



The Future Within

Smoothing the way for women
who have lost a spouse
to chart a new course.



Patricia Muscari

Embracing Life Through Fresh*Breezes: Thoughts and tips for life's difficult transitions.

There is more to life than increasing its speed. ~Mahatma Ghandi~

My daughter, who is a veterinarian/surgeon in Utah, called tonight. The vet. clinic is often a very testy environment--with barking dogs, hissing cats, squawkiing birds and other exotic animals chiming in. I asked her how she handles the stress in her life.

"We leave it all behind, jump in our truck and drive to the pine forest --our land in southern Colorado", she offered! A 300-mile drive sure does put some distance between her and her normal stress.

5 Survival Tools for the Super Stressful Day

As great as that sounds, here are a few "simpler" ways to calm down:

1. At the first chance to slip away from the source of the stress, see a funny movie-- or rent one! Humor heals.
2. Call or email a friend who makes you laugh or at least puts you in a good mood, replacing your negative feelings with positive, happy ones.
3. Get outside and take a long walk to the closest park. Walk for at least an hour. Let the oxygen, the good smells (fresh air alone smells good) and the visual beauty dissolve most of the pain.
4. **Retreat to a bookstore or library with comfortable chairs. Make a list of the blessings in your life--all of them. Good therapy.**
5. **When you return home, get out all the special letters and greeting cards cards you have so wisely saved. Affirming, loving words from those closest to you can dissolve the rest of your angst. Now you should sleep well -- ready to tackle the next day.**

"I am willing to put myself through anything; temporary pain or discomfort means nothing to me as long as I can see that the experience will take me to a new level. I am interested in the unknown, and the only path to the unknown is through breaking

barriers, an often painful process." ~Diane Nyad~

Our topic for December 26: Reaching Out From the Inside by Michele Lewis --a book review.

If I may ask for your help, I would love your feedback after you check out the new website I am building: <http://TheFutureWithinLLC.com>. Thank you!



Move Into the Life Awaiting You, With Your Own Personal Coach

Enlist your own coach. You will be glad you did. Although no one person "needs" coaching, everyone benefits from it.

Take advantage today of our valuable 15-minute Sample Session!

Call Now: 303-794-7824. </> **This can be the spark you've been wanting!**

Email: Patricia@TheFutureWithin.net

I would love to hear what topics YOU would most like to see covered in upcoming issues. Email your ideas to: vagito@earthlink.net

You can check out all past issues of this newsletter on my website: <http://www.TheFutureWithin.net> at the Ezine Page Archives.

My warmest thanks to you for receiving this ezine. My true wish is that you have love in your heart throughout the year and always!

With sincerity and love,

A handwritten signature in cursive script that reads "Patricia".

Patricia Muscari

The Future Within, LLC copyright 2005-2007, all rights reserved

mailto: patricia@thefuturewithin.net

phone: 303-794-7824

web: <http://www.TheFutureWithin.net>