

This Free E–Book is brought to you by Natural–Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

15–Minute De–Frazzlers

By Susie Michelle Cortright

15–Minute De–Frazzlers by Susie Michelle Cortright

We strive to create balance and peace in our families. We strive to live each day in the knowledge that our family is a gracious gift; a gift to be treasured and celebrated in the every day.

We strive to simplify our lives, but our family's competing demands are anything but simple.

Sometimes, simplifying means—quite simply—renewing our focus on what's really important in our lives. Sometimes, balancing means—quite simply—surrendering roles that aren't important so we'll have more time to nurture the roles that are.

That's why I've created *Soul Snacks for Families.* These are creative ways you can focus on your family and create memories with your kids while remaining attentive to your own needs as a parent. All in 15 minutes or less.

Here are a week's worth of Family Soul Snacks. They were created, not with the expectation that you will do each activity on its designated day, but, rather, to remind you that, every day, you have 15 very special minutes to fill. Fifteen minutes expressly to nurture your children, your spouse, and yourself in a special way.

Day One

This evening, just before the sun goes down, gather your family to watch the sunset. The only rule: no one speaks until the sun has completely nestled into the horizon.

Use the quiet time to meditate and reflect on the importance

of slowing down.

Day Two

Make a loved one's day: Write a note, have the kids draw pictures, copy some home videos, or tape record the kids singing and laughing. Pack it up and mail it to your oldest relative.

Day Three

No cooking tonight! Order a pizza and enjoy it on the living room floor, picnic style) with your kids.

Day Four

Encourage your children to read their favorite comics to you this morning.

Day Five

Write three pages in your journal regarding any challenge your family is currently facing. Write as quickly as you can without picking up your pen or crossing anything out. This is a powerful tool for problem–solving and for developing a sense of trust in yourself, as you tap the wisdom of your own mind.

Day Six

As you go about your day with your family, be on the lookout for ten positive, beautiful things about each of them, your home, or your home life that you haven't noticed before. Challenge yourself to maintain this heightened awareness.

Day Seven

Brainstorm at least five of your own family soul snacks: brief activities that will nurture your spirit while helping you reconnect with your family. If you need inspiration, choose any of three Soul Snacks booklets, each featuring 100 ideas: Soul Snacks for Families, Soul Snacks for Mothers, and Soul Snacks for Women (available here: <http://www.momscape.com/soulsnacks>).

A meaningful and fulfilled life can be surprising simple. Start with a few moments each day specially devoted to renewing your spirit—and your emphasis on the gifts in your life.

Susie Michelle Cortright is the author of *More Energy for Moms* and *Rekindling Your Romance After Kids*, as well as the Soul Snacks booklet series, featuring creative ways to nurture yourself and your

family in 15 minutes or less. Each of these publications is available through Momscape.com, a website devoted to helping women celebrate and embrace their diverse roles: <http://www.momscape.com>

Long Distance Service – Price per Minute

By Wilson Dennis

Long Distance Service – Price per Minute by Wilson Dennis

When are fundamental laws of mathematics no longer applicable? When is 4 greater than 5? When your talking about long distance service, that's when. Most long distance service providers tout their cost per minute. However, when comparing costs, you need to read the fine print and do a few calculations. Many long distance service providers, including the discount long distance providers, have other charges with effectively raise the cost per minute of their service.

Many long distance companies charge a monthly fee in order for you to get a particular rate for long distance. Other long distance service providers, have monthly minimums you must meet or you are assessed an additional charge.

The key to getting a good deal on your long distance service is to know your usage. The key things to know, how many minutes do I use in a month, does it vary a lot from month to month, and are there particular states I place most of my calls to.

Armed with this information, you can take the ?additional? charges you are likely to pay, divide it by your usage, and add that to the rate per minute your long distance service provider is charging you. That will give you a true cost per minute which can be compared between providers.

Some examples will probably help. Lets help Mary, Joe, and Mike figure which of three plans to select. The plans are as follows:

Plan A

\$.04/minute, plus monthly fee of \$5.95

Plan B

\$50.00 for 1200 minutes, plus \$.07/minute over the 1200 mins.

