actions are legal and ethical.



20 Little Ways is my gift to you. Give it as your gift to others so they too may choose more joy and all good things in their lives. And remember, the greatest gift you can give to others is to live *your* life fully and completely.

**My best to you,
Joann Javons**

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This ebook was formatted by Viki Nygaard, certified web design specialist and owner of [Mount Evans Designs](http://MountEvansDesigns.com).

Introduction

What exactly is "stress"?

Some people think of it as just do and not enough time to get it it's emotional anxiety; others say pressure.



having too much to done. Others think it feels like

I **really** didn't think I experienced much stress in my life because I don't have to be out driving to work on the frenetic Los Angeles freeway system every day, blah...blah...blah...

But a recent dental exam prompted my dentist to say, "*Did you know you are grinding your teeth...a lot?*"

Well, what can I say?☺ Stress will show up in our bodies and minds *some way*. Maybe not the ways you expect, but it will show itself.

Which is why **focused attention on self-care** to release stress and allow more joy into our lives is vital to living fully, joyously, and successfully. And to stay healthy!



Yes, stress *does* lead to disease in our bodies.

Just in case you don't know **all** the effects of stress on your health, I encourage you to read a valuable article published at [The American Institute of Stress](#).

The article was compiled by Well-Connected reports which are written and updated by experienced medical writers and reviewed and edited by the in-house editors and a board of physicians, including faculty at Harvard Medical School and Massachusetts General Hospital.

These reports are distinguished from other information sources available to patients and health care consumers by their quality, detail of information, and currency.

[The Yale New Haven Health Center](#) has a Stress Center online that provides summaries of current medical studies on stress.

[About.com Health and Stress Resources](#) you'll get excellent tips and online resources to research stress and health quickly online.

Stress speeds up our aging process! [University of Southern California Gerontology](#) offers an online course on Stress, Healing, and Aging, Gerontology 513.

The effect of stress on the immune system and its role in disease is well documented in both medical and psychological studies. We know that chronic stress is not good for us. So, what about stress in *your* life?

Do You Know What Creates Stress In Your Life?



Turns out a whole bunch of things create stress in our lives. All those questions you saw on pages 2 and 3 of this ebook contribute to your stress level.

Stress isn't all bad because *some* is healthy. The keyword here is *some*.... but overload these days is the norm.

The National Mental Health Association lists these symptoms of dangerous levels stress:

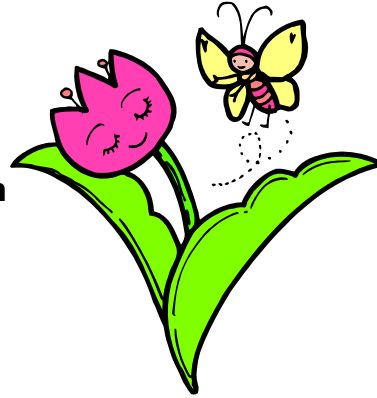
- Frustrated by little things
- Quick to show angry responses
- Losing confidence
- Not feeling good about yourself
- Inability to concentrate
- Sleep problems - difficulty sleeping or sleeping too much
- Apathy - lack of interest in things
- Rapid breathing

- Racing heartbeat
- Sweaty palms
- Tense muscles

Geeeee, who doesn't have *some* of those symptoms?

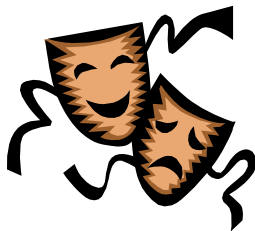
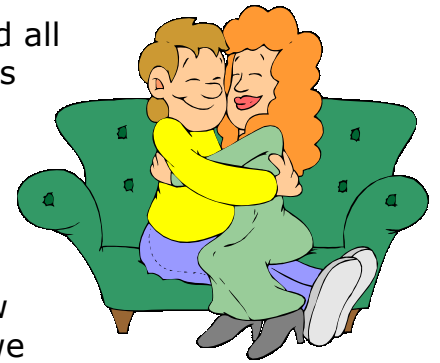
Stress Crowds Out Joy

As I see it, this is the real problem with stress: it crowds out the joy in our lives. It shuts off the flow of the good stuff.



If the flow of positive energy, joy, happiness, peace and all else that keeps us loving, centered, giving, and happy is diminished or shut off, how could we be healthy and successful?

If it shuts down the flow, how can we receive the emotional and spiritual nourishment that we need? How can we live our lives the way we truly want? How can we fulfill our heart's desires?



Now, here's my question to you:

How much stress do you bring into your life *yourself*?

Empower Yourself

It's up to you to take charge of your life. Choose to bring in more of the good stuff. Crowd out stress instead of joy. Get started with these **wonderful relaxation sources online right now:**

Both of these lovely "pictorials" were created by George Bashara, author and career coach committed to helping others find careers with "heart and spirit". [*The Art of Joyful Living*](#) is an inspirational slide show that helps us connect with our spiritual selves. [*Lifestyle Planning for Enhanced Living*](#) is an inspirational slide show that gently reinforces for us how we can live more fully every day.



No matter what day of the week you're reading **20 Little Ways**, you can find an inspiring quote or words of wisdom at [Deepak Chopra Daily Wisdom](#).



For a real get-away, see [Spa Finder](#) where you can find any type of spa, almost anywhere!

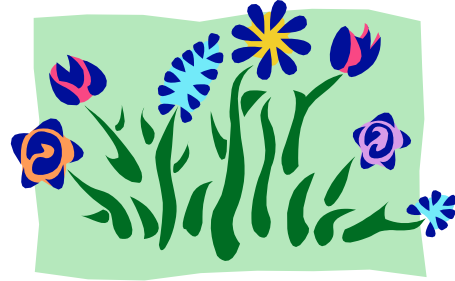


When you're ready, move forward to Chapter 1 😊

Chapter 1: Take 5 Vacations A Day

Anything that removes you from the scene, even for 5 minutes, will rejuvenate and refresh you, leaving you more clearheaded, energetic and productive.

When I feel a need for an energizer, I walk out to my garden patio and inhale everything in sight! The beauty of nature, the colors, the visual feast all combine to zap my senses to a new level.



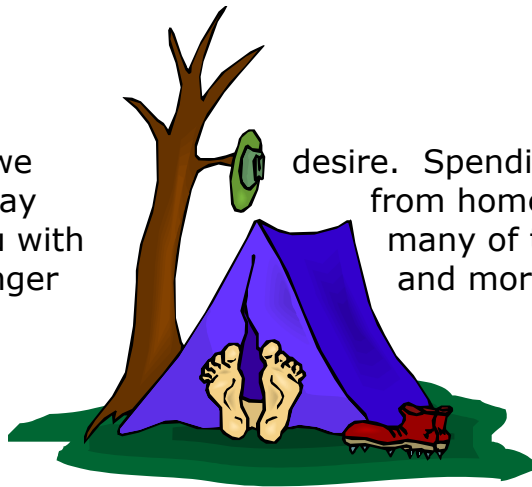
Vicky White, Feng Shui consultant, life coach and owner of [Life Design Strategies](#) takes a renewal day each week.



"This is a day for me, no errands, no emails. It's a time to do exactly what I want to do, with no schedule. This makes me more creative, more fun to be with, more effective in my work, and less stressed. I then take small breaks during my workday to sit and read, journal, or listen to music and this connects me back into the renewal days. It gives helps me stay in touch with myself."

Charlie Siegel, life coach and owner [The Perfect Path](#) says, "A change of scenery can go a long way toward clearing out the cobwebs and refreshing our perspective on things. What we often forget is that a "vacation" doesn't necessarily have to involve great expense, a lot of planning, or distant travel. A drive to a small seaside B&B, a suburban resort, or a rustic campground within even 30 minutes from your home can provide the sense of escape and

relaxation we
evening away
provide you with
of much longer



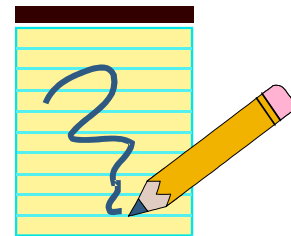
desire. Spending a weekend or even one
from home from time to time can
many of the psychological benefits
and more elaborate vacations.”

