

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**The Beauty and Simplicity of Life**

**By Annette Dykes**

**The Beauty and Simplicity of Life by Annette Dykes**

The Beauty and Simplicity of Life

I just returned from a wonderful weekend with a French family. I realized while I was there that their son seemed so happy, and so well-adjusted, and that the family was very close.

There were a few things I noticed that they did that were different than many of the families I know, and I think these differences had much to do with the warm connection I felt with that family.

First, they didn't have a TV. Actually ...

they had a TV, but they didn't turn it on even once in 4 days

that I was there, and the little boy kept himself busy playing with his Bionicles (a Lego toy) and his friends in the neighborhood.

He has an incredible imagination and is very bright!

I asked his Mom what she did when he got bored and she said, "I want him to get bored! That makes him more creative!" How true!!

Secondly,

they cooked every meal and ate together, at the table, with candles ...

At every meal!

## The Beauty and Simplicity of Life

The portions were "just right" (I never felt too full) and the taste was exquisite, because we made everything from scratch.

And healthy? Absolutely. We talked together during meals and shared what we were working on.

Somehow, they even found the time to exercise together (or apart).

One Friday, the Mom and I drove their little boy to school, parked the car, and ran home!

Then, so that we could pick him up from school again, we had to run back to the school in the afternoon.

What a great way to get some exercise! Now that's what I call a healthy "lifestyle."

You may think, "Sure, they probably have easy jobs and the Mom doesn't work, that's why she can cook all of their meals," but quite the opposite is true.

The mother is an entrepreneur and the father is involved in a start-up company and is even studying for his Master's degree in the evenings!

They are a busy family, but they make time for one another.

It was a truly beautiful experience, and I just wanted to share it with you in the hopes that you might follow their example.

Try turning off the TV for an entire evening and enjoy a home-cooked meal together.

You'll be surprised at the level of intimacy it can create for you and your family!

© Annette Dykes, Certified Weight Loss & Life Coach, Certified Fitness Trainer.

is the

Life&Weight Loss Coach at

.She can be contacted at

.

**A thing of beauty is a joy forever! And that can be You!**

**By Mike Yeager**

A thing of beauty is a joy forever! And that can be You!

## The Beauty and Simplicity of Life

by: Mike Yeager

It is said that a thing of beauty is a joy forever. That probably explains why possessing beauty and being beautiful is one of the foremost preoccupations of human beings. Over the years, consumerism has transformed such preoccupations into frank obsession. Inner beauty is no longer in - skin-deep beauty certainly is! But what is wrong with that? Cosmetology and the beauty industry have come of age, aided steadily by advances in cosmetic surgery. Daily workouts, gym sessions, visits to beauty parlors and keeping in sync with beauty and fashion tips has certainly become trendy.

Enhancing your beauty.

Beauty is in the eye of its beholder. Perfect beauty is but an illusion, but if you can feel good about yourself by enhancing your looks, you may find more joy in your life. And it is not too difficult to achieve. The media is full of beauty tips and beauty products. Beauty supplies are always at hand - be it at the Shopping Mall or on the Net. However, it is beautiful to be simple and yet simple to be beautiful. One can surely start from ones home itself. Maintain a regulated lifestyle. Six to eight hours of sleep with fixed times for fixed quantity meals, avoidance of "junk" food and high calorie stuff, lots of fluid intake, high priority for vitamin-rich fruits and a rigid regime of self-discipline, would certainly make a good start in ones quest for beauty.

Mike Yeager  
Publisher



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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