

*20 Little Ways
to Stop and
Smell the Roses*



**A guide to less stress
and more joy in your life.**

By Joann Javons

<http://www.peoplepoems.com>

<http://www.private-practice-marketing.com>

Welcome!

Welcome to **20 Little Ways**. I appreciate your interest in this ebook and hope that it helps enhance your life.

Do you ever feel like you have too much to do and not enough time to get it done? Or, feel stressed by the frantic pace of your life? Ever wish you could make time stand still, even for a few minutes?

You've come to the right place! Here you'll have a chance to meet other people who share their personal tips to manage stress and bring more joy into their lives. You'll discover quick tips to de-stress, tips that don't take much time but will pay you big dividends in the enhanced quality of your life.

You'll discover how other web owners, parents, and professionals who lead busy, demanding lives recharge and rejuvenate on a daily basis. You can, too.

If you see any links that have changed since this book was created, please email me at Joann@peoplepeoms.com.

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Introduction

What exactly is "stress"? Some people think of it as just having too much to do and not enough time to get it done; others think it's emotional anxiety; others say it feels like pressure. About.com has an excellent article that defines stress, identifies symptoms, discusses specific forms of stress like parental stress, workplace stress, childhood stress, and gives you a self-assessment to help you determine your current stress level. Just [click here](#).

The effect of stress on the immune system and its role in disease is well documented in both medical and psychological studies. We know that chronic stress is not good for us. [20 Little Ways](#) gives you fast, easy tips to de-stress every day.

To get started, you can visit some online sources. If you're online frequently or working at your computer, these resources will help you. You can now go to a relaxing meditative salon, relaxation therapy salon and get the benefits in minutes from this physician-designed clinic on the web. [Click here](#).

Shallow breathing holds in tension. Even a couple of minutes of deep breathing helps you release and replenish. [Click Here to Relax Now](#).

But wait! There's more than just managing your stress. What about joy? How do you bring more joy into your life every day?

Here you'll find techniques you can do quickly and easily while you're online. Getting away from your computer, even for a few minutes, to recharge, replenish, and rejuvenate enhances your total well-being. That's why [20 Little Ways](#) is chock-full of simple ways to make time stand still for you!

Do you have a personal tip that works for you? You are invited to share your tip to be included in this ebook. Go to page 32 to complete the short form.

Please see our Contributors page for a complete list of individuals who

generously shared their time and tips.

Chapter 1: Turn On The Music



I always play music in the background while I'm working. My favorite music is "Watermark" by Enya, a lovely meditative piece and Beethoven's Pastoral Symphony. I find that the right kind of background music helps me stay calm and focused while I'm working.

Michael Baroff, author, speaker, and coach says, "I take 10 minutes to listen to a deep relaxation audiotape and just lie down with the headphones, absorbing the music." For a more complete rejuvenation, Michael takes "... free-form ecstatic dance classes, allowing music to move my body to clear my mind and allow me to connect with spirit."



Rebecca Game is the owner of Digital-Women.com, "women with their modems running", an online business that provides vital information for women in business. "I have a special song on CD that I sit back, close my eyes and listen to without letting in any outside noises. This always helps me to de-stress".

Gib Kerr, a certified financial planner in Sherman Oaks, CA, found a unique way to make music a part of his workday. "I built an electric piano into a drawer in my desk. When things get too intense, I just open the drawer and play the piano! It does wonders to clear the brain for productive work."



Chapter 2: Stop The Clutter

One of my favorite breaks is to fill an empty box I keep near the door, in a closet, with things I really don't want or need anymore. Just 5 minutes of going through your house will yield clutter that someone else will treasure. When the box is full, I take it to a donation store when I'm out on other errands. An easy way to let go of that clutter!

