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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

When Mother Joined The Commute

By Dr. M. Mastria

HOW IT ALL BEGAN

Commuting to work is a modern phenomenon that began in earnest just after the Second World War and the development of Levittown, that community of houses that looked all the same and supplied housing for newly begun families of returning soldiers and their wives. To find tracts of land to build these developments, Levitt moved out of the city proper and into the countryside, close enough for the automobile to bring workers into the city to work, but far enough away to build on cheap land.

Families, looking for a better life, moved to these houses with all their "modern" conveniences and space for the children to play. It was the late `40's and the `50's, so mother stayed home with the children and father went out to work, driving the family car to the city. This became the aspiration of all young couples.

As the needs and wants of these young families increased, mothers began to work, first , in traditionally female jobs such as nursing, secretarial and teaching, close to home and available if their children, who were now in school, needed them.

Another exodus occurred as housing again became expensive. This time, widespread ownership of the automobile allowed the father to commute to the city to work. Mother stayed at home, isolated from adult companionship for very long periods of time.

Finally, mother joined the commute to higher paying employment and the long distance commute was complete.

Today, the commute goes on. Cars, trains, buses, planes, ferries—all bring the commuter to and from work. The commute has been a great boon to people, not only has it allowed them to choose where to live, but it has allowed them to work in more lucrative jobs while buying houses that have more value for the dollar. There has been, however, a price to pay. Commuters lose this block of time each day, they become more stressed as the time increases, they fall to physical illness because of the commute, they become separated from the daily flow of the family and friends, they start work already stressed and find it affects their output.

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The mother commuter has added the additional burden of the commute to her other work. She continues, in most households, to be the homemaker who runs the house and cares for the health and welfare of the family.

WHERE IT'S GOING

No doubt the long distance commute will stay with us. But an interesting thing has happened along the way – the home worker. Some people are starting home businesses to avoid the commute, to save expenses and become more involved in the household. Others have worked out arrangements with their companies so that, thanks to the computer, at least part of their work time is done from home. The trend is for this to increase. There is even a bigger push among women to find a way to work from home.

But before you make a decision, do be aware of the pros and cons of working from home. Some find it difficult to separate work and nonwork and feel like they are always working, or at least on call all the time. Others find it difficult to remove themselves from the activity of the household to get their work done. Still others complain of the isolation of working at home and of missing the interaction of the workplace. None of this is insurmountable, but they do need to be addressed.

<http://Commuter-Assist.com>

and its services are for commuters and all who love them, work with them,

and employ them. Dr. Mastria founded

<http://Commuter-Assist.com>

, she also offers workshops,

coaching and additional supportive material. Contact her at 570-839-6394 or e-mail

info@commuter-assist.com

Reboot Your Commute

By "Dr. M. Mastria"

Commuting is one of those things that, if you are doing it, is something that you have to do rather than want to do. And if you have a negative attitude about your commute, it can quickly turn into something that starts to impact more than just the time you spend commuting.

Your attitude about the commute can carry into work, home, and play. When you arrive at work already

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in an agitated state, you'll need a cooling off period or your productivity will be lowered. Time is wasted preparing for the commute itself, either by having to hype yourself up or by dragging yourself down. It can also take its toll of your health, whether it is from increased stress or weight gain. Needless to say, commuting takes away from time that you would rather spend on other activities.

Wouldn't it be nice if you actually looked forward to your commute? It may seem overwhelming to try to picture the commute in a different way, but there are resources out there to help commuters change their perspective and even turn the commute into something positive and productive.

Following a simple program and making small changes is a great way to start turning your commute into a better experience. Programs are good because they provide structure and activities to see you through the needed steps and help you to understand why the commute affects you adversely and how to change it.

One of the first things to do is think about what it is that drains you about the commute? Is it the time, the crowds, being away from home, fears and risks associated with traveling, or simply the boredom? In order to revert back to a time before the stress of the commute got hold of you, you first need to articulate what about the commute is draining. Then you need to do something about it.

Think of the commute as a tool that allows you to live your life in a better way. For example, instead of saying:

"I hate driving all the way to work. I wish I could retire. What's the use of having a nice house when I don't have any time to spend in it?"

You could say: "I commute to work so that I may live where I choose. In this way, I get the best of both worlds, a good paycheck and a good home. I even get to use my commute time in a way that increases my health and wellbeing."

Figure out what drains you, then you can act on that and move forward to help make your commute a positive force in your life.

Dr. Mastria is founder of Commuter-Assist and has created a five step program titled, FIVE STEPS TO A BETTER COMMUTE available free on the Commuter-Assist website (

<http://www.Commuter-Assist.com>

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out of their commute and life in general. To contact email

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