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Spring Has Sprung

By Dan Reinhold

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Spring has sprung...like it or not...

By Dan Reinhold

The monster snowfall that covered many parts of New England is almost gone for good, except for some pitiful remnants of once-mighty snowmountains. With the melting snow comes, of course, the frequent rains. Add a thawing ground surface and from that recipe comes...mud. Recently, my backyard has become the rugby field from heaven – a little grass, a lotta mud.

Having two boys who love being outside, no matter what the weather ("I don't care how much fun that tornado looks – it's time to eat!!") also means that some of the gear used for proper snow frolicking is still required...at least according to Dad. As I was working the other day, I had a barely contained, yet frantic interruption from my five year old. You know...sort of like the pee dance, as in "I really gotta!!!" He'd just finished his after-school snack (actually, it's his warmup for dinner) and came to politely but insistently request my help in getting ready to go outside and play.

First on the list was locating the snow boots. By now, they were no longer snow boots, but rather mud-and-slime-and-anything-else-I-can-find boots. This little guy's 110% pure Boy.

The search finally turned up the desired items amid many impassioned cries of "We GOTTA find 'em, Dad!!!" Next was persuading him to sit still long enough to put them on. The energy contained in one excited five year old boy is more than enough to power New York City for one week. Trying to catch one is like trying to catch a ricocheting cannonball. At last I got him seated – he's anxious to go outside, I'm thinking about a nap already – I pick up one well-worn, tattered snow boot (new four months ago) and after several frenzied attempts to kick his foot forcibly into it, Nicholas is now wearing what's left of his snow boot.

Spring Has Sprung

One more to go. Fatherhood, especially work-at-home fatherhood, has taught me how a soon-to-be Olympic gold medalist feels when he sees the finish line. Winding up for a kick that would outdo Bruce Lee, (Note: younger readers, please insert Jet Li here) Nicholas lets fly with pinpoint accuracy and... stops. Halfway into the boot.

"Daaaadd!! There's sump'n in there!" he exclaimed. Now the little head is where the little foot had been and he reaches inside, saying "Sump'n in there..." Then, in a scene most Hollywood writers would rack their brains for years to envision, he slowly pulls out a dead bird. Not toy bird or even stuffed bird. A real live dead bird, no doubt a loving present from the cat.

He stares at it a moment with a mix of curiosity and awe. His father, in the meantime, freaks out. "DROP THAT!" The carcass falls into my waiting but not wanting hand and I run to give it the quickest,

if not most dignified burial in the trash can. Some crazed hand-washing on my part while Nicholas stands dumbstruck at the sink, still unsure of what really happened while I smother his hands with liquid soap. A jacket and off he goes.

The moral of this story? Weary old snow boots make way for dead birds.

Ah, spring!

With two boys, a dog, a cat, a wife and a household to keep together to boot, Dan Reinhold is the editor of WAHumor to hang on to his sanity by showing how insane the work-at-home community can be. Work at home? You deserve a laugh!

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Spring is Sprung

By Wendy Hearn

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Spring is here! It's traditionally a time for spring cleaning, getting rid of the old and making way for the new. "What's that got to do with my business?" you may be wondering? Well, actually rather a lot. Now is a great time for you to spring

clean your life and your business. A time for cleaning out and reviewing parts of your life and business you're ready to commit to improving.

It's an opportunity to examine your goals and clear out the ones you don't want any longer. This may involve spring cleaning your desk and getting rid of piles of clutter. When we're surrounded by clutter, our mind gets bogged down which prevents us from thinking clearly and being focused. Perhaps it's time to dust away the cobwebs on your sales and marketing plans, and throw away the rubbish, i.e. the stuff that no longer forms a useful part of your plans. It may involve spring cleaning your personal life by polishing up relationships, clearing out old habits and attitudes which no longer benefit you. Or stripping back your finances to get them in good shape for the future. Why not take a vacuum to your health and exercise plans and clean out the bits you don't want?

This clear-out can involve taking huge steps or even very small ones. Even these small things which need dealing with drain our energy and it's surprising how much this happens. If left undone, the little tasks, like the filing cabinet drawer which jams, the unmade bed, the pile of papers on your desk, all niggle away at you and sap your energy. When these are sorted out, there is more time for other things in your life and business. Cleaning out leaves space and this space is then available for new opportunities. Opportunity for more energy, more business, more sales and more of the things you want for yourself. Now I'm not suggesting that making your bed each day will increase your business ten fold. However, the fact that it's not niggling away at the back of your mind and your attitude is now one of completing tasks, you'll more naturally finish things in your business. You'll be more able to follow through and complete, even if it's just concentrating on making the telephone calls your business requires.

If you're ready to enjoy more success, natural energy and confidence, then I encourage you to look at the areas of your life and business which need some spring cleaning. Perhaps this includes your sales, marketing, referrals, finances, management and leadership skills. Or perhaps you tend to procrastinate, to run out of time or feel stressed.

Spring Has Sprung

I suggest you make a commitment to start spring cleaning today. Choose the areas you want to clean up and devise a plan of action. Start by asking yourself some questions. Ideally, what do I want this area of my life to be like? What do I need to get rid of? What do I want to put in its place? What is getting in the way of this? Where am I now in this particular area? Look at the difference between where you are now, what you want to clear out and ideally where you want to be. Now break this down into smaller steps. Steps which feel achievable for you and will take you forward. Take the first step forward today. A coach can assist you fully with this process until completion. A radical spring clean puts the zest back into your life and gives you the freedom to reach for the top.

Wendy works with business owners, professionals, executives and managers who are ready to enrich their lives. . . finding more success, fun, balance, joy and time. Free Report – How to Focus on Achieving What You Really Want Send email to <mailto: AchieveArt@wendyhearn.par32.com> <http://www.Business–Personal–Coaching.com>



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