

Portobello Massage Newsletter

September 2011

Hello there!

Welcome to the September edition of the Portobello Massage Newsletter! Well, the summer whizzed by with not a lot of sun but autumn is looking to be fantastic. Portobello is as lively as ever and getting better day by day.

The other day I was looking at the Action for Happiness website and looked at their 10 keys for happier living. I looked it up for a friend but I decided that I should try it out for myself. This week I've been writing down three good things that have happened each day. The more I've focussed on the positive instead of dwelling on the negative, the more positives I see. I know I may sound like a pollyanna a lot of the time but I think there's something in it - if you think I'm foolish, try it for yourself! <http://www.actionforhappiness.org/>

Reviews

'Massage helps me feel connected.'

'Ohhh, those stones are sooo relaxing.'

'Getting a massage helps me feel like I'm taking the best care of myself that I can.'

Please remember that **gift vouchers** are always a popular gift.

Positive thoughts

'Happiness is a conscious choice.' - Mildred Barthel, poet

'Life is movement. The more life there is, the more flexibility there is. The more fluid you are, the more you are alive.' - Arnaud Desjardins

'We often come into contact with the idea that our best isn't good enough, as if this were actually possible. If you examine this notion, you will begin to see that it doesn't make much sense. Your best is always good enough, because it comes from you, and you are always good enough. You may not be able to deliver someone else's idea of the best, but the good news is that's not your burden. You only need to fulfill your own potential, and as long as you remain true to that calling, and always do your best to fulfill your purpose, you don't need to expect anything more from yourself.' - daily om

The groan-worthy jokes

The top 10 festival funnies were judged to be:

- 1) Nick Helm: "I needed a password eight characters long so I picked Snow White and the Seven Dwarves."
- 2) Tim Vine: "Crime in multi-storey car parks. That is wrong on so many different levels."
- 3) Hannibal Buress: "People say 'I'm taking it one day at a time'. You know what? So is everybody. That's how time works."
- 4) Tim Key: "Drive-Thru McDonalds was more expensive than I thought ... once you've hired the car ..."
- 5) Matt Kirshen: "I was playing chess with my friend and he said, 'Let's make this interesting'. So we stopped playing chess."
- 6) Sarah Millican: "My mother told me, you don't have to put anything in your mouth you don't want to. Then she made me eat broccoli, which felt like double standards."
- 7) Alan Sharp: "I was in a band which we called The Prevention, because we hoped people would say we were better than The Cure."
- 8) Mark Watson: "Someone asked me recently - what would I rather give up, food or sex. Neither! I'm not falling for that one again, wife."
- 9) Andrew Lawrence: "I admire these phone hackers. I think they have a lot of patience. I can't even be bothered to check my OWN voicemails."
- 10) DeAnne Smith: "My friend died doing what he loved ... heroin."

Ouch for that last one!

Please remember to **pass this newsletter on** to someone you know who might appreciate it. Maybe together we can help someone smile! Please note that past newsletters are now posted on the website under Contact.

If you're on Facebook check out our page for little tidbits between newsletters - just look up Portobello Massage from your home page (or click [here](#)) and click 'Like' to have more regular updates.

I hope you've enjoyed this newsletter and I look forward to seeing you very soon for a massage.

Enjoy!

Ann Milović

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