

Lighten up, just a little

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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!

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By Lisa Hood

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Humor has a place in every day life. It is a part of our conversations, our entertainment, even our personalities. Humor is used to lighten the mood, relate to others, to deal with stress and pain. It is in our workplace, our home and it should be in our books.

A sign posted at a beauty shop: "All work done while you wait."

A sign posted at a meeting: "For Restrooms: Use Stairs."

A bumper sticker: "Adults are just kids who owe money."

Another bumper sticker: "Ambivalent? Well, yes and no."

Should be my bumper sticker: "There is absolutely no excuse for the way I'm about to drive."

It can be difficult to predict the effect of humor in your writing will have on your reader. Sarcasm may be misinterpreted, sexist, racist or crude remarks may be offensive. You should use caution and good sense; however, humor does have a place in your writing.

Medical research indicates that laughter really is medicinal: increasing the immune system's activity, increasing antibody immunoglobulin A, which protects the upper-respiratory tract and decreasing stress hormones. Humor reduces blood pressure and the heart rate. Positive humor also offers interpersonal benefits. Humor makes you and your characters likeable.

When should humor be used? Whenever, and wherever stress is prevalent. Think about police officers, medical workers, emergency personnel and you may think there is little opportunity to introduce humor. However, individuals in these professions need humor to cope.

According to Richard Jacobson, a news anchor with a Los Angeles radio station, "As a journalist, you encounter the rough edges of society much like firefighters, policemen and physicians. A certain

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amount of humor allows you to keep your emotional equilibrium." He often ends his newscasts with stupid criminal behavior.

A man was arrested after knocking out an armored car driver and stealing the closest four bags of money. It turned out they contained \$800 in PENNIES, weighed 30 pounds each and slowed him to a stagger during his getaway so that police officers easily jumped him from behind.

A police officer pulled over a driver early Wednesday because the van she was driving appeared to be out of control. According to his police report, the 42-year-old driver not only seemed to be intoxicated, but said: "Please give me a break. I'm drunk."

You may introduce a character who always has a joke to tell. I'm not talking about the king of one-liners, but don't you know people who have a joke to share every time you meet them?

A man went to visit his doctor. "Doc, my arm hurts.. Can you check it out please?"
The doctor rolls up the man's sleeve and suddenly hears the arm talk. "Hello, Doctor." says the arm.
"Could you lend me twenty bucks please? I'm desperate!"
"Aha!" says the doctor. "I see the problem. Your arm is broke!"

So lighten up a little. It's ok. Even if your book is serious, your characters don't always have to be.

Resources
Jokeboss.com

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When Not To Color

By Jenny Andrews B

We all know the girl. Every time you see her, she has a different color hair. One week it might be streaked with blond highlights, the next it is vibrant red. And so it goes until the day you see her with an extremely short cut or worse yet, a ball cap. When you ask what happened, she blames it on a color disaster. She got a hold of a box of color that had something wrong with it or some similar excuse. But you've seen it coming. I mean, how many times can you actually color your hair without it falling out?

To avoid the same mistake, there are a few simple rules that you should follow. No, you don't have to be relegated to wearing the same hair color all of the time. You can change your look every now and

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then. The key to it, though, is to know when and when not to color your hair to avoid hair color burn out.

Before you color your hair, you should always check it to see if it is strong enough to withstand another coloring. There are a few ways that you should do this. First, shampoo your hair and feel it for overall dryness before you add conditioner. If your hair feels like straw or something other than hair, you should not color. You can also take an individual hair strand and test it for breakage. Simply apply tension to the hair strand until it breaks. If it breaks easily without stretching, you definitely cannot color. Another thing to look for is fading color. If you have been coloring your hair only to have the color fade out within a few weeks, your hair is in no condition for further coloring.

In addition to checking your hair to see if it can be colored, you should also avoid certain color combinations to eliminate or reduce damage. When making hair color changes, avoid drastic differences. For example: Do not lighten your dark brown hair to platinum blond only to put deep red on it and then try to lighten it again. What you will end up with is mush.

You should also wait a good while in between hair colors. Wait at least 6 to 8 weeks between root touchups. If you want to change your hair color completely, you should use the following time guidelines: Going darker - wait 4 weeks after last color. Going lighter - wait 8 weeks after last color. And always check to see if your hair is strong enough to withstand the service. If in doubt, ask a professional.

Jenny is a hair expert, and the author of an incredible free minicourse, that explains how to find your unique style, how long or short you should have your hair, how to find the right hair color for you, how to find the right salon, and a lot more. Go to

<http://www.hairstylevillage.com/>

now and get this amazing

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