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

**8 Tips to Ease the Morning Blues**

**By Barbara Myers**

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The morning blues are usually caused by the evening didn't do's. A little preparation the night before can help you ease into your day. Here are some ideas to help.

1. Lay out complete outfits (including shoes and outerwear) for every household member each evening. Make sure everything is clean and presentable.
2. Have everyone take baths/showers at night to free up time and bathroom space in the morning. You can always wet your hair in the sink before styling.
3. Place breakfast dishes, cereals and cups on the table for breakfast after you clean up the dinner dishes every night.
4. Pack lunches and set out lunch money.
5. Have everyone prepare his or her briefcase, backpack and purse, and place them by the door.
6. Install a key hook by the door and make sure your keys are on it.
7. Keep the TV and radio off (unless you have a small child, then it can be a much-needed sitter while you get dressed). They're too distracting and can cause you to run late.
8. Let the answering machine pick up the phone. You can screen calls and only answer the truly important ones.

Have a stress-free morning tomorrow!

Barbara Myers is a professional organizer and speaker. Free tips booklet and e-zine to help you take control of your time by organizing your life. Visit <http://www.ineedmoretime.com>

### **The Color Blue: What Does It Mean to You?**

**By Dylan Miles**

Colors are important in our lives. They are all around us; in nature, in our homes, and in the clothes we wear. The color blue means different things on different levels. Blue is natural, practical, and symbolic. We choose to wear specific colors to say something about us. The color blue is often associated with the serenity of the sky, with a sad and depressed mood, or with the music of the Blues. Some countries, like Greece, have blue as their national color and have it on their national flag.

What does blue mean to you?

You probably associate the color blue with the blue of the sky and the ocean, and if you do, then you also associate blue with serenity and peace. It's no wonder! Blue is very much a tranquil color. In fact, it is said that the color blue produces chemicals that calm and soothe the mind and body. For this reason, blue is one of the most popular color choices for bedroom walls, and is often used to paint baby room walls.

Blue is often associated with "feeling blue" or being depressed. But studies show that the color blue inspires productivity in people. People, it is said, work better in blue rooms. And more than that, some fashion experts suggest that wearing blue to a job interview is great because blue makes a statement about loyalty. Blue creates the opposite impression of red, which is a color associated with power and passion. Fashion experts suggests wearing red to a job interview if you want to show power and strength.

Blue is also associated with the music genre, the Blues. In fact, the basic characteristic of the Blues is the "blue note", an irregular music note. The Blues are often sung about lost love and troubles, but in general blue is a positive, calming and serene presence in our lives.

Dylan Miles, journalist, and website builder, lives in Texas. He is the owner and co–editor of

on which you will find a longer, more detailed version of this article.



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