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TUESDAYS WITH MORRIE

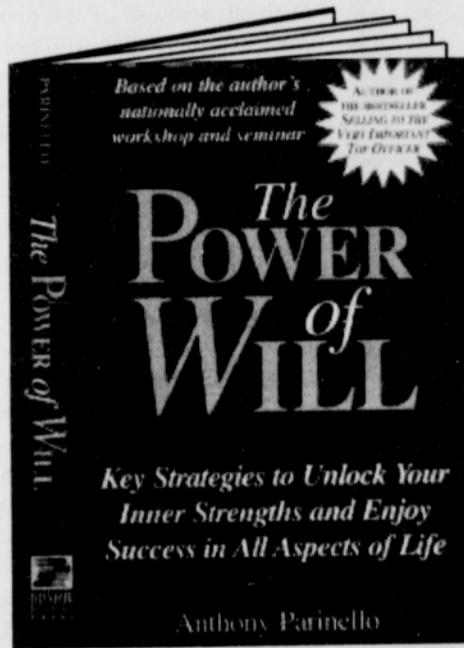
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MIDWIVES (Paperback)



holidays or an other daze for that matter, is to stop the tug-of-war that typically goes on in our minds, begin to have more of a "outward" focus and finally, make sure your expectations are set properly.

Powerful Stress-Buster Points RELAX!

"Do the following relaxation exercise. It's a great stress control tool, and it's fun! Sit down in a comfortable arm-chair.

Soften your facial muscles...Slacken your jaw. Place your tongue at the bottom of your mouth. Let your eyes close very softly. Relax your forehead. Let your head rest gently on your hands. Breathe quietly; count your breaths for five minutes or so."

STOP OBSESSING & STOP STRIVING FOR PERFECTION

"An unrelenting quest for perfection in all aspects of your life will shrivel your soul, pickle your brain... Regardless of your job

Worried? Stressed out? Running short on physical energy and patience during the holiday rush?

All worked up about the shopping, parties, what to wear, the relatives, cooking and the rest of the you name it? If so, you may want to heed the suggestions and advice of Anthony Parinello, best selling author and personal success coach to over one million professionals.

He suggests that the first step to conquering the stress of the

type, and the life you lead, simply do your best, learn from your setbacks, and move to the next challenge."

USE POSITIVE SELF-TALK

Reduce the number of times your body receives those nine-alarm "Emergency!" messages from headquarters (your brain) with the following positive self-talk phrases:

From -To
I am anxious...Something good is about to happen
I dread this...I feel a bit challenged.

I hate...I would like to...

Parinello suggests that you try to separate yourself from all of the holiday hype. It seems to be popular to turn inward during the holidays and feel disappointed if we can't be "home for the holidays" or, "roasting chestnuts on an open fire." It really isn't about giving material gifts and making the merchants rich. It's about giving the real gift of riches. Love, peace and courtesy to our fellow beings. Happy Stress Free Holidays!

Anthony Parinello's book The Power of Will can be found at major book stores or by calling 1-888-64 BOOKS.



The Complete Idiot's Guide to IMPEACHMENT OF THE PRESIDENT

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DR. JOHN W. GARLINGTON, JR.
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Dr. Martin Luther King, Jr.

Dr. John W. Garlington, Jr.

SUNDAY, JANUARY 10, 1999 4:00 P.M.
at Maranatha Church 4222 NE 12th Avenue
Portland, OR 97211

Dr. T. Allen Bethel, Senior Pastor
For more information, contact

John Parker at 288-7241 or 284-7563

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