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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!

Stress Buster Getaways

By Michele Webb

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Research has shown that taking a short trip, or getaway, has the same effect on reducing stress and relaxing us as the long trips. The Stanford University psychiatrist noted that our minds are generally more relaxed the FIRST couple of days of a trip as compared to the last few days.

So, if you are feeling tired and in need of a getaway, here are a few planning tips:

1. Close to home. Stay close to home - don't spend the entire time away in transit to and from your destination. For example: if you live in Dallas, don't go to Miami Beach. Find somewhere that is in close proximity for this "mini" getaway. Think about where you have always wanted to, places you have not visited yet or places where you know you can get away to and relax and have fun.
2. Check the season and weather. Not all of us can getaway only to warm and sunny locations, and you may need to take a break now instead of waiting for good weather to come about. If you like the beach, but it is off season, just plan and pack accordingly. Instead of basking in the sun's rays you can stroll through the antique shops or bookstores, layer on the warm clothes and take a walk along the shore, or get a table inside your favorite seafood restaurant instead of outside on the patio.
3. Pamper yourself. A getaway is a time to pamper yourself. Treat yourself to a top-of-the-line hotel. Explore the city or local area, visit the spa, and indulge yourself in those activities that you normally do not take the time for. Order room service, read a good book, get tickets to the local theatre or playhouse ... getting the picture?

After treating yourself to a relaxing and fun getaway, you will come home refreshed and with a new perspective on life. To keep the getaway fresh in your mind and to remind yourself of the fun you had, bring back a small reminder or souvenir that you can place in your home (i.e., on the refrigerator, window sill of the kitchen, bathroom counter, bulletin board). When you look at this souvenir you can take a "mini-vacation" to that spot. Remember how relaxed you felt and how much fun you had. These short breaks will help you keep your perspective until the next getaway!

Stress Buster Getaways

Planning the next getaway can be fun too! Take turns with your spouse, partner or traveling companion picking the next destination. This gives everyone something to look forward to and ensures that you will take care of your needs and keep the stress levels manageable.

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Michele Webb owns her own website and is a member of a number of organizations for women Netpreneurs and business owners. She lives in Las Vegas, Nevada USA with her two dogs. You are invited to visit her website at: <http://www.ebooksnstuff.com>. Or, you can email the author at: <mailto:support@ebooksnstuff.com>

Hawaiian Vacations and romantic getaways.

By Mike Yeager

Hawaiian Vacations and romantic getaways. by Mike Yeager

Many people are searching for the perfect Hawaiian vacations and romantic getaways where they can save money and also enjoy those romantic getaways. What a perfect, warm, tropical paradise to rekindle the passion in your life. Hawaiian vacations and romantic getaways can be found on any of the beautiful islands.

Whether you're planning to visit one or all of the tropical islands, from the Garden island of Kuai, to the must see island of Oahu, you'll find that searching for Hawaiian vacations can easily be done on the internet. Why wait forever to soak in the sun and experience those romantic getaways that you've been dreaming about.

Exciting, relaxing and fun filled Hawaiian vacations and romantic getaways are right at your finger tips with the internet. Think of the excitement you'll find as you take a helicopter tour, or enjoy a beautiful sunset dinner cruise. Sailing, scuba diving, surfing and snorkeling are all there for you.

Mike Yeager Publisher <http://www.a1-travel-4u.com>



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