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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!**

**Share a Smile**

**By Joyce C. Lock**

**Share a Smile by Joyce C. Lock**

(a clean, heart warming, and humorous email list group)

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To every thing there is a season ...  
and a time to laugh ...  
Ec. 3:1-4

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'Share a Smile' is a free email list group,  
having originated, in 2001, among friends of  
the Heavenly Inspirations email list group.

'Share a Smile' went over so well that  
we want to share these smiles with you  
and we hope you enjoy them enough  
to share with your friends, too!

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A merry heart doeth good like a medicine ...  
Proverbs 17:22

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'Share a Smile' emails are delivered  
to your inbox, at random;  
as more clean, humorous, and

## Share a Smile

heart warming emails are prepared.  
If you have the time and email space,  
and can view your emails in html format,  
perhaps you would like to consider joining us.  
Then, maybe you, too, can ...

Share a Smile, Show you Care

and Have a Wonderful Day!

Send a Blank Email

To Subscribe: SmileSharing–subscribe@yahoogroups.com

To Unsubscribe: SmileSharing–unsubscribe@yahoogroups.com

Or Subscribe Online

<http://groups.yahoo.com/group/smilesharing/>

'Share a Smile' does not offer your email address to third parties.

In addition to being a published author and poet, Joyce C. Lock created the religion column, "Christianity Made Simple" for Peru Daily Tribune, continues to write inspirational articles for area newspapers, and shares further in online and e–mail ministries.

### **Give Your Attitude A Little Altitude**

**By Michael Dixon**

Need a way to make your life a better place to live?

Life is our perception of what it is, not necessarily the reality of what it is.

Let's see if I can explain that. Life can sometimes be great, and at other times, not so great. It all depends on how we are feeling at the time. If we feel good, life is good. If we feel bad, life is a bummer.

The reality is life hasn't changed at all, only our attitude. If we want to improve life we must first improve our attitude about life.

Put a smile on your face and keep it there. It is impossible to feel bad when you are smiling.

Smile every time you look in a mirror.

## Share a Smile

Smile at people when they enter your office, home, or wherever. Smile at those you meet on the street.

Smile when you answer the phone and throughout the conversation.

Smile NOW!

Feel your attitude gaining altitude?

When someone ask "How are you?", smile and say "I feel great, and you?" This is very important, especially when you are feeling bad. The more often you say it, the easier it is for you to believe it yourself.

Think about the things that make you feel good and make a list. Now, try to do as many of the things on the list as possible every single day. You won't have time for the things that make you feel bad.

Take time to help someone out. Kindness is its own reward. When you are kind to others, they are kind to you. Smile and they will smile. Spread the smile virus.

Remove "No" from your vocabulary, right along with "can't, won't, shouldn't, wouldn't, etc. Get the picture? Now you have to say yes.

Still feel bad?

Go for a long walk, smiling and greeting everyone you meet. I guarantee you that by the time you return, you won't feel bad any longer.

I'm smiling as I say, "Have a great day!" :-)

Michael Dixon is the owner and webmaster of Partner-n-Profit.com,

and

several other sites. He publishes a weekly newsletter dedicated to helping the beginning online entrepreneur.

Give Your Attitude A Little Altitude  
Smile Your Way to Success  
**SMILE WHEN YOU E-MAIL THAT, PARTNER!**  
Welcome To Married Life - Time To Party  
Smile Yourself to Success

Hints for lovers  
If I Can, Anybody Can!  
The Forum List

Profitable Crafts Vol 4  
Wonderful Wedding Favors and Wedding Gifts



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