

# Portobello Massage Newsletter

September 2015

Dear lovely Clients

Hello and welcome to the **September 2015** edition of the Portobello Massage Newsletter!

The eagle-eyed among you will have noticed that there wasn't an August edition of this newsletter. August turned out to be a rather busy month for me including a house move and these sorts of things take time. Fear not, faithful newsletter readers - I'm still in Portobello and I'm still massaging. The clients that have been to my new place actually report that they like it more than the old place (sadly minus the green walls). If you have an appointment coming up and I haven't notified you of my new address, please do get in touch!

All is well.

## Positive thoughts

We have three kinds of family. Those we are born to, those who are born to us, and those we let into our hearts." - Sherrilyn Kenyon

Having courage does not mean that we are unafraid. Having courage and showing courage mean we face our fears. We are able to say "I have fallen but I will get up." - Maya Angelou

It takes courage to grow up and become who you really are. - e.e. cummings

Becoming fearless isn't the point. That's impossible. It's learning how to control your fear, and how to be free from it, that's the point. - Veronica Roth

A strong positive mental attitude will create more miracles than any wonder drug. - Patricia Neal

## The groan worthy jokes...

Straight from The Fringe 2015 - the top 10 jokes as judged by the comedy channel Dave:

1. **Darren Walsh:** I just deleted all the German names off my phone. It's Hans free.
2. **Stewart Francis:** Kim Kardashian is saddled with a huge arse ... but enough about Kanye West.
3. **Adam Hess:** Surely every car is a people carrier?
4. **Masai Graham:** What's the difference between a hippo and a Zippo? One is really heavy, the other is a little lighter.
5. **Dave Green:** If I could take just one thing to a desert island, I probably wouldn't go.
6. **Mark Nelson:** Jesus fed 5,000 people with two fishes and a loaf of bread. That's not a miracle. That's tapas.
7. **Tom Parry:** Red sky at night: shepherd's delight. Blue sky at night: day.
8. **Alun Cochrane:** The first time I met my wife, I knew she was a keeper. She was wearing massive gloves.
9. **Simon Munnery:** Clowns divorce: custardy battle.
10. **Grace the Child:** They're always telling me to live my dreams. But I don't want to be naked in an exam I haven't revised for.

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](#). Please remember that **gift vouchers** are always a popular gift.

Also, if you like this newsletter and would like a bit more of wacky Portobello Massage humour, click 'like' on the Portobello Massage Facebook page, available [here](#).

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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