

November 2015

NEWS YOU DIDN'T KNOW YOU NEED



Carla's thoughts for the month

With the holidays approaching I thought you might enjoy my blog on the perfect margarita. Cheers and Happy Holidays!

[The Perfect Margarita..](#)

Wash the Dishes and Cleanse the Mind

By: Ann Lukits
Wall Street Journal

Washing the dishes may be a convenient detox for overwrought minds, a study in the journal Mindfulness suggests. The study found that washing dishes mindfully-focusing on the smell of the soap, and the shape of the dishes, for example - significantly reduced nervousness and increased mental stimulation in dishwashers compared with a control group.

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Can You Get Smarter?

By: Richard A. Friedman
The New York Times

YOU can increase the size of your muscles by pumping iron and improve your stamina with aerobic training. Can you get smarter by exercising - or altering - your brain?

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CARLA COTROPIA MEDIATIONS

Taking Steps to Settle Cases



Two Sneakers @ a Time!

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