



## The Future Within

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



Patricia Muscari

**Welcome to Fresh\*Breezes: thoughts and tips for moving ahead.**

Walking back home from the gym today, I was examining what is going on in my life right now... There are at least three things that are a direct result of my "stepping out of the box" (pardon the tired phrase) and just taking a sip of something new to me. 1) My fairly new downtown Denver home in the center of all the activity... including sirens and traffic noise...they come with the city too. 2) The love and support of many new friends in my adopted Argentine Tango community. They often meet and dance in my home. They even bring their own wine! 3) My home-based coaching practice...a blessing...which also travels very well with me. :)

### Take A Sip

What happens when you take a sip? You may be given a new view of life. You can break from those tired things that pull you down. You probably will not do any lasting damage! You can infuse energy and excitement.

Are you stuck? Could you use a little help in moving out of the same old routine; help in recognizing those things that are preventing you from getting to where you want to be; and in making the choices needed to move forward?

Then let me show you how coaching is designed to help you do just that. When you work with your personal coach one-on-one, you will realize the tools you need; your life will immediately start opening up. Email me for a complimentary coaching session now.

**[More Information on my website](#)**



## One on One Coaching: Hiring Your Own Coach

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

**Take A Sip!** Take advantage now of a free Sample Session!  
Call Patricia at: 303-794-7824. It will change your life.

**[Patricia @TheFutureWithin.net](mailto:Patricia@TheFutureWithin.net)**

"Twenty years from now, you will be more disappointed by the things you didn't do than the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. ~ Mark Twain ~

Topic of our next issue on Wednesday, September 27: **Don't Kill The Messenger**

Email me regarding topics that would enjoy; your feedback is priceless. And thank you for receiving my on-line newsletter, Fresh\*Breezes.

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With sincerity and love,

Patricia Muscari

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