Donna Schwartz Mills of [Family-Content](#) is a home-based entrepreneur with a child. “I find that I spend way too many hours in my home office in front of my computer... and it's pretty intense because I need to concentrate my work into the time when my daughter is at school. So I often cannot find the time to do the task I enjoy most: Writing new articles for my newsletter. This just adds to my stress level.

What is often called for is a change of venue. I'll
put off reading my email and take a legal pad with
me to the nearest Starbucks. Sometimes I also
have news
saving
sometimes
just the
energy of
go home
feeling



as a jump start,
I'll have just the germ of an idea... but
act of being in a public place with the
other people is contagious and I usually
not only with some finished product but
good, too.



Sometimes I'll combine one of these writing days with a lunch date.

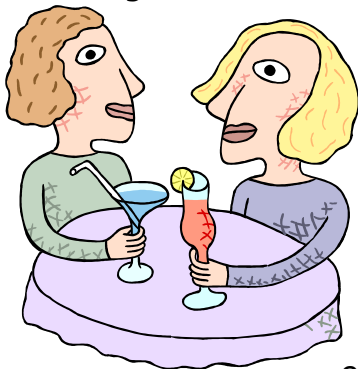


My best friend works in a very trendy part
of town with lots of great restaurants and
good shopping. I get there a couple of
hours early, stake out a table at a nearby
coffeehouse, do my writing and then walk
over to her office. We have a nice chat and
a good lunch. This is de-stressing on so

many levels -- interacting with a good friend, breaking up the monotony of working alone at home -- but still coming away with some solid work done so I don't stress about losing any precious time."

Donna is the editor/webmaster, <http://www.ParentPreneurClub.com>
"Tips, free tools and support for work at home parents".

Rita Toews of [Domokos](#) also likes to plan lunch dates with friends.
"Nothing de-stresses me more than a lunch out



with my friends. There's the side benefit of a great meal, but the outing is about so much more than food. It's wonderful to catch up on what others are doing. We get a chance to admire photos of each other's grandchildren, congratulate one another on our successes, and commiserate with someone who needs encouragement. It's also a good place to plan



another outing for a movie or perhaps shopping. When people are under stress it's easy to pull away from friends. Encourage regular get-togethers and make a point of including someone you haven't seen in a while."



Shelbra Brinkman, owner of Shelbra Brinkman & Associates, a change management firm, re-charges by connecting to nature. "I tend to my potted plants outside, water them, pull off dead blooms, and smell them. Or I visit the basil, cilantro and chives growing in my garden. I love to smell them too, eat a bite or two, water



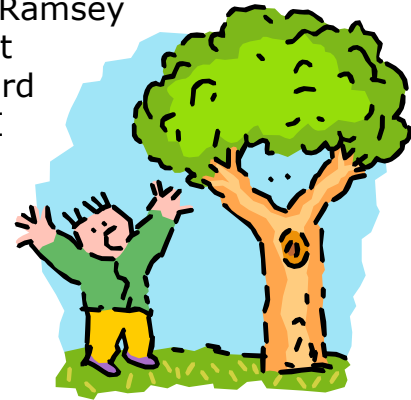
them. Another thing I do is go to the roof where I can see and hear the ocean...the waves mesmerize me and it's a great place to just breathe deeply and relax."

Viki Nygaard, owner of [Mount Evans Designs](#), feels blessed to be living and working at 9000 feet altitude in the beautiful Rocky Mountains of Colorado. "I like to go outside on the deck, sit in the sun and feel the warmth of the sun breathe in the fresh lifts my spirits and feel ready to face the in my day."

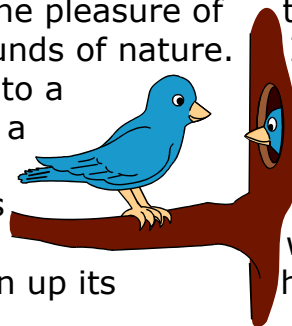


the shining on my face and mountain air. Doing this revitalizes me so that I next series of challenges

"Since I'm an internet marketer, says Annette Ramsey of [IMGenius](#), I spend a great deal of my time at the computer. For a break, I go out into the yard and stand barefoot on the lawn. And breathe. I concentrate on the feel of the grass on the soles of my feet. This has such an incredible 'grounding' effect, so important for those who spend too much time with technical gadgets and indoors."

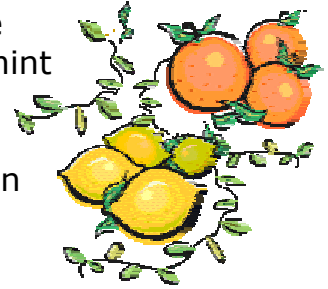


Caroline Tomczak, a.k.a. Vyncent, Co-Editor of [R-Market Daily](#) says, "Since I'm an early riser, I have the pleasure of the quiet dawn hours when I can listen to the sounds of nature. It's a time of renewal to hear Mother Nature awaken to a new day: the sounds of the birds singing, the buzz of a bee hovering in the garden, the breeze brushing the leaves on the trees and bringing with it the smells of fresh growing things. This is especially wonderful in the spring, when winter has finally given up its hold on our world."





When it's winter and I can't enjoy this, I like to have fragrant things to entice the senses. Things like the clean smell of fresh lemon, lavender, rose, mint and pine; the warm smell of cinnamon, nutmeg, thyme and marjoram; the earthy smell of sage. Clear your head for memory with rosemary; freshen the senses with lemon or mint; warm the heart with lavender, rose, chocolate; invigorate the mind with spearmint, orange, cinnamon, vanilla. Try a potpourri or fragrant sachet with different scents, a wonderful way to scent any room and bring pleasure."



Joseph Petrashek of [Starscapes International](#) discovered an automated way to 'take a vacation' on a regular basis. "I've started using a special computer program forces you to take time off Mine is set for every 60 for folks with carpal hands every once in a



called "It's Time!" that at any interval you like. minutes. It was designed tendencies to relax their while."

For a fun and invigorating way to 'take a vacation' during your day, see this resource:

*[Spa Finder](#) is a resource-rich site with unique articles, a list of different types of spas (for families, mother/daughter, men), relaxation tools. You'll be able to find a day spa near you with their complete search finder. See their travel deals and very useful spa library with lots of meditation, yoga tips.

Chapter 2: Stop The Clutter

One of my favorite breaks is to fill an empty box I keep near the door, in a closet with things I really don't want or need anymore.



Just 5 minutes of going through your house will yield clutter that someone else will treasure. When the box is full, I take it to a donation store when I'm out on other errands. An easy way to let go of that clutter!

Vicky White, Feng Shui consultant, life coach and owner [Life Design Strategies](#) uses clutter busting as a way to relax and take a break from work. "I use it as a reward for sitting at my computer writing and answering emails.



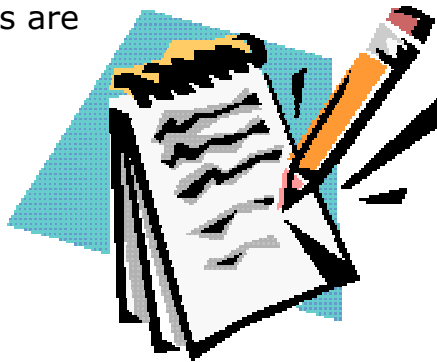
The physical activity, plus the energy boost I get from putting things in a box to take to the thrift shop, really shifts my energy and gives me a break from 'head' stuff. Plus I know I'm freeing up the energy in my environment which is going to have a positive effect in all areas of my life."



