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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
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**The Comedy–Clip Relationship**

**By Stanley J. Leffew**

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Have you noticed it?

Watch television programming on any given night, and you receive comedy clips from up–and–coming episodes of popular comedy sitcoms.

Ray Romano slyly puts down his wife's cooking while his dad belittles his mom in the name of humor and a few laughs. Doug makes glib and quirky remarks for laughs to his buddies about his wife's hair on King of Queens.

Now, I love to laugh as much as the next person. I enjoy living life with lightheartedness. I often think we just need to lighten up a little bit and enjoy life more.

But not when it comes to using my wife as a comic clip for someone else's humorous moment. I value her more than that.

The very person who trusts me more than anyone should not suffer because of me.

Have you ever seen it?

Have you ever watched the words of humor wound the heart of another in a relationship? Have you ever noticed the wince of pain as the "laughter" dagger finds its mark? Sure, they're smiling, but the smile doesn't quite go all the way to the eyes.

I have seen it many times, and it's not a pretty sight.

I recently saw this villain in action at a photo shoot. The husband sat down at the photographer's leading on a bench that he was to share with his wife. The whole family was in the room when he glibly remarked, "Are you sure she can fit on this bench?"

Everybody laughed!

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Everybody, that is, except her. All she could say over and over again was how "not funny" it all was.

I thought for a moment that she was going to leave the room. Sadly, the most important part of her did, her heart.

The comedy–clip relationship dagger strikes again!

Everybody may love Raymond, but not everybody loves to be on the receiving end of one of those "Raymond comedy–clip" moments in real life.

The next time you think of filling a room with laughter at your significant other's expense, stop and think

about the time the laugh was at your own.

Creates a different perspective on things, doesn't it?

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Stanley J. Leffew is the author of, "How To Be Wanted for a Lifetime of Nights and not Just a Night of a Lifetime." His Website is based on this same theme. His Site's unique Newsletter takes its readers into "The Coffee Shop of Make–Believe" for life and relationship empowerment. The Coffee Shop is OPEN at <http://advice–for–lifetime–relationships.com>.

### **Evening Activities For A Stag Weekend In Bristol**

**By Brett Danielson**

Ah, Bristol! If any city deserves the name of Home of Comedy, it must be Bristol. Home to Jongleurs and Jesters, a pair of world–class comedy clubs, and birthplace of Lee Evans, Justin Lee Collins and laughing gas, Bristol offers some unique possibilities for stag weekend activities. A Bristol stag weekend can combine an afternoon of paintballing, quad biking or five a side with an evening of carousing and comedy at one of Bristol's rightfully famed comedy clubs.

The traditional stag night of strippers and lap dances has more recently been replaced with an entire weekend's worth of 'guy fun', often away from home so the scandalous naughty doings don't trickle back to those who might care. If you're planning a stag weekend for an upcoming wedding, a Bristol stag weekend offers many possibilities for memorable, unique stag activities. Among the many Bristol stag weekend activities that you might include are:

:: Quad Biking at a Bristol course – An obstacle course run on quad bikes can kick off a stag weekend in Bristol with a bang. Get dirty, get the blood pumping and get the testosterone primed for a night on the town later.

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:: Assault Course – River rafting – upstream? A Bristol stag weekend favorite is an assault course that pits your team against the river – and other teams on a home–built raft made of articles bought in a 'ship's store'. It's another blood–raising activity that will prime the pumps for a hot night on the town later.

:: Bavarian Bierkellar – Instead of a nightclub, take the Stag out for a beer–filled night at a mini–Munich Bierfest. With oversized steins of the best brews in the world, and lots of raucous fun, it's a Bristol stag weekend standard.

:: Comedy Club – Bristol is the home of comedy – and the comedians that play the Bristol comedy clubs are past masters at pointing the finger at stags out celebrating their last nights of freedom. No Bristol stag weekend would be complete without a night of gut–busting howlers at a Bristol comedy club.

Brett Danielson works for

, a tour operator specialising in stag weekends in

Bristol and other cities in the UK and Europe.



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