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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!

A Hobby As A Release

By Josh Hinds

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If you haven't done so already I highly recommend looking for something you enjoy doing. Then start spending a little time each week working on it. I'd like to point out that it doesn't have to necessarily be a monumental undertaking. Nor does it have to be something you plan to make a living doing (Although many a person has found that it leads to this).

Perhaps it is something like starting a little part time business. Maybe it's deciding to take up wood working. The point is that you find something you can find pure enjoyment in. You say you don't have the extra time? Hey, who does? The key here my friend is that you've got to make time for such activities.

So much as we'd like more, we're only given 24 hours a day. Ultimately it will be up to you to give yourself this quality time. I do hope that you'll choose to do so. You deserve the benefit of relaxation that having such a hobby can give you.

I truly believe that when we find happiness and enjoyment in something, we in turn find a moment of peace within ourselves. Needed peace from the hectic times in our everyday lives. Keeping yourself working on something you enjoy also gives your subconscious mind the time to work through the problems that might be occurring in your life. In a nutshell it's a chance to become refreshed.

Josh Hinds – Founder <http://GetMotivation.com> Get the *BEST* in motivation and self-improvement directly in your inbox for FREE, visit: <http://getmotivation.com/myezines.html> – get FREE copy of the new "Principles Of Success!" ebook when you join!

3 Reasons Mom Should Have A Hobby

By Carrie Lauth

Moms these days are so very busy, but we're more stressed than ever before and in need of lifestyle choices that help us be happier. Pursuing a hobby may be just the ticket.

Here are a few reasons why a hobby is a great idea, even for a busy Mom.

Having a hobby relieves stress and tension

Spending time with a hobby replaces negative thoughts and replaces them with positive thoughts and feelings. Having a hobby or creative outlet can lift your spirits and help with depression.

Unlike passive activities like television viewing, a hobby provides intellectual stimulation while simultaneously relaxing you. Repetitive actions like those used in knitting are especially calming.

Hobbies help you parent better

We are so good at signing our children up for lessons and classes and encouraging them to have hobbies, even paying for these classes and driving them to and fro! But we forget that we also need to learn new things and grow as people. Hobbies also connect you with other people who share your interests.

A hobby can help you maintain your separate identity as a real person and not just as Mom. This models healthy habits and boundaries for our kids.

Hobbies provide a refreshing change from your daily routine

If you're a stay at home Mom, you may be frustrated because at the end of the day you can hardly point to anything you've "done". This is because of the repetitive nature of housework and childcare.

In generations past, women pursued hobbies like quilting, sewing, knitting, crochet and embroidery not only because they were enjoyable but because they provided tangible value to the family, either providing clothing for their backs or much needed income.

Some hobbies like tennis, gardening or belly dancing can even provide great exercise with all of its accompanying benefits. The best exercise activity is one that combines mind and body and is enjoyable to pursue.

Why not carve out some time to pursue your hobby Mom? Don't let a shortage of time stop you. Rearrange your schedule and put YOU back in it, and start carving out time for your favorite pastime.

is a resource site for moms who want to enrich their lives with

scrapbooking, sewing, crochet, knitting, tennis, embroidery and other hobbies.



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