Karon Thackston, owner [KTA Marketing](#) says, "Often when I'm feeling stressed it's because my mental 'to do' list seems to have gotten out of hand. If I stop for just 10 minutes and jot down a physical 'to do' list, things seem to fall into

perspective. Once I see my agenda on paper, I'm almost always relieved to find I don't have as much to do as I thought. Organization de-stresses me because it allows me to get a handle on my sometimes out-of-control work schedule. It also allows me the comfort of knowing I won't forget to do anything because I have it down on paper."

Eva Almeida owner of [EBooks 'N' Bytes](#) and [Free Ebooks](#) says, "Prioritize! I pick one important task for each day, whether it's tackling a disorganized closet or answering all my email. I do that chosen task first, then any other chores are considered a bonus and my stress level lowers considerably."



Do You Have A Tip For 20 Little Ways? Just send your tip and contact information to: MyTip@peoplepoems.com

When you contribute a tip, you also are the first to get your copy of 20 Little Ways. Watch for your tip in the next edition!

Chapter 3: Get Wet

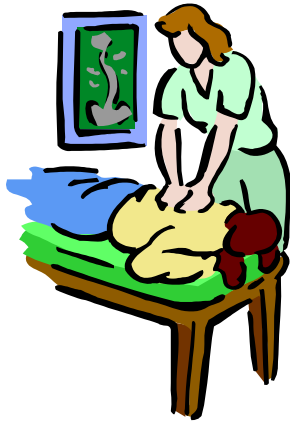
Water has been known for centuries to have a soothing effect. The Romans knew it, the Greeks knew it. Remember how relaxing a nice long soak in the tub is? Gee, it wasn't that long ago since you did that, was it? 😊



Or take a few minutes to look at your favorite pictures of water. I love to look through a wonderful book, "Taking The Waters", which is filled with beautiful pictures of baths, historical notes about information on bath rituals. soothing pictures that me!



Roman and Greek them and It's those immediately relax



If you're able to carve out a whole hour or so, give yourself a mini-vacation at a day spa. I've done this many times and discovered that 1-2 hours at a day spa, getting a massage, relaxing in the sauna or Jacuzzi totally rejuvenates me and makes me feel like I really have been on a vacation! It's a small investment in time for a terrific return.

Diane Mellendick owner of [Keepsake Recipes](#) came up with an idea on how to relax outside in water, whenever she wanted to. "After visiting a massage therapist/reflexologist on a regular basis for a year, I had to find another way to get the same stress relief without the effort of scheduling appointments, traveling back and forth, just having to be at ONE MORE place at a particular time!

I decided to invest some savings into an outdoor spa. Usually 2-3 times a week, I step outside my back door and relax for 20 minutes, late at night when it's very peaceful outside. I find this time not only relaxing but once I let the stress out, I find I can then let the creativity back in!"



I have a friend who keeps a fish tank in her office and says "those fish help me relax...all I have to do is watch them quietly swimming through the water and I feel better."

Ellen Scholl owns several clothing stores and has an online boutique of unique clothing designs and accessories at [EllensOnline](#). Ellen lives at Conneaut Lake, PA and says, "Travel for me means going to my window or door and just looking out at that serene lake, an instant de-stressor. In summer, I take many evening boat rides around the lake. These are the best stress relievers in the whole world for me."



Get Wet Here 😊

What a treat [SpaFinder](#) is! You'll find some great get-wet, get-away deals.

To enjoy a tranquil scene with flying doves in a Grecian Garden, see the homepage of [Enchanted Elegance](#).

Chapter 4: Take A Meditation Walk

A meditation walk is different from an exercise walk, although you still get health benefits. The purpose of a meditation walk is to connect to nature, inhale through your senses, and enjoy all that is around you. You will return feeling a whole lot better, more appreciative of 'what is' and gain a sense of personal renewal.



A meditation walk can be done in 5 or 10 minutes, around your block, down the street, over to your neighbor's home. And who can't take a walk for 5 or 10 minutes? So, even if you didn't get in your 20-30 minute exercise walk today, you still got your meditation walk!



Betty Carlisle, president of Carlisle & Company, a management consulting firm in Northridge, CA, takes a 2-mile meditation walk every day at dawn. "Although I follow essentially the same route every day, the world is a new experience each time I sally forth to meet the dawn", says Betty. "This is an opportunity to experience the bounty of my life and express gratitude for this beautiful world in which I live."

Your Feedback

Are you enjoying 20 Little Ways and finding some tips you can use?

I 'd love to hear what you think of 20 Little Ways! Send your feedback please to: 20LittleWays@peoplepoems.com

Chapter 5: Turn On The Music



I always play music in the background while I'm working. My favorite music is "Watermark" by Enya, a lovely meditative piece and Beethoven's Pastoral Symphony. I find that the right kind of background music helps me stay calm and focused while I'm working.

Michael Baroff, author, speaker, coach and owner [Inner Work Coaching](#) says, "I take 10 minutes to listen to a deep relaxation audiotape and just lie down with the headphones, absorbing the music."



Rebecca Game is the owner [Digital Women](#), 'women with their modems running', an online business that provides vital information for women in business. "I have a special song on CD that I sit back, close my eyes and listen to without letting in any outside noises. This always helps me to de-stress".



Gib Kerr, a certified financial planner in Sherman Oaks, CA and owner of gibkerr.com, found a unique way to make music a part of his workday. "I built an electric piano into a drawer in my desk. When things get too intense, I just open the drawer and play the piano! It does wonders to clear the brain for productive work."

For more ways to Turn on the Music:

*[Tools For Wellness](#) In their search box at top, key in "soothing music" and get a wonderful list, including their 'Ultra meditation' CD.

*I **love** this CD but you can't find it in a store, only online:

[I Release And I Let Go](#) is the title, the first and the last song on this CD. I truly can't say enough about it! This CD was created by the Agape Choir, the internationally known choir of The Agape Church, a non-denominational house of worship. The Agape Choir, directed by [Rickie Byars](#) has become known for its signature sectional harmonies and devotional creative expression.

[I Release And I Let Go](#) lifts my spirits in an instant and I **must** dance when I listen to it! And I can't think of a better theme song for living. While the lyrics are uplifting and spiritual, the RHYTHM of this song will make you stand up and dance for joy!

Chapter 6: Table The Technology





Edward Gause, owner [Cynted, Internet Marketing for Beginners](#) says, "Pretend you don't own a computer! When I'm starting to feel a little tense, I pretend I don't own a computer. It's amazing, the things you find to do if you didn't own a computer. Fortunately, living in Northwest Florida affords me the opportunity to walk along the beach and enjoy the white sands."



Charlie Siegel, life coach and owner [The Perfect Path](#) says, "I often find myself automatically compelled to gravitate toward my computer and e-mail program numerous times throughout the day. Even on non-working days, I find my time and thoughts repeatedly run to the messages I need to return or expect to receive."



Recently, I decided to give myself an enforced break from this type of mental activity. I turned off my PC and gave myself permission to take the day off from e-mail or any computer-related activities altogether. The corresponding sense of relaxation and stress-relief has led me to incorporate this "non-tech day" into my schedule once every week."

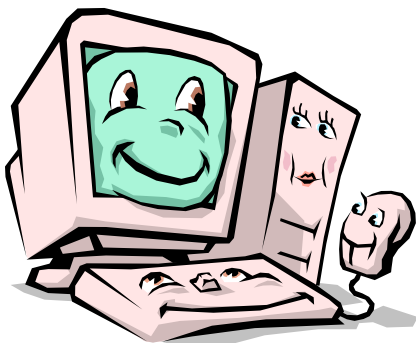
Judy Coffey, cand.PhD., [Academic Coaching and Test Preparation](#) offers a way to  give your eyes a break each day: "Here's a tip that  uses your computer's calendar program to remind you to give your eyes mini-breaks during the day. You can find guidelines for setting up break reminders in **Microsoft Outlook 2000** below."



Schedule mini-breaks with Microsoft Outlook:

Open Outlook, and under File, choose New, then choose Appointment. An Appointment dialog box will open.

