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Lessons From The Bathroom Sink

By Liz Sumner, MA Life Coach

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All the great philosophers must have been plumbers. The work seems to lend itself to powerful insights. Plumbers unstop the blockages and get everything flowing. They plunge the depths and get rid of all the crap. Who better to pass along pithy rules of life?

I tackled a leaky sink the other day. I'd been tolerating the drip for months. It took me so long because I didn't know how to go about starting. I'd made halfhearted attempts to ask at various hardware stores but I didn't provide enough information for them to help me so they were useless. I took this to mean that they were rotten SOB's and vowed never to shop there again.

I don't know what changed to make the task suddenly seem doable and essential. It was almost like catching a wave of energy. All I know is that I woke up one morning ready to fix the leak.

So I turned to the wonderful internet— the source of all knowledge, and searched on "How to fix a leaky faucet." I got exactly what I needed and thus my philosophical adventure began. Here's what I learned:

1. The source of the problem is generally not where it appears to be.
Did you know that when a faucet is leaking the leak isn't coming from the faucet but from the handles? It makes perfect sense. It's where the work is done. I would have started trying to apply a solution to the symptom instead of getting to the heart of the matter. Learn something new every day.

2. Even when at first it looks as though you can't go any further you have to keep at something to find resolution.

I only partially understood my internet instructions, and it's not my style to comprehend something fully before I start messing with it, so I started unscrewing whatever looked unscrewable without any idea what a packing nut, valve stem, or stem spindle was. I got to a point without obvious moving parts and figured okay this is it. That thing there might be a washer. Let's go with that. First trip to the hardware store.

Lessons From The Bathroom Sink

3. There is no shame in ignorance when you're trying something new, and you will not die of embarrassment when you make a mistake.

I have to admit I was tempted to scramble for a lie when the guy asked me what I thought this item was. It was so clear from his expression that I'd made an error. It was not in fact a washer but some spacer thing. He showed me examples of what I was really looking for. I got back in my car, took deep breaths, thought it was unlikely that they were having a big laugh at my expense but what the hell. I was doing my best. I presciently told myself that maybe I'd make several more trips back and forth (25 minutes each way) before it was done and that was fine.

4. It's not the thing itself, but what supports it that's important.

So next I figured out how to take out the cartridges and took them back to the store. After a fair amount of blah blah blah that I didn't understand or care about regarding Chinese parts and their American equivalents he picked the seat and spring he felt was most likely to fit. Another mind blower-- the leak

has nothing to do with this thing I just dug out, it's what it sits on! I'd hardly even looked at what was beneath it. Back I go to see if this replacement part is the right thing.

5. Pay attention to what you're receiving. You may be taking on something inadvertently.

Lo and behold the seat and spring fit perfectly. Hooray. I'm ready to put everything back together. I reach into my pocket for the cartridges and find that I have accidentally taken one from the store and left mine behind. I try to make it fit but it's no use. One more trip and this time it was avoidable. Arggh.

6. Life would be easier if the hardware store was closer.

Achieving a goal may involve some false starts and missteps. Staying on your intended path generally takes a lot of course correction. The sooner you know you're headed in the wrong direction the less frustration, inconvenience and discontent in your life.

My sink no longer leaks. I feel joy and a sense of accomplishment every time I walk in the room. I hope that lasts at least as long as the leak itself.

Liz Sumner, MA Life Coach helps you find the courage to move beyond what limits you and achieve what you really want. For more information and a complimentary 30-minute coaching call write to eamsumner@monad.net or call 603-876-3956.

The New Look Of Contemporary Bathroom Faucets

By Frank Johnson

When you think of a bathroom faucet, you think of one thing - function. Your bathroom faucet is there to bring water to your sink so you can wash your hands, brush your teeth, etc. But today, bathroom faucet manufacturers are focusing on form as well as function.

Contemporary bathroom faucets have evolved from plain, design-less fixtures into sleek, streamlined works of art. These new faucet designs are in direct response to the latest wave of cutting-edge

Lessons From The Bathroom Sink

contemporary bathroom design. As modern bathroom design advances, so does the look of bathroom faucets. A modern, state-of-the-art bathroom sink and vanity, for example, needs a more updated and contemporary bathroom faucet. As a result, bathroom remodelers now have a variety of faucet options to choose from.

Choosing Your New Contemporary Bathroom Faucet

If you're going through a bathroom renovation and want the latest modern bathroom fixtures, you need to make sure everything matches, especially the faucet. As basic as a bathroom faucet may be, in many cases, it's the faucet that ties your bathroom together. When selecting a contemporary bathroom faucet, you want to find one that is the right height and length for your new or existing sink.

Contemporary bathroom faucets come in different shapes and sizes, giving you many options to choose from. The sink and vanity you select or currently have will dictate the height, depth, and shape of the bathroom faucet you need to get. Whenever you purchase a bathroom faucet, you must consider all components of the vanity set up (vanity/cabinet, sink, and faucet). Each element needs to work together in function and style if you want your vanity to have a cohesive look and feel. When shopping for your new contemporary faucet, always keep your vanity, sink, and new bathroom design in mind.

How to Pay Less for Your New Contemporary Bathroom Faucet

It's true, the newer, more stylized contemporary bathroom faucets can cost a bit more than a run-of-the-mill faucet, but there are ways to save. Online bathroom furnishings wholesalers, such as

, offer discount contemporary bathroom fixtures at prices that are

significantly lower than most high-end bed-and-bath retail stores. These online wholesalers partner with manufacturers to get bargain-basement deals on everything from modern bathroom vanities to contemporary bathroom mirrors. Then, they pass the savings onto you, the consumer. If you purchase a faucet at the first place you look, you're going to end up paying too much. If you want to save on your bathroom remodel, you need to shop around and definitely check out the online bathroom wholesalers.

Bathroom faucets no long look like they used to. Today, they're highly stylized, sleek, and made of the highest quality materials. However, this new influx of contemporary bathroom faucets means higher prices for bathroom fixtures. That's why if you want to save a few bucks on your bathroom remodel or faucet swap out, you need to find a retailer that offers discount bathroom faucets.

From

to state-of-the-art

, Modern Bathroom has the furnishings

you need to transform your bathroom.



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