Getting things out of your mind and on paper can help stop 'mental clutter'. Karon Thackston, president of KT & Associates, says, "Often when I'm feeling stressed it's because my mental 'to do' list seems to have gotten out of hand. If I stop for just 10 minutes and jot down a physical 'to do' list, things seem to fall into perspective. Once I see my agenda on paper, I'm almost always relieved to find I don't have as much to do as I thought. Organization de-stresses me because it allows me to get a handle on my sometimes out-of-control work schedule. It also allows me the comfort of knowing I won't forget to do anything because I have it down on paper."



Eva Almeida owner of <http://www.ebooksnbytes.com> and <http://www.free-ebooks.net> says, "Prioritize! I pick one important task for each day, whether it's tackling a disorganized closet or answering all my email. I do that chosen task first, then any other chores are considered a bonus and my stress level lowers considerably."

For a free article on setting priorities, sign up for our May 20 issue of [Just For You](#), the newsletter for your total life at peoplepoems-subscribe@topica.com.

Chapter 3: Get Wet

Water has been known for centuries to have a soothing effect. The Romans knew it, the Greeks knew it.

Remember how relaxing a nice long soak in the tub is? Gee, it wasn't that long ago since you did that, was it?

Or take a few minutes to look at your favorite pictures of water. I love to look through a wonderful book, "Taking The Waters", which is filled with beautiful pictures of Roman and Greek baths, historical notes about them and information on bath rituals. It's those soothing pictures that immediately relax me!

And if you're able to carve out a whole hour or so, give yourself a mini-vacation at a day spa. I've done this many times and discovered that 1-2 hours at a day spa, getting a massage, relaxing in the sauna or Jacuzzi totally rejuvenates me and makes me feel like I really have been on a vacation! It's a small investment in time for a terrific return. You'll get all these benefits and more below:



Diane Mellendick owner of <http://www.keepsakerecipes.com>, came up with an idea on how to relax outside in water, whenever she wanted to. "After visiting a massage therapist/reflexologist on a regular basis for a year, I had to find another way to get the same stress relief without the effort of scheduling appointments, traveling back and forth, just having to be at ONE MORE place at a particular time! I decided to invest some savings into an outdoor spa. Usually 2-3 times a week, I step outside my back door and relax for 20 minutes, late at night when it's very peaceful outside. I find this time not only relaxing but once I let the stress out, I find I can then let the creativity back in!



You can now take a quick break from your computer and go to a relaxing online spa salon. [Click here.](#)



I have a friend who keeps a fish tank in her office and says "those fish help me relax...all I have to do is watch them quietly swimming through the water and I feel better."

My doctor keeps a bubbling water fountain on his desk at his office that quietly hums away as he's working and it always relaxes me when I'm there!

Ellen Scholl owns several clothing stores and has an online boutique of unique clothing designs and accessories at <http://www.ellensonline.com>. Ellen lives at Conneaut Lake, PA and says, "Travel for me means going to my window or door and just looking out at that serene lake, an instant de-stresser. In summer, I take many evening boat rides around the lake. These are the best stress relievers in the whole world for me."

Chapter 4: Take A Meditation Walk



A meditation walk is different from an exercise walk, although you still get health benefits. The purpose of a meditation walk is to connect to nature, inhale through your senses, and enjoy all that is around you. You will return feeling a whole lot better, more appreciative of 'what is' and gain a sense of renewal.

A meditation walk can be done in 5 or 10 minutes, around your block, down the street, over to your neighbor's home. And who can't take a walk for 5 or 10 minutes? So, even if you didn't get in your 20-30 minute exercise walk (good for you if you do more!) today, you still got your meditation walk!

Betty Carlisle, president of Carlisle & Company, a management consulting firm in Northridge, CA. takes a 2-mile meditation walk every day at dawn. "Although I follow essentially the same route every day, the world is a new experience each time I sally forth to meet the dawn", says Betty. "This is an opportunity to experience the bounty of my life and express gratitude for this beautiful world in which I live."