1. In the subject line type "Relaxation Reminder" or other title of your choice.
2. Locate the "Start time" box and enter the time when you want to schedule your earliest mini-break each day. (It is not necessary to enter an end time; the default is one-half hour, but you could even enter the same start and ending times.)
3. Check the Reminder box, and schedule a reminder before the appointment; reminders can be scheduled from 5 minutes to as long as 2 days before the appointment; the default is 15 minutes.
4. Mark the box "Show time as: Free;" (the default is "Busy").
5. In the lower right corner, check the box marked "Private."
6. Click on the Recurrence button (in the second row of the toolbar). An Appointment Recurrence dialog box will open.



- a. Under Recurrence Pattern, check "daily;" weekly is the default.
- b. Under Range of Recurrence, "No end date" should be checked.
- c. Click OK to close the dialog box.

7. Click Save and Close in the Appointment dialog box.

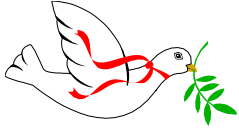
The "Here's your reminder " dialog box will pop up on your screen at the interval prior to the appointment that you designated. It will present three choices: Dismiss the reminder, Remind me again in ..., or open.

Always choose the "Remind me again in ..." option to keep your reminder working for the rest of the day. You can set the reminder to pop up again in intervals ranging from 5 minutes to one week. Now your computer will provide you another cue to remember to take time for yourself throughout your day. "

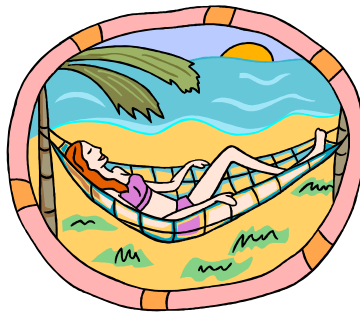
Do You Have A Tip For 20 Little Ways? Just send your tip and contact information to: MyTip@peoplepoems.com

When you contribute a tip, you also are the first to get your copy of 20 Little Ways. Watch for your tip in the next edition!

Chapter 7: Dream, Dream, Dream

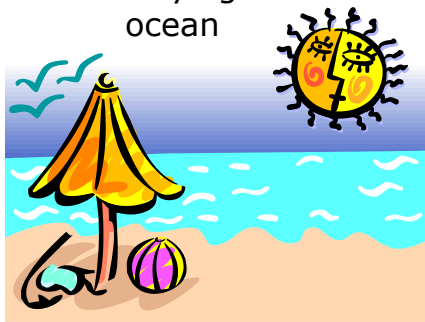


A few minutes mind off the moment another place, an rejuvenate. I like to re-live a wonderful moment with someone, ones.



dreaming takes your and transports you to instant way to take a few minutes to experience, a precious memories of loved

If lying in the warm sand at the beach, smelling the ocean air, looking at the serene blue water, basking in the warmth of the sun's rays, listening to the waves lap against the shore (*are you there now?*) relaxes and refreshes you, then 'see' yourself there again. Or you might have a favorite spot you love in the mountains, surrounded by lush trees and



hummingbirds on a warm spring day...well, you get the idea. You don't have to drive there to be there!

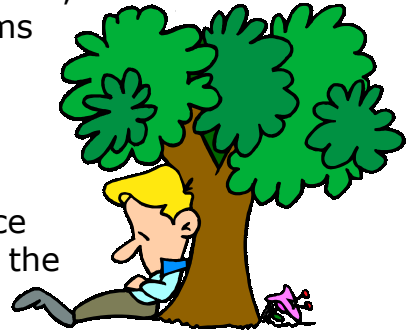
"Throw your dreams into space like a kite, and you do not know what it will bring back, a new life, a new friend, a new love, a new country."

-Anais Nin, from The Diaries of Anais Nin

Adriana Copaceanu owner [ABC Gifts and Baskets](#), says, "I like to take a mental vacation a couple of times a day: sit in a quiet place, with my eyes closed, totally relaxing my body. I let my mind take an imaginary vacation: feel the breeze, hear those waves, taste that sinful food. Let your senses wonder around, and you'll be rejuvenated, and ready to tackle the world."



Rick Beneteau, internet marketing guru, inspirational writer, and owner of a unique site [People Building People](#) dreams of pleasant memories when he's feeling discouraged or needs a pick-me-up.



"I do a blessings count. I retreat to a private place, nice and quiet. I close my eyes and just begin thinking of all the wonderful people from my past and present that I have been fortunate to have to come to know. Of course, images of my beautiful daughters and my grand boys come rushing to the fore, and who could resist a big smile then?:-) Great memories of my late father, brother and sister also flood in, as do recollections of my wonderful friends. So many of them. Who could feel badly after being this blessed?"



I sometimes reflect back to all the low points in my life and soon I am reveling in the great feeling that I was able to pick myself up, and move forward from those times, so I can again this time. It isn't long before my mood is brightened and I am again grateful for the people in my life, the opportunities I have, the talents I possess and the countless gifts I have received in my life."



What if there was Somewhere you could discover answers to your most perplexing personal and business problems as well as find understanding and comfort in this time of great confusion, fear and anxiety? Welcome to that Somewhere [People Building People!!](#)



Terri McCabe works out of her home, juggling her time with her job and two small children at home. "I love to spread out a blanket in the backyard, lie down with the children and just look at the clouds. Much like we used to do when we were children, it's fun to see what each person sees in the cloud pictures. It's so relaxing and gives all of us a chance to use our imaginations."

Joanne Stein, coach and owner of JPS & Associates, recharges by choosing beautiful places to dream. "I go to a lovely place (a park, an art gallery, a beautifully-landscaped hotel) and as I meander through the setting, I lift my spirit with the beauty of the location and become one with the majesty of nature, creativity, and life in general.



This coupled with some positive thinking and deep breathing really recharges my batteries."

More On Dreaming...

[Talk about your dreams!](#)

I subscribe to Paul Bauer's ezine and I read it every single time! Paul has a way of releasing people's dreams, gently and completely. He says "What moves you in life is not motivation from the outside but inspiration and passion from the inside" and his software [Dream-Minder](#) helps you release those passions within you.



As you experience how [Dream-Minder](#) helps you re-discover and awaken your inner creativity, you'll begin to be aware of how much inner strength you really have. Within a few short days, you'll begin to realize new ideas, new feelings, and a profound new sense of awareness that will transform your life.

[Goals For Life Planning](#)

If you haven't completed our **Free Goals For Life Planning** program, get weeks 1, 2, and 3 here: [Goals at PeoplePoems.com](#) Remember to do them in sequence because each one builds on the other.

Your Feedback

Are you enjoying 20 Little Ways and finding some tips you can use?

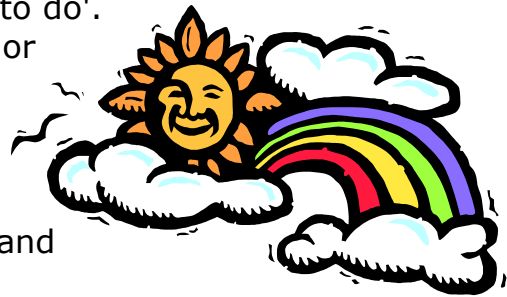
I'd love to hear what you think of 20 Little Ways! Send your feedback please to: 20LittleWays@peoplepoems.com

Chapter 8: Write Stream Of Consciousness



This is one of my all-time favorites! Just get out a piece of paper and write down whatever comes to mind: no analysis, no censoring, no judgment, no editing. Nobody will see this but you.

Just let it flow, even if what is coming out is 'gee, this seems like a silly thing to do'. Write for 5 minutes, without lifting pen or pencil from the paper. While this technique is often used to break through 'writer's block', it's also a wonderful way to empty your mind so that you can move forward in a lighter and more productive way.



"I guess for me, being a writer, naturally I find expression a way of dealing with pressure, says Harry Robbins, owner [Sentence Structure](#). "It doesn't have to be verse or a story. Sometimes simply allowing the "monsters" of tension to take form so one can see and understand the causes of frustration is helpful. Knowing is part of release."

