

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Taking Care of Your Heart

By Arleen M. Kaptur

Taking Care of Your Heart by Arleen M. Kaptur

On Valentine's Day, we are proud to wear our hearts on our sleeves, on notebooks, gifts, and anywhere we want to add a touch of how we feel. Love is the word for the day and even children join in the fun with heart-shaped cards, candies with catchy phrases and boxes (heart-shaped, of course) that hold chocolates to give to mom, dad, grandparents, and everyone they love and care for.

Valentine's Day is a wonderful opportunity to show our feelings, our hopes for the future, and our fond memories of the past. It should also be a day that we show our love for who we are, where we came from, and where we intend to go. Wait a minute – loving yourself can go to extremes. We can lavish great luxuries on ourselves, much to the boredom of friends and those close to us, or we can feel guilty about caring about ourselves. There is a happy medium – a point that we can touch on that will let our heart know we care about the person it is beating for, and let our family and friends know that if we care about ourselves, we are well equipped to care about them.

How do you show that you care about yourself without becoming pompous and have an attitude? Well, reaching out to others expands the circle of people you know, bending a little to help others, gives our rigid standards a bit of elasticity so we can appreciate the feelings of others, and stooping to help those who are down for the count actually makes us taller and our own outlooks brighter. Opening our hearts to those around us just gives strength to that "ole'ticker" and letting even a stranger know that there is room in this world for each and every one of them, gives your space a bit more dimension. You see, whatever you do to and for others will rebound. It will make your life better, your hopes richer, and not to mention, like the Grinch Who Stole Christmas, that size 3 heart will stretch and expand to size 10, 20, and really there is no boundary. This, however, is not a health hazard. Your heart will be healthier, stronger, bigger, lighter, and capable of loving more with each endeavor. The more you give of it, the more you get back. If you were in the business of finance, that is a solid ground to build a future on.

Whatever you do this Valentine Day, or the day before or the hundreds of days after, be good to your heart, and reap the rewards of loving and living in a world where there is room for everyone, and we can each have our own "space." The fountain of love never goes dry, and the mine of diamonds and gold never runs out or precious metals, and even outer space is not the limit to what people can do

once they get started. Love yourself enough to love others and
ENJOY!

©Arleen M. Kaptur 2003 January

Arleen has written numerous articles, novels, and cookbooks. Her newsletters:
<http://www.Arleens-RusticLiving.com> <http://www.arleensite.com>

A Dog Day Care Franchise – Is it really worth it?

By Kelley Blackston

A Dog Day Care Franchise – Is it really worth it? by Kelley Blackston

When you take into account that there are over 68,000,000 dogs in the United States alone, you can see why many people consider taking advantage of a dog day care franchise.

However, before you even think about a dog day care franchise, please do a self evaluation and make sure you are doing it for the right reasons.

A dog day care franchise is a tremendous responsibility. It requires a lot of time, a lot of effort, and a lot of resources.

Now, please understand that I am not implying that a dog day care franchise is not a wise choice for you. I am only trying to help provide you with some useful dog day care franchise information.

Here are some general questions to ask yourself before starting a dog day care franchise:

– Do I really love dogs enough to start a dog day care franchise?

Yes, I realize like many opportunities in life, you have the potential to make good profits with a dog day care franchise regardless of whether you really care for the dogs or not.

However, if you don't have a love and passion for dogs, your success with a dog day care franchise will more than likely be limited.

– Next, are you willing to foot the bill for all of the necessary dog day care franchise resources?

Yes, even a dog day care franchise that comes with all the necessary information and tools is still going to cost you. Especially, if you are renting a building for leasing land.

These are just some of the reasons why I encourage people to do their research before taking advantage of a dog day care franchise.

So if you've read this article and find that a dog day care franchise is still a viable opportunity for you then great!

I wish you nothing but success!

Kelley Blackston P.S. You may use this article in your publication, but the content and signature file must remain intact. Thank you. "Thousands Have Discovered This Little Known Secret To Making Money With A Dog Day Care --- Now It's Your Turn..." <http://www.startadogdaycare.com>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!