Plan C

\$.10/minute, no other fees.

Each of them gets out their phone bills for the last year, and checks their long distance usage.

Mary

15–Minute De–Frazzlers

Mary used 14,400 minutes of long distance service in the last 12 months, an average of 1200 minutes each month. She would use 600 minutes one month, than 1800 minutes the next, the pattern repeating throughout the year. For Mary the costs of the plans would be:

Plan A

$$600 \text{ min. months: } (\$.04 \times 600) + \$5.95 = \$29.95$$

$$1,800 \text{ min. months: } (\$.04 \times 1800) + \$5.95 = \$77.95$$

$$\text{Her total bill for the year: } (6 \times \$29.95) + (6 \times \$77.95) = \$647.40$$

$$\text{Total cost per minute: } \$647.40 / 14,400 = \$.045/\text{minute}$$

Plan B

$$600 \text{ min. months: } \$50.00$$

$$1800 \text{ min. months: } \$50.00 + ((1800 - 1200) \times \$.07) = \$92.00$$

$$\text{Her total bill for the year: } (6 \times \$50.00) + (6 \times \$92.00) = \$852.00$$

$$\text{Total cost per minute: } \$852.00 / 14,400 = \$.059/\text{minute}$$

Plan C

$$600 \text{ minute month: } 600 \times \$.09 = \$54.00$$

$$1800 \text{ minute month: } 1800 \times \$.09 = \$162.00$$

$$\text{Her total bill for the year: } (6 \times \$54.00) + 6 \times \$162.00 = \$1,296.00$$

$$\text{Total cost per minute: } \$1,296.00 / 14,400 = \$.090/\text{minute}$$

Joe

Joe also used 14,400 minutes of long distance service in the last 12 months, an average of 1200 minutes each month. Joe used 1200 minutes each and every month. For Joe the costs of the plans would be:

Plan A

$$\text{Each month: } (\$.04 \times 1200) + 5.95 = \$53.95$$

$$\text{His total bill for the year: } 12 \times \$53.95 = \$647.40$$

15–Minute De–Frazzlers

Total cost per minute: $\$647.00 / 14,400 = \$.045/\text{minute}$

Plan B

Each month: $\$50.00$

His total bill for the year: $12 \times \$50.00 = \600.00

Total cost per minute: $\$600.00 / 14,400 = \$.042/\text{minute}$

Plan C

Each month: $1200 \times \$.09 = \108.00

His total bill for the year: $12 \times \$108.00 = \$1,296.00$

Total cost per minute: $\$1,296.00 / 14,400 = \$.090/\text{minute}$

Mike

Mike only used 1,200 minutes of long distance service in the last 12 months, an average of 100 minutes per month. Mike used 100 minutes each and every month. For Mike the cost of the plans would be:

Plan A

Each month: $(\$.04 \times 100) + \$5.95 = \$9.95$

His total bill for the year: $12 \times \$9.95 = \119.40

Total cost per minute: $\$119.40 / 1200 = \$.099/\text{minute}$

Plan B

Each month: $\$50.00$

His total bill for the year: $12 \times \$50.00 = \600.00

Total cost per minute: $\$600.00 / 1200 = \$.50/\text{minute}$

Plan C

Each month: $100 \times \$.09 = \9.00

His total bill for the year: $12 \times \$9.00 = \108.00

15–Minute De–Frazzlers

Total cost per minute: $\$108.00 / 1,200 = \$.090/\text{minute}$

So Mary should use Plan A (4.5 cents/minute), Joe should use Plan B (4.2 cents/minute), and Mike should use plan C (9.0 cents/minute). Three different people, looking at the same 3 plans, with 3 different results. The lessons: know your usage, and figure your cost per minute.

Wilson Dennis is a writer specializing in business technology articles. He is the creator of the website <http://www.home-office-phone-tips.com> which covers articles on Home Office Phone topics.



This Free E–Book has been brought to you by [Natural–Aging.com](http://Natural-Aging.com).

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!