Chapter 9: Read An Inspirational Verse

Read something inspiring to you. It can set the tone of your day, help you refocus, and move you in the right direction. I like to read daily sections from *Simple Abundance* by Sarah Ban Breathnach or inspirational verse from a little meditation book or some of my favorite poems.



I love reading quotes that inspire and give me hope. Here are a few of my favorites:

Whenever I feel the world closing in on me, I go to a quiet place that lies somewhere in my soul. I do not reason, analyze or think. Those will come later. I simply go. And as a frightened child finds comfort and strength in a loving parent, I find my God there. From this place of power, I gather strength to stand firm in the face of fire, to be calm in the midst of thunder. When I emerge from this sanctuary, the world has not changed, but I have. And in my changing, a whole new world is born.
- [John Harricharan, Enterprising Spirit.com](http://www.EnteringSpirit.com)

This quote is from John Harricharan's [Insight2000](http://www.Insight2000.com) and is by Elisabeth Kübler-Ross the woman who changed the way the world looks at life and death with her classic books [*On Death and Dying*](#), [*To Live Until We Say Good-Bye*](#), [*Remember the Secret*](#):

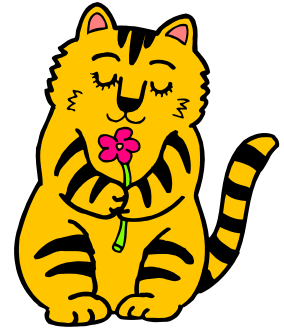
People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.
- Elisabeth Kübler-Ross, M.D.

[Jim Rohn](#) is an inspiring motivational speaker. One of my all-time favorite articles is Jim's "What Constitutes A Good Life?" which you can see in this issue of [Just For You](#).

Pam Law of [Pam Law](#) operates a private practice, specializing in brain injury/cognitive rehabilitation and coping with grief, loss and change.

"Whenever I read a book that really touches my soul, I will write down some of my favorite quotes from the book and place it behind a tab in my planner entitled "self." Whenever I find myself stressed, I open that tab and read the comments that I jotted down from my favorite books. It automatically relaxes me and prepares me to move on with the rest of my hectic day."

Pam has an all-time favorite poem which she says "guides me in making decisions and in living life to its fullest potential, so that I may graduate life with honors and without regret. It is my hope you will also be touched by its important message."



Live Each Day to the Fullest

Live each day to the fullest.
Get the most from each hour, each day, and each age of your life.
Then you can look forward with confidence,
And back without regrets...

Be yourself – but be your best self.
Dare to be different and to follow
Your own star ... and don't be afraid
To be happy.

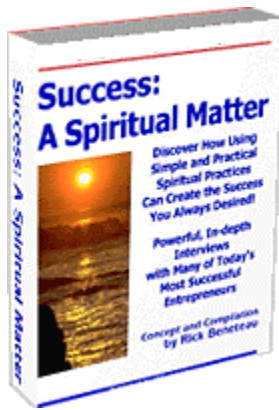
Enjoy what is beautiful
Love with all your heart and soul.
Believe that those you love, love you
When you are faced with a decision,
Make that decision as wisely as possible ~
Then forget it.

The moment of absolute certainty
Never arrives.
Above all, remember that God
Helps those who help themselves.
Act as if everything depended upon you,
And pray as if everything depended upon God.
~ S. H. Payer

Pam Law is one of the first individuals in the country to receive Certified Brain Injury Specialist (Examiner/Instructor) credentials. You can contact Pam at [Pam Law](#) or email PamLaw1014@aol.com

Steve Lanning, Executive Director NABC, [Executive Productivity](#) says, "During times of mental stress, I find that reading a chapter in Psalms or Proverbs is tremendously rewarding."

More Inspiration



*Every once in a while, a masterpiece hits the web and [Success: A Spiritual Matter](#) is just that! An inspiring read that proves you can tap into your inner core in the same way the very successful do. No tips or trick here...just the real stuff that you can do to have personal and professional success.

"Priorities changed for me -- suddenly, without warning, without preparation. It appears that is recently true for many people. The struggle to find balance, passion, fulfillment, and success escalated to a NEED. This book, '[Success: A Spiritual Matter](#),' provides insights blended from work and family life in such a way that anyone can see how to have balance and still be 'successful.' In fact, I walked away from the book feeling that the balance itself WAS the success."

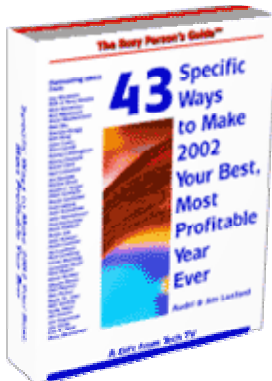
-- Nancy Roebke, Executive Director, Profnet, Inc.

"Success is an **inside job!** 'Success: A Spiritual Matter' teaches you what highly successful people do inside themselves in order to manifest the success we all see on the outside. If you realize there is more to 'making it' than merely trying to motivate yourself or get *pumped-up*, then get this ebook. Model the excellence in others and create your personalized roadmap to lifelong success."

-- Jim Edwards, Co-Author, "eBook Secrets Exposed"

Get your personal copy now at [Success: A Spiritual Matter](#)

*A very practical book by Audri and Jim Landford helps with your business success [Make 2002 Great](#).



Getting this type of exceptional advice from experts who are living these ideas, strategies, concepts and perspectives every day is difficult. Get it for free [Make 2002 Great](#).

***You'll find inspirational posters and calendars at [All Posters](#),** an online print and poster gallery known for quality work and reasonable prices. [Click here](#) to see their beautifully done calendars with every imaginable theme!

*Read a Free excerpt **from Julie Ann Bennett's ebook, [Master of the Universe](#), a wonderful collection of spiritual poems and short stories that will inspire and comfort you. Here's one of Julie's poems from [Master of the Universe](#):**

A Path Between
By Julie Ann Bennett

The path I choose to take,
Is not always clear to me.
Sometimes it circles around,
And I fall on my knees.

Over the rolling hills,
Around cities and lakes.
The path seems so long.
I'm not always awake.

At times I give up,
Sit down, just don't move.
Then someone comes by
To help me get through.

Which way should I go?
Should I follow or lead?
When an angel fly's by,
Says, "Just let yourself be!"

So next time you wonder,
Which road leads you home.
Remember, listen to your heart,
After all,
Earth is just a path between.

[*Inside the Minds of Winners*](#) edited by Charles Burke
This enchanting and very useful free ebook gives you insights into how successful people manage their minds. You'll enjoy the interviews and articles into these fascinating minds. Do read Charles Burke's introduction because it helps you get the most out of the book.

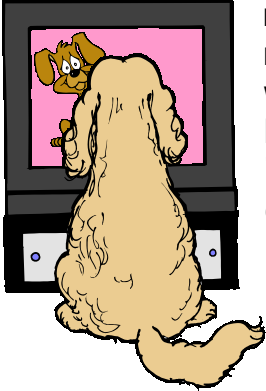
[Bright Light Coach](#) gives you free quotes and parables in Adobe pdf.

What do YOU read to inspire you for the day? Send it to me and I'll reprint it in our newsletter **Just For You** at peoplepoems-subscribe@topica.com and right here in **20 Little Ways.**

Send your recommended inspirational reading to:
Inspiration@AttractClients.com

Chapter 10: Love Those Pets

Remember the wonderful stories about Lassie? A recent Disney re-run on TV prompted me to tape some Lassie shows and watching them always warms my heart. Another favorite pet video is "Homeward Bound", a charming story of two dogs and one cat who get lost and finally find their way home.



