

Portobello Massage Newsletter

November 2016

Hello lovely clients!

Welcome to **November** and the Portobello Massage newsletter. I'm writing from my kitchen; the clocks have gone back, it's properly dark outside and thoughts of Danish *hygge* come to mind with tealights and warm socks to provide cosiness and warmth. A massage would be lovely right now!

Positive Thoughts

"We don't need to rush. If something's bound to happen, it will happen. In the right time, with the right person, and for the best reason." - Unknown

"Sometimes your greatest motivation will come from your most negative situation." - Unknown

"What lies behind us and what lies before us are tiny matters compared to what lies within us." - Ralph Waldo Emerson

"All the advice in the world will never help you until you help yourself." - Fred Van Amburgh

"This is the beginning of anything you want." - Unknown

Groan-worthy Jokes

A few people have been saying I have OCD, so I'm going to invite them to my house and put them in their place.

I really hope actress Jessica Biel names her first born "Batmo".

I've finally found someone to spot me at the gym. It's like a huge weight has been lifted off my shoulders.

I seem to have downloaded an app on my phone which make me look fat. It's called "camera".

I went to see a friend's new baby yesterday. She asked if I'd like to wind it, but I thought that was a bit harsh, so I just gave it a dead leg.

I look forward to seeing you soon!

Annie Milović

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