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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

TEN WAYS A THERAPIST CAN SURVIVE THE HOLIDAYS

By Anne Dibala, M.D., The Recovery Coach™

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here

1. *Remember the spirit of the season.*
2. *Remember your core values.*
3. *Nurture yourself.*
4. *Maintain your boundaries.*
5. *Remember that you are a multidimensional being - physical, mental, emotional and spiritual.*
6. *Honor your commitments and promises to yourself and others.*
7. *Find the good in every situation. Either we like the situation, or we can learn something from it.*
8. *Find and share at least several good laughs per day.*
9. *Share hugs - give and receive them - more at this time of year. Hugs are great spirit massages.*
10. *Listen and follow the advice you give to your clients.*

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Opening Hearts is as Easy as Opening a Window

By Sarah Smiley

The therapist tried a new approach: "Owen, can you say bird?"

Owen frowned.

This certainly isn't going well, I thought. He talks more at home, for Heaven's sake!

"Owen, I need you to pay attention," the therapist said from her place on the floor.

"Open," he said again.

"Bird! Car! Tree!" he yelled excitedly. "Grass! Road!"

"Well, look at that," I said. "She's kept the window open!"

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