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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!**

**THE SIMPLEST ADVICE**

**By Rhoberta Shaler**

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+++ In these days of do more, be more, have more, it may be wise to get off the beaten track and reflect on what is best for you in the workplace. What fits your lifestyle? What fits your integrity? What captures your interest? What warms your heart?

+++ I once read a story about a young lawyer who was joining a prestigious firm. She was spending a quiet evening with her grandmother and she told her that she was going to do all that she could to advance in her new organization. She would take a night school course to become an expert in her specialty, and join community organizations to bring in business. She was determined to do everything and 'learn it all'. To her mind, the picture she was painting was one of the perfect employee. Doing all those things would win her recognition, acceptance and an elevated career path.

+++ The expected approval and enthusiasm from her grandmother was not forthcoming. Smiling at her well-meaning granddaughter, she said: "Be good at whatever you do and do only what you are willing to do well." This startled the young lawyer and caused her a great deal of deep thought. After a few nights of poor sleep, she embraced her grandmother's wisdom. Now she is the esteemed senior partner in her firm.

+++ Hopefully, you have chosen your work carefully. If not, rethink it. If so, are you making sure that you are good at what you do? Do you stay up-to-speed in your industry? Then, add that next step, do only what you are willing to do well. This may take some honesty but it will have tremendous impact on all

areas of your life.

+++ Apply this wisdom liberally. Imagine the impact it will have on your relationships!

Rhoberta Shaler, PhD Keynotes, Seminars & Coaching for entrepreneurs & professionals who want the motivation & strategies to achieve, to lead and to live richly. Creator of the Living Richly™ Program Host of Living Richly™ on [www.wsRadio.ws](http://www.wsRadio.ws). Author of OPTIMIZE Your Day! Practical Wisdom for Optimal Living Optimize Life Now! San Diego, CA [www.OptimizeLifeNow.com](http://www.OptimizeLifeNow.com)

## **Baby Advice - Separating Truth From Fiction**

**By Sarah Veda**

New mothers get a ton of advice. Total strangers will walk up to you and give you their opinions on how to get rid of that cradle cap. Your mother-in-law will look at you with disapproving eyes and tell you that she had your husband sleeping through the night when he was two weeks old. Your next door neighbor will have an amusing anecdote about how a teaspoon of Jack Daniels absolutely cured her kids' teething issues.

Don't despair. It won't last forever. And, there are days, I'm sure, when you would welcome some good advice. But how do you sort out the good advice from the, well, crap? It's not easy, let me tell you. But, here are a couple of good places to go when you're in need of help.

First of all, before you take advice from someone, consider what kind of mother you think they are, or were. If your girlfriend is the best mom you know, and she has considerably more experience than you, then her advice is probably going to be helpful. But, if your neighbor's kids grew up to be alcoholics, her advice about the Jack Daniels on the gums might be circumspect. You see where I'm going with this. The advice is only good advice for you if you really feel comfortable using the technique on your baby. Every baby is different, and so is every Mom, so the advice is not one size fits all.

In addition to a Mom whom you trust, your pediatrician is a good person to ask for advice. When I was a first time Mom, I called my pediatrician's office three times a week for some sort of help, and they never once acted like I was a pain in the neck, even though I'm quite certain that I must have been. They can help you with all sorts of questions, and they can help reassure you that everything is ok, which, sometimes is all you need.

Another good source of advice is baby care books and websites. Many of the most common questions are answered in these formats, and they are available whenever you need them.

Finally, trust your instincts. Even if you're a first time Mom, you probably know what's best for your baby, because you know your baby best. A little advice never hurt anybody, but a little faith in yourself works wonders, too.

Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager

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in the corporate world, and gave it up to be a stay at home mom. Go to now and get her incredible baby minicourse - absolutely free.



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