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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!

Father's Day

By Dr. Dorree Lynn

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BASEBALL MEMORIES

A DAUGHTER'S TALE

My father wanted a son. I understood that from the time I could intuit those secret messages that children know without knowing they know. My dad loved me. I also knew that. But, raising a daughter was foreign to him. Certainly, it wasn't his first choice. So, in the ways that a child tries to please a parent, I tried to please him, to fulfill and give him what he wished for. It worked up to a point. Although in later years he was proud of me, for most of our life together, he was never comfortable around me.

Baseball was king in New York City when I was a small child, and although my dad was an inveterate Dodger's fan, we lived near the Yankee Stadium and it was there we bonded as much as we were ever able to. Warm weekends, when he was free, we went to the game. I looked forward to going with him. The hotdog vendors, and cotton candy, peanuts and all the junk food my mother never knew about — a shared secret that made the day just that much sweeter, that much more special. Sometimes he remembered how small I was and he reached out to hold my hand. Sometimes, he got caught up in the excitement of the game, forgetting he had a young daughter to take care of. I understood that too, and in those moments I reached up to touch his hand, sometimes wrapping my small fingers around his larger ones, reminding him of my presence.

I learned the game well along with the roster of great Yankee and Dodger players, with a few others thrown in: Yogi Berra, Pee Wee Reese, Joe DiMaggio, Whitey Ford, Satchel Paige and of course, the heroic Jackie Robinson. I watched the plays, the miraculously caught high pop fly balls, the catcher (Yogi) always in control, the ump's calling their balls and strikes, the seventh inning stretch when I was more than ready to go home. And, sometimes, a shared ice cream sundae, one more secret indulgence, before returning home.

My mother never understood the specialness of these outings. Actually, neither of my parent's did. She knew I was away for the day and therefore I was not underfoot. And, he had a companion, not the son

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he wanted, but I did the best I could to give him the joy he wished for. Baseball became our bond as it also became part of my lifeblood.

Father's Day, 2001 years after both my parent's death: They are gone but baseball is still with me. The guys in my psychotherapy practice are often surprised at how much I know and how passionate I get discussing the game. We wander into discussions of how much the game has changed. We debate the appropriateness of the player's now mega salaries. We argue plays and groan or applaud a home run. The men who have entrusted their lives to my professional skills and I bond. I have my dad's baseball education to thank for that ability. I could never be the son he wanted. I haven't forgotten the pain of always knowing that. But, for the now grownup grandmother who as a small girl tried to be what her dad wanted, baseball remains. I am grateful for that gift.

Life is too hard to do alone,

Dr. D.

Dorree Lynn, PH.D.

Dr. Dorree Lynn is co-founder of the Institute for the Advanced Study of Psychotherapy and a practicing clinician in New York and Washington, DC. Dr. Lynn served on the executive board of the American Academy of Psychotherapists and she is on the editorial board of their publication, Voices. She is also a regular columnist for the Washington, DC newspaper, The Georgetown. Dr. Lynn is a noted speaker and well known on the lecture circuit.

Father's Day Cards Are A Must

By Triston Huntsmin

Fathers are the heroes to many people. Young children, teens and adults often site their father as the person they look up to the most. Father's day is a day that happens once every year that is dedicated to reminding our fathers of how special they are and of celebrating their lives. Families gather to share meals and games or children that no longer live at home call their fathers on this day. One of the best ways that all children and adults can celebrate their fathers is by sending great father's day cards to the men they love the most.

Father's day cards are a great and simple way to show dads how much you care. Every card shop sells a variety of father's day cards every year. You can choose a funny card that will get your dad laughing or a more serious card that reflects your heart toward him a little more. Card companies have come out with father's day cards that are appropriate for a five year old to give or for a fifty-five year old to send. So no matter what your age you have no excuse not to send your father a father's day card. Cards are written with various levels of depth and caring, so even people that do not feel extremely close to their dads can send a card.

Father's day cards are a great opportunity to share with your dad the way you feel about him and the

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reasons why you are glad he is in your life. Think back to the past year of your life. Has your dad done anything special or said any kind words that have impacted you this year? If so, include those memories in your father's day card. Show your gratefulness for all of the ways your father has sacrificed for you over the years. Use father's day cards as a time to share with your dad all of your hopes about where your relationship will head in the year ahead. Tell him your desire to spend more time with him or to make him a bigger part of your life.

If creativity is a strong suit for you, consider making father's day cards of your own. What a great way to bless your dad with a card that you made just for him. You can include his favorite colors or a quote or saying that he particularly enjoys.

Make sure that you celebrate and appreciate your father the next time father's day comes around by giving him a father's day card that comes right from your heart.

Triston Huntsmin has become an expert in sending the perfect Father's Day card to his dad. He believes strongly in the importance of valuing the people you love. See

to find the perfect card for the father in your life.



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