Chapter 5: Take 5 Vacations A Day

Anything that removes you from the scene, even for 5 minutes, will rejuvenate and refresh you, leaving you more clearheaded, energetic and productive. Take 5 minutes several times a day to recharge and refresh.

When I feel a need for an energizer, I walk out to my garden patio and inhale everything in sight! The beauty of nature, the colors, the visual feast all combine to zap my senses to a new level.

Shelbra Brinkman, owner of Shelbra Brinkman & Associates, a change management firm, also re-charges by connecting to nature. "I tend to my potted plants outside, water them, pull off dead blooms, and smell them. Or I visit the basil, cilantro and chives growing in my garden. I love to smell them too, eat a bite or two, water them." And adds Shelbra, "Another thing I do is go to the roof where I can see and hear the ocean...the waves mesmerize me and it's a great place to just breathe deeply and relax."



Viki Nygaard, owner of [Mount Evans Designs](#), is lucky enough to live and work at 9000 feet altitude in the beautiful Rocky Mountains of Colorado. "I like to go outside on the deck, sit in the sun and feel the warmth of the sun shining on my face and breathe in the fresh mountain air. Doing this uplifts my spirits and revitalizes so that I feel ready to face the next series of challenges in my day."



Joseph Petrashek of Starscapes International has discovered an automated way to 'take a vacation' on a regular basis. "I've started using a special computer program called "It's Time!" that forces you to take time off at any interval you like. Mine is set for every 60 minutes. It was designed for folks with carpal tendencies to relax their hands every once in a while." Note: this program is freeware available from

<http://www.edienske.homepage.com>.

Chapter 6: Dream, Dream, Dream

A few minutes dreaming takes your mind off the moment and transports you to another place, an instant way to rejuvenate.

I like to take a few minutes to re-live a wonderful experience, a precious moment with someone, or a beautiful place I've been to.



If lying in the warm sand at the beach, smelling the ocean air, looking at the serene blue water, basking in the warmth of the sun's rays, listening to the waves lap against the shore (are you there now?) relaxes and refreshes you, then 'see' yourself there again.

Or you might have a favorite spot you love in the mountains, surrounded by lush trees and hummingbirds on a warm spring day...well, you get the idea. You don't have to drive there to be there!

Terri McCabe works out of her home, juggling her time with her job and two small children at home. "I love to spread out a blanket in the backyard, lie down with the children and just look at the clouds. Much like we used to do when we were children, it's fun to see what each person sees in the cloud pictures. It's so relaxing and gives all of us a chance to use our imaginations."



Joanne Stein, coach and owner of JPS & Associates, recharges by choosing beautiful places to dream. "I go to a lovely place (a park, an art gallery, a beautifully-landscaped hotel) and as I meander through the setting, I lift my spirit with the beauty of the location and become one with the majesty of nature, creativity, and life in general. This, coupled with some positive thinking and deep breathing really recharges my batteries."

Chapter 7: Write Stream Of Consciousness



This is one of my all-time favorites! Just get out a piece of paper and write down whatever comes to mind: no analysis, no censoring, no editing. Just let it flow, even if what is coming out is 'gee, this seems like a silly thing to do'. Write for 5 minutes, without lifting pen or pencil from the paper.

While this technique is often used to break through 'writer's block', it's also a wonderful way to empty your mind so that you can move forward in a lighter and more productive way.

"I guess for me, being a writer, naturally I find expression a way of dealing with pressure, says Harry Robbins, owner of <http://www.angelfire.com/wi/sentstruc>. It doesn't have to be verse or a story. Sometimes simply allowing the "monsters" of tension to take form so one can see and understand the causes of frustration is helpful. Knowing is part of release."

Chapter 8: Read An Inspirational Verse

Read something inspiring to you. It can set the tone of your day, help you refocus, and move you in the right direction. I like to read daily sections from "Simple Abundance" by Sarah Ban Breathnach or inspirational verse from a little meditation book or some of my favorite poems.



