

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!

Discover the Lighter Side of the Internet

By Jesse S. Somer

Discover the Lighter Side of the Internet by Jesse S. Somer

We all know the Internet is a great tool for finding out information and sharing knowledge. But as a human sometimes sitting at a computer all day can get quite tedious, especially if it is your job 5 days a week. This feeling can be compounded by other problems in one's personal life, and the result can mean little productivity because of a sour mood. Well humanity does have a lighter side, and this too can be explored on the Internet. Sometimes a little humor or interesting trivia can really take the edge off a bad moment. You'd be surprised at how much comedy and insight is expressed on the Net. I've been exploring what's out there and I just can't stop laughing. Laughter of course is the ultimate medicine and some believe it to be the highest form of life. My only warning is don't get hooked on this stuff as your work ethic will probably become worse than ever!

Now, there's a lot of stuff on the Net and not all of it is positive humor, but you can surf around the undesirable stuff with ease. To give you an idea of some funny sites I discovered, here is a short list but I'm sure there are thousands of others you can find by doing simple word searches: www.bored.com, www.linkydinky.com, www.chickenjoke.com, www.crazyfads.com, www.crazythoughts.com, www.dancingbush.com, and www.stupidvideos.com. I really advise checking out the last site and watching the video entitled 'Evil penguin2'. This nearly brought tears to my eyes as I already have a soft spot for penguins.

So, you've got jokes, funny videos, kooky trivia, strange thoughts and perspectives on different aspects of life, and even the most 'powerful' man on Earth—George Bush doing an animated dance imitating John Travolta in 'Saturday Night Fever'. You've really got no reason anymore to sit in front of your computer worrying and wallowing in self-pity. I've always thought that humans have put too much emphasis on technological development as opposed to the spiritual side of things. This comedic aspect to the Internet has shown me that people can also be quite clever in more lighthearted endeavors. Some of the ideas on these sites really flip the world upside down and make you question why we do the things the way we do. This could be considered a step forward in our evolution as we see the underlying truths in our cultural systems.

Laughter is the key to humanity reaching a higher level of consciousness. Imagine if everyone on our planet could all be happy enough in one moment to laugh at the same time. The Earth would shake, the seas would rise, and all the animals would stop what they're doing to join in. The vibration would probably cause a ripple to flow out into space affecting other planetary systems. Then, imagine all the beings of the Universe laughing at one time. We're talking serious celebrations! We're talking about black holes folding in on themselves in result of the positive energy wave forces demolishing all negative forces in their path! It's called the Laughter Revolution, and it might just be the next step for you to take to reach that long awaited goal of happiness. Come on, take a look around, there's a whole world of funniness just under the surface of our perceived 'normal' reality. We have to wake up and smell the cheese...Oh the sweet cheese.

Jesse S. Somer [M6.Net](http://www.m6.net) <http://www.m6.net> Jesse S. Somer is a 'laughing boy' hoping to utilize the

human-packed comedy hidden in the Internet to morph into a 'laughing man'. He also hopes to incite others to join in the Laughter Revolution that one day will spread across planet Earth.

Travel Light – Its The Weigh To Go

By Maxine Greco

It certainly makes sense to travel lighter these days. Many of the airlines are charging additional fees for overweight luggage. They have a 50 to 75 lbs. weight maximum per bag. With large suitcases weighting up to 20 lbs. empty that does not leave a lot of room for clothes and other assorted items. It's time to learn to travel more efficiently.

To start with, look for lighter weight luggage or downsize to a smaller sized piece. It's not practical to take those oversized 30" or 31" suitcases. Plan to start with no larger than a 29" case. Then look for the lighter weight brands. Many pieces of luggage, that are now advertised as "light weight", are in reality no lighter than the old pieces. Make sure you actually lift the case before purchasing. You do not have to sacrifice quality either, as there are many truly lightweight cases available in the better fabrics with the better wheel systems.

Try to limit the number of pairs of shoes you are taking. Shoes and sneakers are much heavier than clothing. Check out the many travel accessories available. Take along travel sizes of toothpaste, shampoo, and all to the other assorted sundries you cannot live without. If you are packing a hairdryer, take one that is compact and designed for travel. Also think about bringing a small travel steamer instead of an iron. These are lighter weight and work quite well, steaming out all of the packing wrinkles quickly and efficiently.

Instead of bringing along a heavy raincoat, purchase one of the super light umbrellas that are now available. These are made of airplane aluminum and weigh only a few ounces. There are also foldable rain slickers available that are lighter than a raincoat would be and they work well in an emergency.

Weigh your case before you go. Stand on the scale with the suitcase, then deduct your weight. Or there are also several portable scales available that you can hook to the luggage and lift. This will save you the arguments and the surcharges you'll get at the airport. There's also new luggage that just became available with an actual scale built in to the top of the suitcase. Of course, that will eliminate the excuse at the airport that (a) you did not know or (b) that it weighed less at home!

Plan your wardrobe with "mix and match" items. One pair of slacks can be teamed with several different tops. There are also lightweight reversible jackets that can be dressed up or down. These are very lightweight and completely wrinkle free so they are a natural choice.

If you plan on doing shopping, there are folding bags you can use to pack your purchases for the trip home. This way you will not overload your luggage. Most trips allow for 2 bags per person, as well as one carry-on and one personal bag.

Maxine Greco has worked in the luggage and travel industry over 35 years. She is currently at



This Free E-Book has been 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!

