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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!

Every Day's A Party

By Louise Morganti Kaelin

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If you have access to the Food TV Channel, then you are familiar with Emeril Lagasse. His winsome smile, culinary expertise and passion for cooking have skyrocketed him to the top echelon of TV cooks. And not just on TV. Our visit to his 'Delmonico's Steakhouse' remains the highlight of our Las Vegas honeymoon.

Recently, a friend of mine noticed that several recipes from an Emeril Live! Show were from his 'Every Day's A Party!' cookbook. She further concluded that the title appears to be his secret recipe for success: Live every day like it's a party! Live life to the fullest. Enjoy every experience to the max. Find the joy in every single thing.

What a way to go through life! And it's infectious. It's hard to watch him and not get caught up in feeling good. This is particularly true on the shows when he has a live audience, but happens when it's a closed set as well.

What would happen to our lives if we approached everything with the same 'joie de vivre'? How would life be different if you treated everything – work, play, home, people (family, friends, acquaintances, co-workers, people you pass on the street), EVERYthing – like the most marvelous gift you ever received?

What doors would open up? What sadness or illness would disappear? What people would be drawn to you? What would sleep after a day, week, month of that be like? What would it be like if everything that happened to you was an

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opportunity? No wonder phrases like 'bam!' and 'let's kick it up a notch' have entered into the vernacular.

I am thinking this might be a great way to look at life and may well become my theme for 2002. If you've read my newsletter for a while, you know about themes. For the rest of you, I've included a previous article on using themes since this is the perfect time to start planning for next year.

If you decide to try it out, please share your experience so I can pass it on to the 3 Minute Coach community.

Til next time, have a 'party' day!

(c) Louise Morganti Kaelin. Louise is a Life Success Coach who partners with individuals who are **READY** (to live their best life), **WILLING** (to explore all options) and **ABLE** (to accept total support). Find many free resources to assist you in living the life of your dreams at <http://www.touchpointcoaching.com> For her free newsletter of insightful, practical suggestions for creating your best life, email <mailto:on-536@ezezine.com>

Party Planning For Dummies

By Patty Illomia

Planning for a party is no small stuff. It can be really hard to plan for any kind of party and the more important your party is the more stress you are bound to be under. It is a good thing for you that I am here to write this spectacular party planning article to help you to plan the perfect party for any occasion.

Party planning needs to start with a budget. You cannot just go out and start purchasing things willy-nilly without a budget and a plan. **SO** begin your party planning with making up a good budget. How much money do you have to spend on your party? Decide on a reasonable amount and then break this party planning budget down into sections.

Your party planning sections should look something like this, food, decorations, party favors, and plates, cups and napkins. Once you have this stage of your party planning finished you can then start filling in the columns. How many dishes will you need? Is this the kind of party that requires party favors? This is one of the most important aspects of party planning and it is what will make your shopping for your party much, much easier. Once you have a defined list you can go out and start your shopping. Party planning can be stressful, sure, but it should also be fun. After all you are planning for a party, so enjoy it!

The food that you choose for your party is important to the entire event. You will have to take into

consideration what kind of party it is that you are having in the party planning stage. For example, is your party planning being done for a birthday, or an anniversary? Is your party planning being done for a theme party? These types of things matter when you are trying to choose the foods that will suit your party to perfection. IF you are having a themed party then have foods that suit it. If you are having a luau themed party have Hawaiian foods and drinks or if you are having a Christmas party then have Christmas themed foods. This is just smart party planning and it will make your party all the more fun for everyone.

Patty Illomia owns and operates Instan Party Planning Ideas at

. You'll find many options and Ideas for Party Planning that

are right for you.



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