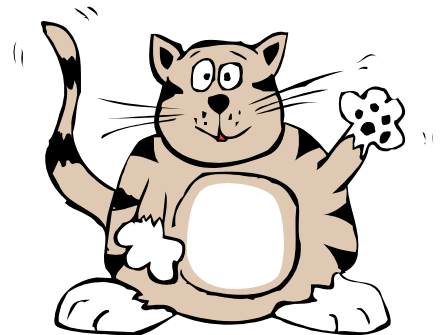
Harry Robbins writer and owner of [Sentence Structure](#) says, "Letting our pet cat, Bud, keep me entertained with his priorities helps me. It's a cat's life that at times makes me remember how insignificant some of my problems can be. And the smiles from a furry face help, too. Harry has written a wonderful poem about Bud. Read on:-)

THE MASTER OF THE HOUSE By Harry Robbins



With stride sure and proud he roams his abode
in charge of his domain as any know.
By a stare alone he makes each to go
Any place he sits is considered his throne.
A fact not given to causing alarm
for all have fallen for his ev'ry charm
and thus crowned him ruler of the home.
Constant attention does he e'er require
without benefit of thanks to inspire.

To his sheer presence all must give glory
while his deeds seldom add to his story.
Of his total rule some might have asked how,
to wit his reply is simply, "meow."



Dave Cole (and Tippy & Alfred) [Happy And Healthy Pets](#) says, "Life is sometimes full of 'stuff' to do. Seems like there's always something to attend to or that needs to be done.

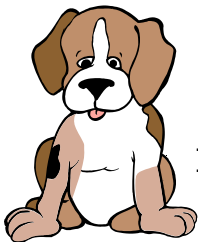
It's a nice little escape from reality to take a few minutes out several times during the day to pet or brush my pets. They are so deserving and give such un-conditional love in return...and love to be brushed!...and petting or brushing my pets gives me a sense of peace and serenity...and a great 'timeout' during those stressful times."



See Tippy & Alfred's Web page [Happy And Healthy Pets](#) and free newsletter, Happy & Healthy Pets. A newsletter, written by pets, for pets!

Elaine Cole, marriage and family therapist and member of the Expert Panel at [Private Practice Marketing](#) describes a day of stress-free bliss this way:

"It's Monday at five o'clock. A cool breeze passes through the kitchen screen. I prepare salad and trout for Paul, my hubby for more than three decades. In comfy sweats, I pace the kitchen floor in my tan Birkenstocks and sip Merlot. Time glides as I listen to the story, *The Passions of Ayn Rand* by Barbara Brandon from my Walkman. Suddenly alert, his Labs, Hoity and Toity, leap to their paws as their master arrives. We lick, bark, kiss and chat. Then 2 by 2 we share a meal."



If you have a Fido in your life, see [Ultimutt](#) for wonderful doggie posters. You can get some great deals for your special Pooch at [Ultimutt](#).

To live harmoniously with your kitty, read the "10 CatMandments" at [People Poems Pets](#)

DO enter your Adorable Pet in our contest below or at [People Poems Pets](#)

ENTER Our Adorable Pet Contest!

If you're a petMom or petDad, enter your pet's picture in our **Adorable Pet Contest**. Don't miss this opportunity to feature your pet for all to enjoy!

It's easy to enter! Your pet can win because a new winner is chosen every two months! Just send your pet's picture and name with your name, url and contact info. by email to Adorablepet@peoplepoems.com.



Sammy, VP, Customer Service and
Mia, VP, Creative Design
[PeoplePoems](#)

Please send **only** a 3x5 or 5x7 photo in jpeg format.

The winner will receive a Free 14k Gold custom engraved nametag and become part of a permanent plaque of winners on our [Hall of Fame](#) page!

Here's a quick peek at some of the many 14k Gold nametags you can choose from when your pet wins:



These 14K Gold custom engraved nametags are provided for our winners courtesy of [Drs. Foster and Smith](#). Check out their wonderful articles on pet care at their site!

Your Feedback

Are you enjoying **20 Little Ways and finding some tips you can use?**

I'd love to hear your opinion! Send your feedback please to:
Feedback@AttractClients.com

Chapter 11: Breathe 7



This is another of my all-time favorites! I have yet to find a more relaxing and re-energizing breath than this ancient yoga breathing technique. And it's simple.

But please, move away from your desk, sit somewhere where you can relax your body. Ready? Inhale slowly to the count of 7, hold your breath to the count of 7, then slowly exhale to the count of 7.

Repeat this process until you start to feel the effect. Usually it's 3 times for me but sometimes I like to keep doing it anyway because it just gets better!

jl scott, ph.d. therapist, speaker, business professional and owner [The Master Course](#) says, "My favorite way to de-stress is to get very quiet. I then imagine the cells of my body spreading apart - allowing my entire body to be open and relaxed. Next, I allow myself to "feel" all the positive energies of the universe rushing in and rejuvenating me.

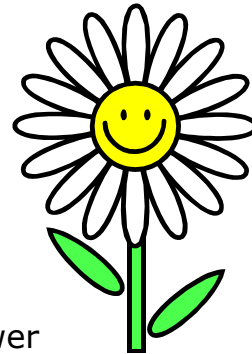


It not only relieves stress, it actually gives me a burst of positive energy so I can go back and tackle the stressful situation in a more productive manner. This is so easy it can even be done standing in line at the super market when every person in front of you needs a price check!"

jl scott, ph.d. is the Director of the International Council of Online Professionals (iCop). jl is the author of several digital books, as well as [The Master Course](#) and the self-analysis guide, "Who's Driving Your Bus?"

Mike White is a breathing and voice development specialist and owner of [Breathing](#). He recommends another breathing technique to enhance deeper natural breathing.

“Stand or sit stay ‘tallest’. Without taking a deeper breath, force all the breath out and let a big easier deeper breath come in while simultaneously raising your arms overhead to give more space to your in breath.



Count audibly, quietly and clearly as you tilt and stretch deeply from side to side three times. Finish the exhale as you gently lower your arms. Repeat three times. This opens up the side ribs and expands the lungs for easier and deeper natural breathing while ensuring against breath holding that restricts the voice and throat.”

[Barbara Ford-Hammond](#), owner of a hypnotherapy and stress clinic says, “If you feel that you want to be more grounded - imagine that you are breathing in through your feet. Draw the breath up your body, fill your body and then exhale slowly while imagining that the breath is going out through your hands. Do this a few times and you will notice that it is calming and empowering. Remember; keep breathing.”

Mini-break to refresh your eyes:

Judy Coffey, cand. PhD., [Academic Coaching and Test Preparation](#) offers this tip:

“Take a minute or two every so often to take your eyes off the computer screen and give them a well-deserved rest. Stop typing or reading from the screen long enough to send your attention to your neck and spine and make sure they are in proper alignment; adjust your sitting position as necessary. Drop your shoulders and let your head gently rotate forward and then side to side; this is not an all out, to the limit stretch, just a gentle change in position to get your circulation going.



Take several slow deep breaths, imagining that your lungs extend right up behind your eyes. Gently inhale and exhale into the area behind your eyeballs. Notice how good it feels to sense that every part of your eyes is receiving the nutrients and oxygen they need. Become

aware of the little muscles behind and beside your eyes which work ceaselessly to enable you to focus near and far. Continue to breathe into that area as you imagine those hardworking muscles being massaged by tiny, skilled, gentle hands.

Continue to inhale everything you need: oxygen, calm, relaxation as you exhale everything else. Whenever you are ready—you have all the time in the world to repeat this process anytime in the future—resume your computer task with renewed, calm energy.”

More on Relaxing and Breathing

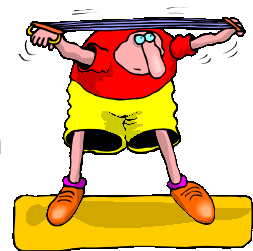
If you're ready for some gentle movement, see [Yoga Movement](#) for yoga tips for beginners, an easy search box where you can find a yoga retreat center near you.

For an excellent list of resources on relaxation and meditation techniques see [Relaxation and Meditation](#) at About.com

The [University of Iowa](#) offers these useful quick relaxers.