What do YOU read to inspire you for the day? Send it to me and I'll reprint it in our newsletter **Just For You** at peoplepoems-subscribe@topica.com and right here in **20 Little Ways**. Just send your suggestion to Joann@peoplepoems.com.

Chapter 9: Love Those Pets

Remember the wonderful stories about Lassie? A recent Disney re-run on TV prompted me to tape some Lassie shows and watching them always warms my heart.

Another favorite pet video is "Homeward Bound", a charming story of two dogs and one cat who get lost and finally find their way home. This wonderful story always brings tears of joy to my eyes! Mia is my 18 month-old kitty with a roaring purr so I take a break by holding her on my lap and listen to her loud, happy little purr...I can feel my muscles relax when I do this.

Paul Faulkenham, owner of <http://users.cyberglobe.net/~faulkens>, likes to take his 'best friend' on regular walks in the woods. "When I feel myself stressing out, I take my dog, a golden retriever, and my best friend, for a walk in the woods. It's so relaxing to hear the birds chirping and singing their songs of love, and especially if it is a windy day, with the wind blowing through the trees. I live just outside Montreal Canada, in a small village called Fabreville, and the woods are less than a 5-minute walk from my home. When I return from my walk in the woods, I am usually stress free, leaving my worries behind, and trying to concentrate on new and positive things in my life and maybe even writing a new poem."



You can get some great deals for your special pooch at <http://www.SitStay.com>.

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Extraordinary
Dog Supplies



Harry Robbins says, "Letting our pet cat, Bud, keep me entertained with his priorities helps me. It's a cat's life that at times makes me remember how insignificant some of my problems can be. And the smiles from a furry face help, too. Harry has written a wonderful poem



about Bud. Read on: -)

THE MASTER OF THE HOUSE

With stride sure and proud he roams his abode
in charge of his domain as any know.
By a stare alone he makes each to go
Any place he sits is considered his throne.
A fact not given to causing alarm
for all have fallen for his ev'ry charm
and thus crowned him ruler of the home.
Constant attention does he e'er require
without benefit of thanks to inspire.
To his sheer presence all must give glory
while his deeds seldom add to his story.
Of his total rule some might have asked how,
to wit his reply is simply, "meow."

By Harry Robbins

If you have a Fido in your life, CLICK [HERE](#) for wonderful doggie posters.
And to live harmoniously with your kitty, read the "10 CatMandments" at
<http://www.peoplepoems.com/pets.htm>.

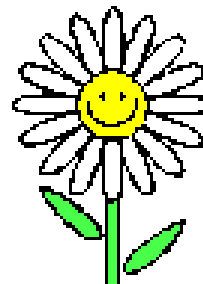
Chapter 10: Breathe 7

This is another of my all-time favorites! I have yet to find a more relaxing and re-energizing breath than this ancient yoga breathing technique. And it's simple.

But please, move away from your desk, sit somewhere where you can relax your body. Ready? Inhale slowly to the count of 7, hold your breath to the count of 7, then slowly exhale to the count of 7. Repeat this process until you start to feel the effect. Usually it's 3 times for me but sometimes I like to keep doing it anyway because it just gets better! Shallow breathing holds in tension. Even a couple of minutes of deep breathing helps you release and replenish.

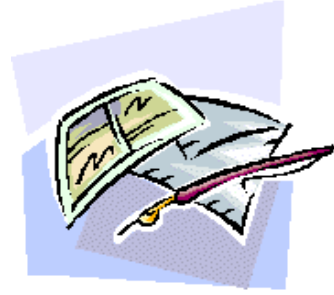
Here you'll find techniques you can do quickly and easily while you're online. SPA 21.

Mike White is a breathing and voice development specialist and owner of <http://www.breathing.com>. He recommends another breathing technique to enhance deeper natural breathing. Stand or sit stay "tallest". Without taking a deeper breath, force all the breath out and let a big easier deeper breath come in while simultaneously raising your arms overhead to give more space to your in breath. Count audibly, quietly and clearly as you tilt and stretch deeply from side to side three times. Finish the exhale as you gently lower your arms. Repeat three times. This opens up the side ribs and expands the lungs for easier and deeper natural breathing while ensuring against breath holding that restricts the voice and throat.



