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Self Acceptance - Lessons From My Hair Affair

By Lee Mellott

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by: **Lee Mellott**

For our diet and, indeed, in every aspect of our lives, we must remember to relax from the demands of the unrealistic ideal. For those trying to lose weight, you cannot be the Barbie. For those lifting weights, you cannot be the Governor of California. Accepting this principle first, can give you the peace of mind to love what you do have, lower frustration, and actually make weight loss easier in the long run!

A few years ago while driving to the drugstore I watched a family walk across the street. There was a woman who appeared to be in her 70's with a thick mass of black hair flowing down her back. Next to her was another woman 40ish with a thick mass of black hair flowing down her back. And walking with them, a teen with a thick mass of black hair flowing down her back, and alongside her was a girl about six years old with a thick mass of black hair flowing down her back.

The teen was pushing a pram. I craned my neck and observed a tiny baby tucked inside - no there was no flowing mass of black hair. But I could see little black tufts starting up and I was willing to bet what that would look like in the future.

I drove on to the drugstore feeling a bit gloomy. When I got to the store, I saw rows of hair beautification products. Products to pump up the volume, smooth, curl, add bounce. I had tried many of them in the past with maybe some improvement but not much. What I really needed was more hair. If any of those ladies walking would give me just a little bit of their hair I would really benefit and I doubt if they would miss it. I have baby fine blond hair. The kind that wilts in the heat, hangs limply in the rain and loses its style quickly.

Later that week, I happened to catch the talk show Maury. Women were on the show complaining about their hair. One young African American lady caught my attention. About 14 years old, she had wiry black hair. It sprouted out from her head and went all over the place. She cried as she told Maury that she had not had a comb in her hair in years because it got all tangled. I was shocked as she told Maury that insects landed in her hair and stayed there. And I thought I had problem hair.

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After watching the show, I started thinking about my hair and instead of viewing it as a problem I decided to focus on the assets. Ok my hair was very fine ... but that meant a couple minutes with the blow dryer was all it took to dry it. My hair grew very slowly ... but that meant I saved money when I got highlights because it took them forever to grow out. Also I would never have to pay for an "UPDO" because there was not enough hair to do up!

I thought about my struggle to have long hair. My dream hair was a long, shiny mane. I had given that idea up long ago and decided to settle for a chin length bob. But that wasn't working out either. My hair looked flat and drab.

It was the same with my fingernails. I wanted medium length nails but nail products and calcium weren't producing results. Right then and there I decided to ACCEPT what I had and work with it to make life SIMPLE and ENJOYABLE. Instead of fighting my genetic code I would work with it.

Next stop the hairdresser. I had my hair cut off to a very simple bob that hit just below the ear. On "good hair days" I could wear it over the ear. And on bad ones or when I got caught in the rain, I could slick it back behind the ear. Highlights to give it body and more shine were added and I purchased products that while they don't work miracles they were suitable for my hair.

Next I threw out all my nail hardeners. They might work for other people but they weren't working for me. I filed my nails down to a simple, blunt length. I purchased a very good file and a chamois buffer. If I paint them I will use clear or a pale pink. But usually they are just buffed to a healthy glow. No more struggle with the nails. Wow!

It's amazing how good it feels and how much simpler our lives become when we accept what we have and work it to our advantage. Think about what you have, that you struggle to change. Is it something you can change or is it something that you can't. Life is so much easier when you work with what you have.

Indeed, no one is going to mistake me for the Breck Girl or the lady in the Herbal Essence Shampoo commercial. But that's ok because I enjoy my hair and nails now and that's what matters!

Lee Mellott is the webhost for The PATH Weight Loss:

. She holds a Masters

degree in Education from Hood College. Born in England, she spent most of her childhood in France and Germany. Lee resides with her husband Rusty and their two daughters Katie and Jessica in Maryland.

Extramarital Affair: Should You Get A Divorce Just Because One Of You Had An Extramarital

Affair?

By Karl Augustine

Having to deal with an extramarital affair can be a life-changing event, regardless of whether you stay married or not. Inescapable feelings can come over both people that will never be forgotten by either of them. The person who actually had the extramarital affair can have feelings of guilt, loneliness, confusion and misdirection along with many other feelings. The 'partner' who did not have the extramarital affair can have these feelings as well, but the lack of confidence that can come as a result of the other person having an extramarital affair can be one of the toughest parts to deal with.

The feelings that come as a result of one or both parties having an extramarital affair are natural but can also be extensions of something much deeper. Of course, if someone has an extramarital affair, both people in that marriage will have feelings that will be "surface level" only at first. Arguments can occur, denial may set in, and/or tempers can flare due to the extramarital affair. While these things are only natural and to be expected, if your going to actually survive an extramarital affair, you must look at the deeper issues and get down to the real cause of the affair and what to do about it.

People in marriages don't often look at having extramarital affairs lightly, and they realize most times what affects their actions will have on their marriage. If someone has an extramarital affair and doesn't think that it will have an affect on their marriage, surely they are either in denial or their definition of marriage leans strongly towards the "open" side. For the rest of the married crowd who don't subscribe to an "open" marriage and who have to deal with an extramarital affair, things can get a bit more complex.

Complexity can be interesting no doubt, but it can also add to the confusion of someone having an extramarital affair, especially if the couple or one party in that couple wants to look deeper at the situation and figure out two very important things:

1. Why did the extramarital affair happen?
2. Does the fact that there was an extramarital affair in the marriage really warrant getting a divorce when both people agree upon the reason that the extramarital affair happened in the first place?

If the couple really wants to save their marriage in spite of the extramarital affair, then finding out why the extramarital affair happened and agreeing on that reason is the first step in the healing process. If you are currently trying to save your marriage and one of you had an extramarital affair, try to limit your pain that you feel and talk things out with your spouse so you can clearly define and agree upon exactly why the extramarital affair took place. If you cannot do this, chances are you will never get over the extramarital affair and your marriage most likely won't survive...or at least you won't have a healthy marriage after the extramarital affair.

After you have defined and agreed upon the reason that the extramarital affair took place, you must

decide whether that reasons (or reasons) warrant actually going through a painful divorce. At this point you have 2 choices...either decide in your own or decide with your spouse. The latter is optimal for a variety of reasons but the main reason is that you may actually save your marriage if you decide

together. Deciding together whether the real reason an extramarital affair took place indicates that you're both really reaching out for something, something you most likely didn't have prior to the extramarital affair...togetherness.

So, should you get a divorce just because one of you had an extramarital affair?

No, not necessarily. Depending on how collaborative you can be with your spouse, how 'detective-like' you can act, and how much soul searching you can do, you may just become stronger together because of an extramarital affair. It may sound odd, but that's the truth. Of course, it is entirely possible (and probable) that if you both don't define and agree on why the extramarital affair took place and work to address that reason or reasons, your marriage won't ever be healthy again and you'll never be able to healthily survive the extramarital affair.

Karl Augustine Author, "A Practical Guide To Deciding Whether Or Not To Get A Divorce". *A resource recommended by marriage counselors to their clients.

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