Isometric Arm Reliever

Pull or push for a few seconds with each hand against a desk, a doorway, or another immovable object. Relax for a few seconds. Repeat several times. Notice the release of muscle tension during each rest interval.



Dot of Light

Take an imaginary white dot of light and place it on various parts of your body, one at a time. Focus on each part as the "light" touches it. Let it relax as you focus on it.

Six Second Quieting Response

Draw a long, deep breath. Hold for two to three seconds. Exhale long, slowly, and completely. As you exhale, let your jaw and shoulders drop. Feel the relaxation flow into your arms and hands. Can be done with eyes open or closed, alone or with others.

Chapter 12: Write Poetry

I'm not talking about Shakespeare here, just a few lines about what you see right in front of you. And the lines don't have to rhyme and nobody is going to read them.



Your lines could be about your cat crawling on your desk, the view from your office window, the children playing outside.

When it pops into your head, write it. It will take your mind off what you're doing and you'll return more focused.



Even frustrations can lead to a poem! One of our subscribers to our newsletter [Just For You](#), Jacques Foreman, wrote a poem about the challenges of using Microsoft Word. His wonderful poem is re-printed below.

Ode To Word

Jacques Foreman

Doing things in Word is easy they say
But after working with it, I don't see it that way.
Someone has decided just how things should look
After searching and searching, there's no clue in the book.

I finally, after hours, get things just where I want
And when I look back, where it was, it is not.
I look around, and as I'm beginning to rage,
I find the copy -- Word made a new page.

I didn't ask it to alter my copy or think
But the wizard did this without even a wink.
So I look in the book and follow directions
To keep Word from making unwanted corrections.

But nothing does work as the book says it will.
The frames and their copy won't seem to stay still.
They jump around for no rhyme and no reason;
Try as I might there is no way to freeze'em.

But I, who can make PageMaker and Quark jump through hoops
Find Word undecipherable and made up of loops
That allow copy in frames to jump all over the place
And move in a flash into undesigned space.

So it is thus that much of my time is wasted
On documents where parts don't stay pasted
In this program I find to be so absurd;
Known to all as Microsoft Word.

Chapter 13: Stretch Those Limbs

How about stretching those limbs? Up in the air with your arms, add a few leg stretches. I always like to do neck rolls to release the tension in my back and neck from sitting at my desk.



Combine this with the Breathe 7 technique described in this e-book and you'll feel relaxed and rejuvenated in just a few minutes!

"I am the original couch potato," says Donna Schwartz Mills of [Parentpreneur Club](#) "and since I am always crunched for time, I've been saying that exercise is something I cannot do -- at least, as long as my daughter was on a preschool/kindergarten schedule (you know, just two or three hours a day). At one time, I belonged to a gym with a daycare area, but my then-toddler screamed for mommy so much while I was trying to work out that I just gave up."



But Megan is starting 1st Grade in September, she's signed up for longer days at camp this summer and I needed to put my money where my mouth is and give it another try. So I've started a new exercise program and while I spend my morning dreading it, once those endorphins start rushing through, I come home relaxed and happy. And I definitely feel it reduces my stress level.



Yeah, I need to make some adjustments to my work schedule but with kids, that's always a given. It's good to feel healthy."

Keeping physically active has positive benefits for both the mind and the body at any age. Al Mierau owner of [Rustic Willow Furniture](#) learned years ago that water sports helped him cope with the pressures of his career.

"Wind surfing and sailing are great stress relievers for me. When my two sons were in their senior year of high school, we agreed to try wind surfing and took lessons from a professional who happened to be here from South Africa and we've never looked back.



Doing this gave me the opportunity to chum around with my sons and nephews until they finished their higher educational studies and all moved away. I still windsurf and instruct to this day."

Menno Smit learned a different kind of movement that relaxes him and helps with the transition zone before bedtime. "I find juggling quite relaxing. I get a set of three balls and start juggling. I found that even trying to learn was relaxing. You have to focus on the balls so it's a nice switch off or mini vacation. It also works to get that switch off time before going to bed."

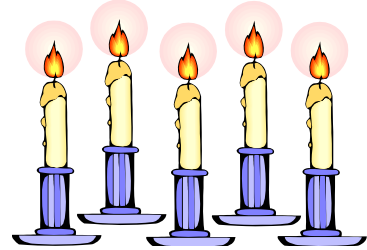


For information on how to juggle, [site](#).

Menno suggests this

Chapter 14: Light Up

When I relax, I like to have soft candle glow. 5 or 10 minutes of soft candle glow and deep breathing works wonders. Add a few neck rolls and eye rolls to help you relax, drop your shoulders and you'll feel more energized.



Candles come in all colors, delighting the senses in so many ways. And who said candles have to be expensive? You can get all the candles you want at up and still save up to 80% at [Candlemart](#), an online store built on the notion that "quality doesn't have to be expensive" and they prove it!

Save up to 80% on [Candles!](#)

Soft candlelight is known to have a relaxing, mellowing effect on us.

"I have a separate spot in my home where I keep 10 or so candles and at times, have lit them all at once. It's very relaxing to take a few minutes to bask in the glow of the candles," says Rebecca Game, owner [Digital Women](#).

Chapter 15: Be A Kid Or Borrow Your Kids' Fun Things

Kids always know how to 'play break' with your watch the cloud pictures, together, play a game.



play! Take a short kids...go outside to make up stories

A friend of mine likes to pop in the VCR one of her kids' Mr. Rogers videos when she starts to feel 'stressed out'. "I love to watch it when the kids are napping, there's something so soothing about Mr. Rogers' comfortable slippers".

Another friend loves to watch "Teletubbies" on TV for her re-charge.

Even better, be a kid! [Barbara Ford-Hammond](#) says, "This is lots of fun if you do it with some friends. Get pots of bubble mix and play for a while. Then have a competition to see who can blow the biggest bubble and who can blow the most in one go."



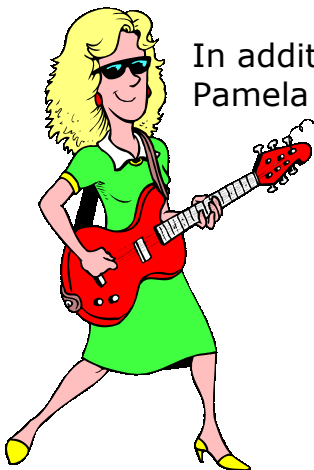
Chapter 16: Laugh Yourself Silly

Go ahead, rent that silly video! Watch that funny TV show! Laughter has long been known to release lots of stress and enhance our well-being. Norman Cousins is famous for healing himself with laughter and even lectured at medical schools on the healing benefits of laughter.



Have you laughed today?

Pamela Heywood, owner of [TuCats-Design](#) says, "Laughter helps me keep things in perspective. When things go wrong and life seems to be against me, I try to remember that a scant six months after the last disaster, I couldn't think why I worried about it so much and I just had to laugh at myself! I try to remember that this time won't be any different so I might just as well laugh now! I have an ability to see the funny side of everything and I do feel that it's my defense against the world when things go wrong."



In addition to using laughter to keep things in perspective, Pamela uses her voice in another way to de-stress: "My biggest therapy is singing. Just being able to make that much noise is a great way to let out all the tensions."

Chapter 17: Get Flowers



Just *looking* at beautiful flowers can be a joyful experience! Go outside and look at the beautiful flowers in your yard (or your neighbors' yard), smell them, touch them.

Or meander through a little flower shop, slowly savoring the colors and fragrances. Keep flowers in your home to remind you of the beauty that is always around you.

Pick or buy some lovely flowers and arrange them in a way that pleases your eye. For me, this is a meditative act. My mind is only on the beauty of the flowers and I'm mentally transported to their beauty, colors, textures, and fragrance.



For a lovely site that ships flowers directly from their own greenhouse see [Beauty That Blooms](#) where you can even take an online tour of their greenhouse!