Chapter 11: Write Poetry

I'm not talking about Shakespeare here, just a few lines about what you see right in front of you. And the lines don't have to rhyme and nobody is going to read them.



Your lines could be about your dog crawling under your desk, the view from your office window, the children playing outside. When it pops into your head, write it. It will take your mind off what you're doing and you'll return more focused.

Even frustrations can lead to a poem! One of our newsletter subscribers, Jacques Foreman, uses Microsoft Word but not without challenges. See his wonderful poem, "Ode To Word" [here](#). It'll bring a smile to your face!

Chapter 12: Get Ready For Sleepy Time

It's taken me a long time to learn that my computer must be turned off at 9:00 pm each night for me to have enough time for my "transition zone" and then get to sleep. If I don't, I get a "second wind", and will be awake until the wee hours of the morning, unable to sleep.

Try to get your mind into a relaxing state before bedtime. Bedtime rituals (turning off the TV early, making a hot cup of tea before bedtime, or light reading) all help you create a transition zone to bedtime so you can get your mind off the events of the day and sleep well.



Al Montero, publisher of ZeroCost Digest says "To make sure I sleep well at night, I read for 30 or 45 minutes before going to bed. It helps me avoid falling asleep thinking about the challenges I had that day or will have the next."

Chapter 13: Be A Kid Or Borrow Your Kids' Fun Things

Kids always know how to play! Take a short 'play break' with your kids...go outside to watch the cloud pictures, make up stories together, play a game.



A friend of mine likes to pop in the VCR one of her kids' Mr. Rogers videos when she starts to feel 'stressed out'. "I love to watch it when the kids are napping, there's something so soothing about Mr. Rogers' comfortable slippers". Another friend loves to watch "Teletubbies" on TV for her re-charge.

Chapter 14: Laugh Yourself Silly



Go ahead, rent that silly video! Watch that funny TV show! Laughter has long been known to release lots of stress and enhance our well-being. Norman Cousins is famous for healing himself with laughter and even lectured at medical schools on the healing benefits of laughter.

Have you laughed today?

Pamela Heywood , owner of [TuCats-Design](#) says, "Laughter helps me keep things in perspective. When things go wrong and life seems to be against me, I try to remember that a scant six months after the last disaster, I couldn't think why I worried about it so much and I just had to laugh at myself! I try to remember that this time won't be any different so I might just as well laugh now! I have an ability to see the funny side of everything and I do feel that it's my defense against the world when things go wrong."

In addition to using laughter to keep things in perspective, Pamela uses her voice in another way to de-stress: "My biggest therapy is singing. Just being able to make that much noise is a great way to let out all the tensions."

Chapter 15: Get Flowers

Just looking at beautiful flowers can be a joyful experience! Go outside and look at the beautiful flowers in your yard (or your neighbors' yard), smell them, touch them. Or, meander through a little flower shop, slowly savoring the colors and fragrances. Keep flowers in your home to remind you of the beauty that is always around you.



Pick or buy some lovely flowers and arrange them in a way that pleases your eye. For me, this is a meditative act. My mind is only on the beauty of the flowers and I'm mentally transported to their beauty, colors, textures, and fragrance.

Chapter 16: Talk To Your Neighbors

When was the last time you talked to your neighbors? Too many of us don't even speak to the people who live near us.

Human contact, no matter how brief, takes our attention off our own busy-ness. It actually can be more stressful not to talk with your neighbors because human contact is vital for us. So talk to the mother across the street with three kids or the widow next door or the elderly couple out taking a walk.



