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**How To Completely Ignore Valentine's Day Without Having To Sleep In The Dog House**

**By Julie Hunt**

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**Julie Hunt**

Forget the mass marketed, red hearted Valentine Day pressure that starts heating up about now. Steer clear of high priced flowers, tasteless candy hearts and stuffed bears. Follow these tips to make the woman you love feel cherished.

Tell her Valentine's Day means more than romance and gifts. It means she'll be the focus of your caring attention, dutiful doting and loving affection.

Here are 9 quick tips to escape the Valentine's Day commercialism and still snuggle with your hunny!

1. Concentration is the Name of the Game. Guys, you have an amazing ability to focus and solve problems! Focus on how special she is to you. Instead of stressing about the perfect Valentine's gift, think about all the fun, silly, spunky, sexy, serious and loving things that she does for you. Chances are she's doing exactly what she wants you to do in return. Think about who she is. What makes her smile? What she is truly passionate about? What small little things could you do at home every day that would make her feel more loved? Get out your love tools!
2. Under Promise and Over Deliver. Make promises early and make them often...just keep them. No emergency is more important than her love. Show your love and respect for her by honoring your time together and your commitments. Leave work early and call her on the way home and tell her you just couldn't wait to see her. Ask her if she'd like you to pick up something special before you get there.
3. Be a Mirror. We reflect the world around us... the good, the bad and the ugly. Be mindful of her moods. When she approaches you with love and joy, mirror it back to her and she'll feel especially loved and close to you. Or, if she's had an especially bad day, initiate her cheerful reflection by filling up the bathtub with floating candles and tell her to soak in the flickering flames of reflective delight.

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4. Note It. Love notes are a sure way to inspire a loving connection everyday of the year. They don't all have to be sappy poems. Buy a calendar, keep it in the bathroom and write a reason a day that you appreciate and admire her. Follow her to the store or the dry cleaners and leave a note on her car in the parking lot. Drop them in her purse or write them on the bathroom mirror with a dry erase pen for her to wake up to. If you were thinking more along the lines of tagging the freeway overpass try 24 hour disappearing ink.

5. Dream Date. Take her on a dream date that won't cost you a dime. Tell her the only topic of conversation is to hear about her dreams. What she loves. What she wants to do before she leaves the planet. What she'd like to learn. Where she'd like to travel. Who she most admires. Let her talk freely without stopping then write a few down later and help her create her dreams.

6. Use Actions and Words. Show her how much you love her by going out of your way to do little things and then reinforce it by telling her. "I'd be happy to \_\_\_\_\_ because I want to show you how much I

appreciate you" or... "I knew you'd feel special coming home to \_\_\_\_\_." or... "I wanted to show you how much I love by \_\_\_\_\_." If this seems like too much work you can get a list of Valentine's Day heartfelt expressions at [www.shesite.com](http://www.shesite.com). You won't have to depend on your own creative loving juices and she'll still hear how much you care.

7. Hugs for Health. 4 hugs for survival. 8 hugs for maintenance. 12 hugs for growth. Each and everyday.

8. Bon Appetite. Cook her favorite food. Pick up restaurant delivery and the biggest chocolate dessert you can find on the way home; or have one of the online gourmet delivery options deliver a 5 course meal to your doorstep. Dim the lights. Start with the chocolate first. Put on an old Sinatra CD and tell her you fully expect that she may not even have an ounce of room in her belly for the Pecan Crusted Salmon main course. Get an easy recipe for an intensely chocolate experience with a rich decadent fudge center at [www.shesite.com](http://www.shesite.com). This alone will buy you blissful hours of love!

9. Sleep Tight Wishes and Bedtime Kisses. Make the very last moment of her day special by kissing her softly, accommodating a simple request like water or Kleenex, pull the covers up to her chin, touch her forehead and tell her you love her. Give her a kiss on the shoulder first thing in the morning too.

And if that doesn't free you up from the Valentine's Day trap, forget the diamonds and make her a handmade sweetheart style, metal shop charm that she can keep close to her heart. There's nothing more heartwarming than your thoughtfulness, love and handy attention!

**WARNING:**

**DON'T** be a complete knuckle head, buy her a card!

For more simple happy fun essentials for every other day of the year, take a peek at [www.shesite.com](http://www.shesite.com).

Julie Hunt is pure delight and motivation. She's a free flowing source of hope, energy and inspiration who tells it like it is giving straight forward and simple tips and advice so you can live happier days and

obliterate the monotony of life at [www.shesite.com](http://www.shesite.com)

## **Does Your Dog Really Need A Bed?**

**By David Amos**

You bring your cute, fun loving puppy home for the first time so of course you want your dog to sleep with you. After all he's furry warm and snuggly. But in all honesty this is not the best thing to do for you or your dog. You really need a dog bed and to establish the correct behavior at the outset.

Sure it's fine now but when your dog grows to it's full size at 100 lb, will it be such fun? If you adopted a dog from the pound it may actually prefer it's own place. Your dog may want somewhere to feel secure and safe.

There are medical reasons too. If you get your dog used to sleeping in one spot he's less likely to sleep on the floor or another hard surface which can cause arthritis and calluses in later years. Starting out correctly can help keep your dog fit and healthy. They even make orthopedic dog beds now to help address this very issue!!

Now that we have established that a dog bed is essential, what type do you get? It depends on your dog and his preferences. Make sure the bed is big enough for your dog. Even if it's a perfect fit for your house and matched the decor, its really important that your dog can lay down in the bed. If not then the dog bed will never be used.

Next on the list of requirements is probably a chew proof bed, especially for puppies. There are multiple styles of dog bed, such as indoor or outdoor, heated or not, travel or car beds and as previously mentioned orthopedic beds for the older dog. Select one that fits your dogs needs and lifestyle.

Some things to consider are that the bed is totally machine washable. Both your dog and the bed are going to get dirty so you'll be washing both regularly - though not at the same time! Fleas are a major consideration too and cedar shavings can help stop them becoming permanent residents.

Take a little time and put in a little effort into selecting the ideal dog bed and both you and your dog will get a great nights sleep and wake up refreshed and ready for the new day!

David Amos is a long time dog owner and dog lover. Further Dog bed information can be found at

and other dog articles can be found at



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