

Fresh*Breezes

The Ezine That Helps You Live The Life That Awaits You

Volume 2, Issue 4

February 27, 2008

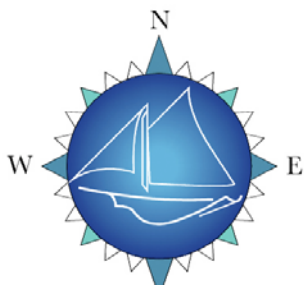
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The Future Within, LLC

Embracing Life After A Loss



Dear Diane,

Welcome to Fresh*Breezes, an ezine...

...thoughts and tips for life's difficult transitions...

Endure a major loss? We help you Get-A-Life, through Coaching

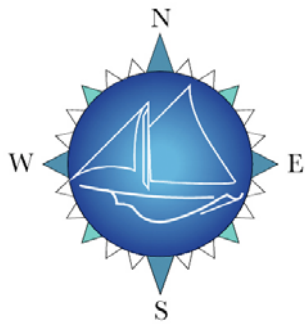
Personal Note From Patricia

My vacation in Italy was over three months ago... The native conversations still ring in my head! Hearing the spirited language spoken just makes me smile!

So much so, that I have been studying it ever since with lessons in a small class given by a Roman, who is in the process of moving to Denver--lucky for us!

On my own, I am enjoying a book and CD called "30 Days to Great Italian", determined to do a better job of conversing on my next visit to that beautiful country!

Got A Life? You do if...



[Visit Our Website](#)

You stretch your mind with continual learning:

...Our Italian class decided one night to sample a "new" Italian restaurant in Denver -- a fun and delicious journey into Italian culture and cuisine. We did practice our new language skills a bit--our native Italian friend made sure of that! Stretching the mind...

You meet with a book club and discuss books of a common interest. Book discussion opens up new ideas, interpretations and directions. I do reams of reading on my own and am considering joining a book club at my church.

- In your business, you keep up with the latest info and new thinking by subscribing or having access to key periodicals or books.
- You tackle crosswords or sudokus, etc. for your daily mind twist.
- You've been learning a new skill: playing a musical instrument, absorbing a new language or immersing yourself in local politics (?!).
- You've starting writing a journal, just putting your thoughts down daily, getting in the habit of searching your mind, or just letting the words flow. This is good practice for writing your own book. A great resource for getting your creative juices flowing is the book [The Artist's Way](#) by Julia Cameron.

- **What is your own personal way to stimulate your mind or to grow in a new way? Let me know your suggestions! 303-794-7824.**

"The future is simply infinite possibility waiting to happen. What it waits on is human imagination to crystallize its possibility"

~Leland Kaiser~

Read on... You are welcome to check out past issues of Fresh*Breezes in the Ezine Archives of one of my websites. **Just click Ezine Archives to the left.**

You may absolutely share this newsletter with people you think may enjoy it. If you do, please forward it in its entirety, including our contact and copyright information. Thanks and enjoy!

Just click on "Forward to a Friend" to the left.

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[I am interested in hearing what topics you would like to read about.](#)

What is your most pressing question right now? Just pick up the phone and call me: 303-794-7824, or if you prefer, email me: patricia@thefuturewithin.net

In our next issue, March 12, the topic is our 5th in the series: Got A Life? You do if ...You have Faith and you Live it

******If you are not criticized, you may not be doing much.******

Donald H. Rumsfeld

Take advantage of a valuable 25-minute Sample Session of coaching! Again, call me now at: 303-794-7824 or email

me: patricia@thefuturewithin.net



Patricia

me: patricia@thefuturewithin.net

I look forward to hearing from you.

My true wish is that you all have love in your hearts now and always!

With sincerity and love,

**Patricia Muscari, Certified Life Coach
The Future Within, LLC**