Chapter 17: Put The Puzzle Together

Some people like to do crossword puzzles but Betty Carlisle from Carlisle & Company finds that the real thing gets her re-focused. Betty dumps the pieces of a 7" x 7" puzzle onto a serving tray or any flat tray and then starts putting the puzzle together. "Being able to focus, seeing how things fit together and making progress in producing a finished puzzle are very positive experiences. Working on a puzzle helps clear my brain and gives me a genuine feeling of accomplishment."



Chapter 18: Light Up

Light up those candles to lighten up! 5 or 10 minutes of soft candle glow and deep breathing works wonders. Add a few neck rolls and eye rolls to help you relax, drop your shoulders and you'll feel more energized.

Soft candlelight is known to have a relaxing, mellowing effect on us. "I have a separate spot in my home where I keep 10 or so candles and at times, have lit them all at once. It's very relaxing to take a few minutes to bask in the glow of the candles", says Rebecca Game.



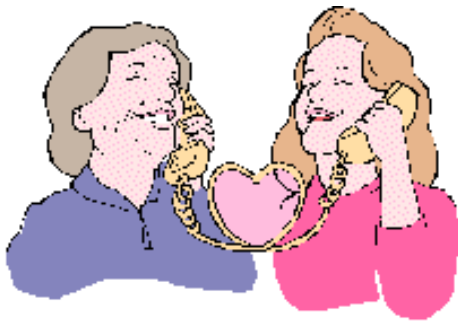
Candles come in every imaginable fragrance as well as size, shape, and color, delighting the senses in so many ways. And who said candles have to be expensive? You can get all the candles you want at up to 70% off retail at <http://www.candlemart.com> an online store built on the notion that "quality doesn't have to be expensive" and they prove it!



Chapter 19: Do Something Sweet For Someone

If your life seems frantic, distract yourself by thinking of someone else. Leave a 'love note' for someone...a neighbor, a friend, your spouse. Tuck it under their door, under a dinner plate or on the bathroom mirror.

Do something for a loved one that you don't usually do...like bringing him his slippers. Or leave a 'just thinking about you' voice mail message for someone you haven't talked with for a while or send a funny email card to someone who needs some cheer. Or send a loving care package. Get one [here](#):



"After I telephone my mom to ask her about her day and find out how she is doing, I find that has helped me to feel better. Focusing on someone's life---even for a short while if only just to listen---somehow makes your life seem easier. You also get the added benefit of knowing that you helped them make their day lighter. When my mom says, "Well, you certainly made me laugh today!" that makes me feel great", says Diane Mellendick.

Holly Hicks is a talented web designer and owner of <http://www.memca.com>. She's a wife and mother of 2 sons. "Running a company and a family can be very overloading plus frequent traveling on trips for business can take its toll. One technique I use to offset the stress is a regular dinner out date with the family. Every Friday night, we take 2 hours to ourselves and go out for a peaceful dinner and catch up talk. It is a very special time for me, and helps me refocus.



Thomas A Hilton Jr. learned years ago that praising his son brought more joy into his life and had a very positive impact on his son. His son Kyle was praised for his artwork by his parents since he began drawing at the age of 5. Now 14 years old, Kyle has been featured in newspaper and television shows for his stunning pencil portraits of celebrities, politicians, and people from all walks of life. You can get one of Kyle's wonderful pencil portraits [here](#).

Thomas Hilton is offering a special discount for readers of **20 Little Ways** and our newsletter subscribers. To get this discount, you need to put in the subject line PP-Portrait at <http://www.kylehilton.com/peoplepoems.htm>.

Thomas says, "It only takes a minute to praise your children in a positive way that will last a lifetime---praise them while other adults are present. It can make a huge difference in your child's self-esteem. It's the little things!"



Michael Boyter, father of 5 children says, "Seek out a friend that you've known for a number of years and/or a family member, your age or older, and reminisce. It will put a smile on your face and warmth in your heart. That's what memories do! Write a few of these memories down and pass them on to your children so that the memories go on and on."

