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**Hopes and Vision for RECIPES FOR ENCHANTMENT**

**By Dr. Barbara Becker Holstein**

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The following remarks became part of an article recently carried in Story Circle Journal. I hope you enjoy reading these.

I believe that retrieving positive memories is important to our health and well being. This is one of the dominant themes of my professional teaching. I have come to believe that without a sense that life is pleasant and at times pleasurable, joyful, even rapturous and ecstatic, we are vulnerable to depression, chronic anxiety and seeing ourselves in a poor light.

I have seen my clients and myself find positive information in our own life story and perk up no matter what the circumstances. For me perhaps this was never more strongly pointed out than writing RECIPES FOR ENCHANTMENT, The Secret Ingredient is YOU! So many times when I was writing the book I remembered and felt the positive lessons that my dad had taught me. I felt his love for me coming through. For example when I remember his story about how he had not picked up a returnable glass bottle when he was a boy, as his friend told him "it ain't worth nothin'," I am flooded with good feelings about my dad.

My dad really made an effort to help people to make good judgment decisions. For example, in his story, "That ain't Worth nothin'," he loses a bottle in the gutter because a friend convinces him it is not worth anything. However, the friend then picks it up and turns it in for a "shiny" penny! He loved to tell his lost bottle story because it pointed out occasions that we all face.

So often people try to convince us that something is not good for us. Why? Perhaps because they want it instead or they really believe it isn't good for us, or they simply, for some reason, are blocking us. That's where our personal judgment skill comes in to play.

Many times during my life, people have tried to convince me to drop something. For certain there have been people trying to convince me to drop THE ENCHANTED SELF project, as it has been an expensive passion. As those of us know who publish books and newsletters, oftentimes the financial returns are minimal if at all. But my father's lessons in learning to make clear judgment decisions and

evaluating the circumstances have stayed with me. I see THE ENCHANTED SELF as a long-range project over many years and every day that I can educate and help someone or share in the mutuality of positive stories I am at peace with myself.

I wish all of you a continued opportunity to come to peace with yourselves again and again as you walk your particular road of ENCHANTMENT!

Dr. Holstein is the originator of The Enchanted Self and a psychologist since 1981. She is the author of two books: The Enchanted Self, A Positive Therapy and Recipes for Enchantment, The Secret Ingredient is YOU! Dr. Holstein speaks on radio, and appears on television in NY and NJ. She gives

lectures, seminars, retreats and audio interviews on LadybugLive.com and is in private practice in Long Branch, NJ with her husband, Dr. Russell Holstein.

## **How Can We Build Enchantment Into Our Lives? – Part 2**

**By Dr. Barbara Becker Holstein**

### **How Can We Build Enchantment Into Our Lives? – Part 2 by Dr. Barbara Becker Holstein**

Thank you for staying with me for this two part article about how our environments add enchantment to every day living. This week I invite you to read about how my Virtual Assistant, Rebecca, put beauty, meaning and form into her home. Her story is different from mine, as each of ours are, but it is the same in the sense that it is her way of building enchantment into her life.

Building Enchantment

By Rebecca Trelfa

I wanted to share a little note about creating enchantment in your home. I recently moved into an old Victorian house that needs serious redecorating. A previous owner loved dark woods and shag carpets. (Not my style!)

Since I work at home, I found it necessary to temporarily add some enchantment to 'this old house' because I spend so much time here. I took down dark drapes and replaced them with sheers to let the light in and, and sanded down and refinished some of the dark wood to give it a lighter appearance.

What a difference! Now I love my new home and am even happier to spend my days here. We have a nice back yard that I plan to plant some flowers and shrubs in once the weather is nice. I have even developed a new interest in Feng Shui and sit glued most nights to the Home & Garden channel watching dreary homes get enchanting face lifts.

I am reminded of an article of Dr. Holstein's called Positive Spaces, which focuses along the same lines. When you are surrounded by enchantment and things that really reflect your own personality and things that you love, you create new warm memories by bringing out the best of the past.

## Hopes and Vision for RECIPES FOR ENCHANTMENT

For example, my love of New Orleans has inspired me to create a Creole–style kitchen and my love of the Caribbean has inspired a soft bathroom with unusual colors. It is so fun to be creative and pull the best from your experiences.

### A Play Date with Building Enchantment

You have now read two different accounts of making a house come alive with personal history. Take a few moments to reflect on what you have loved in the past. Was it what you saw on a vacation? Perhaps, actual household items, as I talked about. Perhaps a certain style or time period makes you feel great.

What else would you like to bring into your life ... new things ... a new home ...a garden ... new clothes? Perhaps it is nothing physical, but things like more music, or time with friends. Whatever it is, take some time to daydream. Let our stories wet your appetite and give you encouragement to bring more enchantment into your life.

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