

February 2016



NEWS YOU DIDN'T KNOW YOU NEED



Carla's thoughts for the month

Happy Mardi Gras!!

I love a reason to decorate. Come see our office Mardi Gras decorations.



This month I blog about our trip to Bogota, Columbia. It is definitely a place not to miss. Then to round things out, two articles on being calmer and happier. Who doesn't need that? Laissez les bon temps roulez!!



Greetings from Bogota

Blog By: Carla Cotropia



Over the Thanksgiving holidays, Tom and I took a trip to Bogota, Columbia. Bogota is a vibrant city with an altitude of 8700 feet. The weather was perfect.

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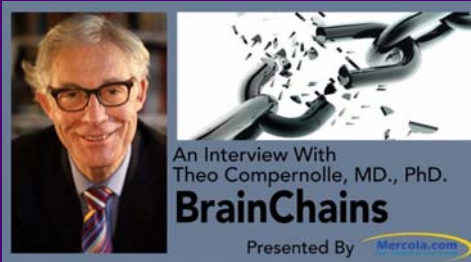
To Be Happier, Start Thinking More About Your Death

By: Arthur C. Brooks
January 9, 2016

WANT a better 2016? Try thinking more about your impending demise.

Years ago on a visit to Thailand, I was surprised to learn that Buddhist monks often contemplate the photos of corpses in various stages of decay. The Buddha himself recommended corpse meditation. "This body, too," students were taught to say about their own bodies, "such is its nature, such is its future, such its unavoidable fate."

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Understanding Your Brain Can Make You Calmer and Much More Productive

By: Dr. Mercola

The human being is the only animal that has a reflective brain, yet most of us sabotage it every day, and in doing so, we limit our productivity and well-being. Dr. Theo Compennolle is a Belgian physician with about three decades-worth of experience in clinical psychiatry, neuropsychiatry, and neurology.

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Two Sneakers @ a Time!

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