Michael was inspired to create a unique electronic tool, called Memory Grabber that allows you to capture your family photos, traditions, history, biographies, genealogy all in one place so that your family's story can grow for generations to come. The Memory Grabber makes preserving your family's special moments, traditions, history, photos for others a snap! It is truly a one-of-a-kind tool, easy to use, flexible, tons of resources and very affordable. You can download it [here](#).

Chapter 20: Stretch Out



How about stretching those limbs? Up in the air with your arms, add a few leg stretches. I always like to do neck rolls to release the tension in my back and neck from sitting at my desk. Combine this with the Breathe 7 technique described in this e-book and you'll feel relaxed and rejuvenated in just a few minutes!

Keeping physically active has positive benefits for both the mind and the body at any age. Al Mierau learned years ago that water sports helped him cope with the pressures of his career. "Wind surfing and sailing are great stress relievers for me. When my two sons were in their senior year of high school, we agreed to try wind surfing and took lessons from a professional who happened to be here from South Africa and we've never looked back. Doing this gave me the opportunity to chum around with my sons and nephews until they finished their higher educational studies and all moved away. I still windsurf and instruct to this day."



Menno Smit learned a different kind of movement that relaxes him and helps with the transition zone before bedtime. "I find juggling quite relaxing. I get a set of three balls and start juggling. I found that even trying to learn was relaxing. You have to focus on the balls so it's a nice switch off or mini vacation. It also works to get that switch off time before going to bed."

For information on how to juggle, Menno suggests this site <http://www.juggling.org> or email him menno.smit@12move.nl

Do you have a little way to 'stop and smell the roses' that you would like to share? Send it to us for review for our next update to this ebook at joann@peoplepoems.com and be sure to include your name, email address, website.

Or you may fill in the form below:

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CONTRIBUTORS TO 20 LITTLE WAYS



I would like to thank all of the contributors who took time to share their personal tips. Please visit their sites and let them know how their tip helped you.

Eva Almeida lives in Kitimat, British Columbia with her husband and two young children. See Eva's sites for excellent information on ebooks at <http://www.ebooksnbyes.com> and <http://www.free-ebooks.net>. Eva is also a registered Canadian pharmacist.

Michael Baroff lives in Santa Monica, CA and has a lovely 10-year old daughter named Anya who loves music and dance. He has published a wonderful series of easy to use, self-guided coaching books to help others become more effective in their work. Visit his site, <http://www.innerworkcoaching.com> or contact Mbaroff@aol.com.

Michael Boyter lives in South Dakota with his wife and 5 wonderful children, 2 girls and 3 boys. He feels he's been fortunate to have been given family photos, journals, personal stories of his forebearers, even as far back as the late 1700's. He believes this history has given him a solid sense of who he is and is committed to sharing that experience with current and future generations. Michael was inspired to create the first electronic tool, called the Memory Grabber, to capture all of your family's stories, photos, traditions, history, even genealogy in one place. You can see the Memory Grabber [here](#).

Shelbra Brinkman lives in Long Beach, CA with her husband and two cats. She consults with Fortune 1000 companies on 'Making Change Work', an outstanding change management program. Contact her at Shelbra@earthlink.net or call 562-439-3000.

Betty Carlisle lives in a charming home surrounded by a lovely garden that she has created. She has one very special cat, Miss Morgan. Carlisle & Company specializes in working with clients on improving individual, team, and business performance. Contact Betty at carcom@ix.netcom.com.

Paul Faulkenham is the owner of The Canadian and American Writers Help Guide at <http://users.cyberglobe.net/~faulkens>. He lives outside of Montreal, Canada with his wife and dog.

