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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!

Relax Yourself - You Deserve It!

By Wendy Y. Bailey

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Daily relaxation reduces frustration, stress and anxiety. It also offers you at least seven opportunities to unwind and escape from the speed of everyday life. Once you get started, you may find it easier to relax in other ways during the day or week.

Here are just a few ideas to get you started:

Sunday - Immerse Yourself in a Healing Bath. Most herbs and scented oils have healing properties. Drop lemon and orange peels in your bath to eliminate toxins and create an exhilarating experience. Enjoy the fragrance in your bath and watch the healing begin.

Monday - Cherish your theme song. The music and lyrics of your theme song fit exactly where you want to be in life. It expresses who you are or who you choose to be. Don't miss this opportunity to sing or hum your treasured theme song...everyone should have one.

Tuesday - Surrender to a lotion bath. From head to toe, massage your body with your favorite body butter or creme. For relief from anxiety, depression and stress, blend 12 drops of jasmine oil into an ounce of unscented jojoba or hazelnut oil. Nurture the skin you're in.

Wednesday - Experience an "I'm Brilliant" moment (or two). Sit quietly and think about all of your accomplishments (great and small) for the week. Congratulate yourself. Find ways to mentally celebrate your successes. Boost your self-esteem and find your place of triumph in the midst of the madness.

Thursday - Spoil someone special in your life. Doing something special for your spouse, spouse or your favorite person of the week is an uplifting and inspirational experience. It serves as a reminder of your many blessings.

Friday - Indulge your creative side. Write poetry, draw a picture or paint. Creative expression is the supreme form of liberation.

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Saturday - Embark on a special destination in your journal. Use words and pictures to illustrate your feelings about being in a special place or time. Revisit your exclusive corner of the world regularly to add new adventures and discoveries.

If your life feels like being on a merry-go-round that you just want to stop so you can get off, get started with some daily doses of relaxation. Don't worry if you can't make it happen everyday - just start! What a great way to get off of the merry-go-round and relax just a little every day.

Wendy Y. Bailey is a personal coach and empowerment speaker. Wendy coaches women

entrepreneurs and business owners, focusing on reinventing and self-care. Contact Wendy at 404-327-5171. Visit her website at www.wendyYbailey.biz for more information.

Take a Vacation—You Deserve It.

By Mike Yeager

A vacation is just what the doctor ordered for many people. While there is nothing wrong with working hard, it's always fun to get away. Given the low cost of airline tickets these days, many people can go almost anywhere they want. From skiing in the mountains to sunbathing next to a pool, a vacation is a great time to relax and have some fun. Whether you have a day or a month off, make the most of it by doing something that you enjoy.

While many people like to spend their vacation in a warmer climate, others like to explore the great outdoors and go on hikes. No matter what your ideal vacation is, it will allow you to leave your troubles behind and embark on fun filled adventure.

Plan Your Vacation.

If you plan to fly somewhere for your vacation, book your airline tickets early. Also, try to make your hotel reservations as soon as possible. Doing so will reduce most last minute stress. It also helps to pack as lightly as possible. If you don't know exactly what you want to do on vacation, it might help to check with a travel agency.

Keep in mind that you don't have to travel far for your vacation. Many people take a vacation in their own town. Check out some of the tourist attractions in your own city that you might have forgotten about. If you pick the right vacation for you, you will be able to fully enjoy and look forward to a great time ahead.

Mike Yeager
Publisher

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Exciting Ways to Make Saving Money Fun
Triumphing Over Tantrums
Life changing Attitude
Guided Meditation To Make You Whole

Control your Headache!
Motivate Your Way To Success
Secrets Revealed Of A Successful Online Marketer – Willie Crawfo
Mail Order in the Internet Age
Cure Bad Breath



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