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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!**

**Transform Wet Blankets Into Comfort Quilts**

**By Cathy Goodwin, Ph.D.**

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You've embarked on a major transition and your enthusiasm is growing. Just when you get a small fire going, someone comes along with a heavy wet blanket.

"You'll hate it."

"I turned down that job two years ago, but it's perfect for you."

"Nobody makes a living that way."

Strategies to Transform Wet Blankets into Comfort Quilts.

"Calm under pressure" is a skill you can learn, and it gives you power. I used to flinch when people were critical until I worked with Rick, an Air Force veteran who had seen more action than he cared to admit.

When a bullying administrator yelled, Rick would laugh. "It's just noise," he would say, "not enemy aircraft." And he'd bounce right back into his next idea.

Recognize the champion in the critic. By investing time and energy to insult you, your critic acknowledges you have strength and power. Be proud!

The universe has sent you a coach. Dancers and athletes learn that coaches do not waste time on losers.

Pat Summitt, award-winning coach of Tennessee's Lady Vols, warns recruits that she yells only at the best players. It's when she stops yelling that you need to worry.

Use humor. When I told a colleague I was considering jobs outside academia, he suggested I visit the campus psychiatrist. Next, he recommended a career guidance book designed for people seeking their

very first full-time position after completing a doctoral degree.

I was insulted. Then I decided to have some fun. I surfed around and found reviews of half a dozen books that he could read. One was a mentoring guide for dummies.

He got the message, I felt great and we're still friends.

Wet blankets reflect your inner fears. "You'll hate living there," your friend predicts. And, privately, you wonder if he's right.

"What if there's nothing to do in that tiny little town? Can I handle eighty degrees and humid? What if I can't get another job?"

Your Inner Critic chimes in with, "What makes you think you can run your own business?"

Finally, use imagery. As you feel a wet blanket smother your fire, replace it with a soft, light, warm quilt. Be warm, comfortable and protected as you complete your journey.

Don't worry about saying "I told you so!" to the wet blankets. By the time you've achieved your dream, you'll have only dim memories of that soggy heap in the corner.

This article is based on my ebook, *Nine Magic Keys to Career Freedom*:  
<http://www.movinglady.com/freedombook.html>

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## **Cozy And Warm Baby Blankets**

**By Jake M. Robinson**

Expecting your first child? Or are you too concerned about your baby's health? You can wave away some of your blues by getting that right blanket for the apple of your eye and watch your little ones sleep comfortably.

Baby blankets are great gifts, whether you want to celebrate the arrival of a baby or a baby showering event. Baby blankets come in all shapes, sizes and designs. Though newborns spend most of their time sleeping but you must remember that they are very active even in their sleep, rolling to one side then to the other. So it is advisable to buy a blanket wide enough to cover their territory. Babies grow fast so you should also consider the length when buying. The length of your baby's blanket may not be enough for the next season. Often blankets come with teddy bears and Mickey Mouse attached to them. They may look nice but not always the most comfortable ones. Blankets with Disney characters or your baby's favorite animation hero may be a good choice. You may also choose blankets that

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match the color of your baby's room.

Baby blankets come in a variety of materials – satin, fleece, wool. When buying keep in mind that the blankets should be plush, super soft, light and comfortable. Blankets should also be durable and last long. Buy blankets that are easy to dry and do not lose shape, texture or color after repeated washes. You can also buy blankets with beautifully designed embroidery or appliqué work or with laces and trims. But care should be taken that these do not affect your baby's comfort.

You can buy blankets in various sizes depending on your need – for the bed, pram or car or blankets that can be used for all. Babies are as unpredictable as the Wimbledon weather. It is important that you have sufficient numbers so that you can grab a new one when the dirty ones are sent to the laundry.

Personalizing baby blankets by getting your baby's name or date of birth embroidered on the blankets is also a great idea. For mothers who are more creative you can also sew the blankets on your own and add a personal touch. Care should be taken that the edges of the blankets are tight and secure and no threads or trims have been set lose.

Jake M. Robinson writes on many interesting topics. For more info on baby blankets visit

and for personalized baby blankets try

.

Check out

for articles on other subjects.



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