Chapter 18: Talk To Your Neighbors



Too many of us don't even speak to the people who live near us. Human contact, no matter how brief, takes our attention off our own busy-ness. It actually can be more stressful not to talk with your neighbors because human contact is vital for us.

When was the last time you talked to your neighbors?

So, talk to the mother across the street with three kids or the widow next door or the elderly couple out taking a walk. You'll feel better and they will too!

Chapter 19: Do Something Sweet For Someone

If your life seems frantic, distract yourself by thinking of someone else. Leave a 'love note' for someone...a neighbor, a friend, your spouse. Tuck it under their door, under a dinner plate or on the bathroom mirror. Do something for a loved one that you don't usually do...like bringing him his slippers.



Or leave a 'just thinking about you' voice mail message for someone you haven't talked with for a while or send a funny email card to someone who needs some cheer. You can get Free e-cards at [PeoplePoems](http://PeoplePoems.com).

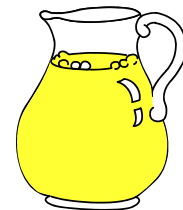
Or how about sending a postcard? This isn't any old postcard but a custom-designed color postcard that [Amazing Mail](http://AmazingMail.com) will print and deliver to the United States Post Office the next business day!

You can create your own postcards using any of the many images in their online gallery (very extensive photo gallery) [here](http://AmazingMail.com) or using your own photos. Great way to keep in touch!



Marcia Starkman, nurse psychotherapist and owner [Post Partum Therapy](http://PostPartumTherapy.com) says, "A colleague of mine refers to people as "pitchers". We start out with a full pitcher, and throughout the day, the contents are poured out. The bills arrive, the laundry has to be done, a child gets ill, the furnace quits, you get the idea.

In order for us to survive this daily "pouring out", we have to constantly replenish ourselves with things that keep filling up the pitcher. Here is one strategy that never fails for me, and judging from my clients' feedback, it never fails for them, either.

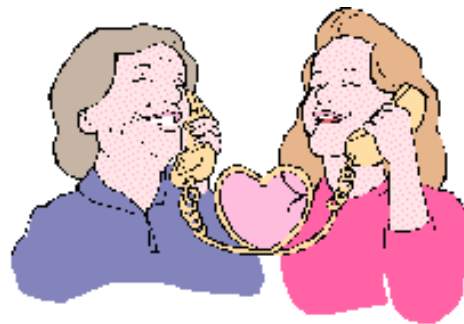


Whenever that empty, lonely, feeling sets in, or even just once a week as a scheduled activity, pick up the telephone and call someone who is very special to you (and feels the same way about you). Ideally, this is a person who either lives very far away, can't afford to phone you, or just hasn't heard your voice in a long time.

Reconnecting with a long lost friend or relative is a wonderful way to "refill" yourself. The ability to communicate is a gift that we forget about sometimes. How many times do we make that call and hear, "how did you know I was just thinking about you?" And there's always e-mail, if the phone bill is too high.

My family and friendships mean everything to me. When "the pitcher is empty", hearing their concern and love fills it right up. Don't forget, the person at the receiving end needs a "refill", too. Your words at the other end of the line can bring joy to each of you. Some times a good friend is better than the best therapist!"

"After I telephone my mom to ask her about her day and find out how she is doing, I find that has helped me to feel better. Focusing on someone's life---even for a short while if only just to listen---somehow makes your life seem easier. You also get the added benefit of knowing that you helped them make their day lighter. When my mom says, "Well, you certainly made me laugh today!" that makes me feel great", says Diane Mellendick of [Keepsake Recipes](#).

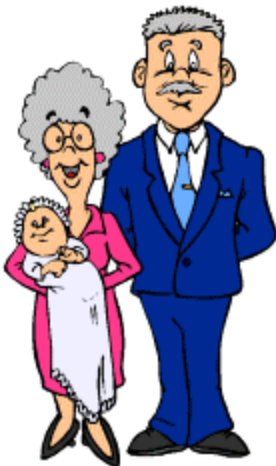


Thomas A Hilton Jr. learned years ago that praising his son brought more joy into his life and had a very positive impact on his son. Thomas and his wife praised his son Kyle's artwork since he began drawing at the age of 5. Now 15 years old, Kyle has been featured in

newspaper and television shows for his stunning pencil portraits of celebrities, politicians, and people from all walks of life. You can get one of Kyle's wonderful pencil portraits [here](#).

Thomas Hilton is offering a special discount on his son's celebrated Pencil Portraits for readers of 20 Little Ways. To get this discount, just go here: [Kyle Hilton Portraits](#).

"It only takes a minute to praise your children in a positive way that will last a lifetime---praise them while other adults are present. It can make a huge difference in your child's self-esteem. It's the little things!" says Thomas.



Michael Boyton, father of 5 children, says "Seek out a friend that you've known for a number of years and/or a family that you've known for a number of years and/or a family member, your age or older, and reminisce. It will put a smile on your face and warmth in your heart. That's what memories do! Write a few of these memories down and pass them on to your children so that the memories go on and on."

Michael was inspired to create a unique electronic tool, called [Memory Grabber](#) that allows you to **capture your family photos, traditions, history, biographies, genealogy all in one place so that your family's story can grow for generations to come.**



[Memory Grabber](#) makes preserving your family's special moments, traditions, history, photos for others a snap! It is truly a one-of-a-kind tool, easy to use, flexible, tons of resources and very affordable. This is a unique keepsake that lives on and grows for generations to come! This tool is easy to use, flexible, does everything and is very, very affordable.

You can also get a **Free Life Story Writing Course** from Michael at [Memory Grabber](#).

Chapter 20: Get Ready For Sleepy Time

It's taken me a long time to learn that my computer must be turned off at 9:00 pm each night for me to have enough time for my 'transition zone' and then get to sleep. If I don't, I get a 'second wind', and will be awake until the wee hours of the morning, unable to sleep.



Try to get your mind into a relaxing state before bedtime. Bedtime rituals (turning off the TV early, making a hot cup of tea before bedtime, or light



reading) all help you create a transition zone to bedtime so you can get your mind off the events of the day and sleep well.



Al Montero, publisher of [ZeroCost Digest](#) says, "To make sure I sleep well at night, I read for 30 or 45 minutes before going to bed. It helps me avoid falling asleep thinking about the challenges I had that day or will have the next."

John Harricharan, owner [Power Pause](#), [Insight 2000](#), [Enterprising Spirit](#) shares this experience: "Many years ago, I was having a conversation with a great spiritual teacher. As the conversation came to a close he looked at me with a twinkle in his eye and said, "I will tell

you one of the secrets to a happier and more successful life. Do you want to know what it is?"

Of course, I wanted to know what it was. Who wouldn't? So I quickly replied, "Yes, yes. I want to know. "

"It's so simple," he said. "But don't let the simplicity fool you. Some of the most profound truths are simple."

I nodded and he continued. "When you wake up from your sleep in the morning, you prepare yourself for the day ahead, right? You groom yourself, perhaps have a good breakfast and then you are ready to go into the day. "

"Of course," I replied, anxious to hear what he would say.

"Then you must also prepare yourself for sleep time. And I don't mean a physical preparation as much as I mean a mental preparing."



"And how do you do that?" I questioned.

"Read some inspirational material before you go to bed. Forget the news, forget the challenges you may have to face the next day. Just read some uplifting material. This way, you would fall asleep peacefully and the subconscious mind would be free to figure solutions to your problems."



"That 's it?" I exclaimed.

"That's it," he replied. "Make this simple practice a habit and you'll find that, after a while, life becomes a glorious adventure instead of a horrible burden."

It has been decades since I last saw that special teacher, but I have never forgotten his words. Read some inspirational material before you fall asleep and you'll find that when you wake up, things will look so much brighter.

John Harricharan is the award-winning author of the bestseller, "When You Can Walk on Water, Take the Boat." He is also the creator of the groundbreaking system, "The PowerPause", a simple, 3-minute, 3-step method for success and wealth. Websites

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