

January 2016



## NEWS YOU DIDN'T KNOW YOU NEED



### Carla's thoughts for the month

This month's newsletter includes my 2014 blog for the New Year Resolutions I want everyone else to make. Unfortunately, there has been no improvement. In fact, matters have just gotten worse-especially the crazy driving in Houston.

Also included is my article on my obsession with infusing alcohol. Perhaps all the bad Houston drivers are contributing to my obsession.

Finally, to put me in a better mindset, I have been using the **Five-Minute Journal**. This is a little hardcover book on Amazon <http://amzn.com/0991846206> that you write in every morning and night. Come on, it only takes five minutes. You write three things that you are grateful for, even if it is just that you woke up and aren't dead. Then at night you write three amazing things that happened that day, even if it is as small as someone letting you change lanes without being a jerk about it. What happens is that it programs your brain to be appreciative and it cultivates gratitude. By focusing on the good, you feel better as a result. Even with all the crazy Houston drivers.....



## MY THOUGHTS ON NEW YEARS RESOLUTIONS 2014!

**Blog By: Carla Cotropia**

This year instead of making resolutions I don't keep I am going to make some for everyone else.

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### Updates for 2016:

The good news is I have mellowed on the gum chewers, as long as there is no noise. The bad news is there has been zero improvement in the other resolutions. Let's hope 2016 will have a better improvement rate than 2015. Stay Safe and Friendly out there!



## MY OBSESSION WITH INFUSING ALCOHOL

**Blog By: Carla Cotropia**

Depending on what is in season, I like to make a big batch of infused alcohol. It's easy!

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## The Many Benefits of Expressing and Receiving Gratitude

**By: Dr. Mercola**  
November 26, 2015

*"Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives.*

*In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals - whether to other people, nature, or a higher power."*

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## Believing What You Don't Believe

**By: Jane L. Risen and A. David Nussbaum**



The New York Times  
Illustration by: *Golden Cosmos*

How is it that people can believe something that they know is not true?

For example, Kansas City Royals fans, sitting in front of their television sets in Kansas City, surely know that there is no possible connection between their lucky hats (or socks, or jerseys) and the outcome of a World Series game at Citi Field in New York, 1,200 miles away. Yet it would be impossible to persuade many of them to watch the game without those lucky charms.

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### **Taking Steps to Settle Cases**



### **Two Sneakers @ a Time!**

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