Rebecca Game lives in Aledo, Texas with her husband and a family of kitties. She publishes the digital woman newsletter, which is always full of exceptionally helpful and useful tips for women in business. This site is a treasure! Visit <http://www.digital-women.com> for terrific information and resources to help you run your online business

Pamela Heywood lives in an unspoiled and barely accessible valley north of the island of Tenerife in the Canary Islands, Spain where she works full-time from her home, which she shares, with one dog and three cats. Originally a British journalist, Pamela moved to the island in 1992 to get away from the "corporate machine" and made a pact with herself never to take the island's awe-inspiring beauty for granted. She is owner of <http://www.tucats-design.com>, a wonderful site with great information and resources to help you build your web business.

Holly Hicks lives in Portland Oregon with her husband and 2 sons, ages 21 and 16 who are "my inner laughter and my inner strength." Holly is a talented designer and owner of a design and web hosting company, <http://www.memca.com>.

Thomas A. Hilton, Jr. and his family live in Jackson Mississippi. Thomas is the proud father of a most remarkable young son who today reflects his parents' earlier praises. Thomas is offering a special discount on his son's wonderful portraits for readers of 20 Little Ways and our newsletter subscribers. To get this discount, you need to put in the subject line PP-Portrait at <http://www.kylehilton.com/peoplepoems.htm>.

Gib Kerr offers financial planning information at his website as well as his free downloadable "one lesson only complete guitar course". Visit <http://www.gibkerr@gibkerr.com> for more information or call him at 818-788-3504.

Karon Thackston lives in South Carolina in a little log cabin on four acres with her wonderful husband, eight cats, and two dogs. KT & Associates specializes in helping small businesses attract and keep more customers and Karon really knows her business! She has done copywriting for <http://www.PeoplePoems.com> and does wonderful work. Visit KT & Associates at <http://www.ktamarketing.com>.

Diane Mellendick lives in Ellicott City, Maryland with her husband of 20 years and their 14 year old labrador retriever, Steve and his sister, Samantha. Diane is the owner of a charming site <http://www.KeepsakeRecipes.com> where you can get handcrafted, customized designs of your favorite recipes.

Terri McCabe is a project manager for a web site company. She lives in Woodbridge, Virginia with her two young sons.

Al Mierau lives in Saskatchewan, Canada with his wife. He is a search engine specialist and the owner of <http://www.enginepositioning.com>. Al also does oil painting, photography and builds lovely rustic willow furniture which you can see at <http://members.home.net/al.mierau/>.

Al Montero lives happily in North Carolina with his wife and son. He publishes ZeroCost Digest, an ezine that reprints top marketing and advertising articles. You can subscribe and get lots of great marketing information at <http://www.zerocost.com>.

Viki Nygaard is the exceptionally creative, talented, and thoughtful designer for <http://www.PeoplePoems.com>. When she isn't designing web sites, she loves to make various arts and crafts projects and most of all, spend time with her two wonderful sons, David and Cody. Contact her at Viki@mountevansdesigns.com or learn more about her work at <http://www.mountevansdesigns.com>.

Harry Robbins is a writer and owner of <http://www.angelfire.com/wi/sentstruc>. He lives with his wife Cheryl and the one-and-only Bud, the special cat who inspired Harry's poem, "The Master of the House".

You can gaze under the stars and have them in your home by visiting Joseph Petrashek's site at <http://www.starscapes.com> or contact him at voyager@starscapes.com.

Ellen Scholl lives at Conneaut Lake, PA with her husband, two dogs and

five cats. Visit Ellen's boutique at <http://www.ellenonline.com> or contact her at ellens@toolcity.net.

Joanne Stein is a coach and the owner of JPS & Associates, Scottsdale, Arizona. She is committed to helping others turn their dreams into reality. jstein@phnx.uswest.net ; Tel 480-661-6422 Fax: 480-661-8849

Mike White lives in Waynesville, North Carolina and has a beautiful grown son. He says that someday soon he wants a wolf, house, fireplace and loving woman to share it all with. Mike is a breathing and voice development specialist, educator, nutritionist, speaker and owner of <http://www.breathing.com>.

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This ebook was formatted by Viki Nygaard, web design specialist and owner of <http://www.mountevansdesigns.com>.