

**Volume 1, Issue 1**



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**Making A Change in your life and the one's around you!**

## **Express Yourself with NAS Newsletter!**

**"No man is an island"**

These words are spoken so often and neglected on many occasion. However they are true words, no one person can effectively function by themselves. At some point in time they will need help.

This News letter is link to a website whose aim is be there for persons who need that help and also encourage other persons to be their brother's keeper.

The site initially started giving an in sight into the author's life. After which she decided to share her experiences and help others to share theirs.

She also encourages persons to express themselves through poetry, songs, and art.

She also has a Facebook page where persons can also submit their work and request.

She recently branched out into the Newsletter as a form of discussing issue and getting opinions on topics discussed by others around her and those affecting everyone.

Who is this person? Her name is Nicola Aneisha Saunders (NAS). She is only 23 years old and believes that anything is possible if only you believe.

Check out her website at [xpressurselfjamaica.com](http://xpressurselfjamaica.com) or email her at [info@xpressurselfjamaica.com](mailto:info@xpressurselfjamaica.com)

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# Special ingredients for a Healthy Relationship.....

What are the special ingredients to a healthy, strong and long-lasting relationships? Well from the view points of corporate Montego Bay employees and other individuals, I have devised this list.

## Communication & Understanding

Without Communication your relationship is fueling on empty air and sex. This will not last long.

.....with communication and understanding, you can be your lovers best friend and soul mate forever.....



## Trust

How can you want to be with someone if ever time they are not with you, you have a panic attack because you think they are with someone else.

## Honesty

Don't ever think that bottling your annoyance or faults will make a relationship work. Being honest help persons to develop, learn compromise and essentially make them a better person.

## Last but not least, Love

Without Love, relationships will only become a thing a the past. Love along with communication and understanding, you can be your lovers best friend and soul mate forever.

Check out Next week newsletter as we hear from persons "in love".

Article written by NAS and Vaughan

# Ten ways to stay Healthy.....

Top Ten ways to stay healthy is quite easy.

1. Get at least 30 minutes of exercise daily
2. Your meal each day should include proteins, carbohydrates, fats, fruits, etc.
3. Have sex **at least** three times a week
4. Engage in Me times
5. Do some outdoor activities such as evening walks and/or beach
6. Yoga
7. Go out with friends once in awhile
8. Have another couple as a friend
9. Be a Nympho for your lover i.e. 'A lady/gentleman in the streets and a freak in bed'
10. Ultimately, Just be yourself !



This article was written by  
Vaughan and NAS



## What does the words "I love you" means to you in 2012.....

I love you....

These three words have come to mean so much more than I thought possible. Maybe, It is because I have grown and matured, and my perspective on most, if not all things, have broadened and changed.

I think that I now truly understand what it means to unconditionally love someone. To fully give yourself to someone, without holding back, knowing that nothing is guaranteed and promises can be broken.

To me, it means risking all you have, taking chance after chance and telling yourself that even though things may change and inevitably will, it is worth it. That person is worth it.

I love you means Forgiveness.

Being able to say that you are human and even though you may make mistakes that may hurt me, I am willing to forgive you; I am willing to look beyond all of that and love you for who you are. If those things never happened, chances are you would not be the person you are today and you would not be apart of my life, anyway.

So, in essence be grateful that they happened. If you believe that the person is worth it then nothing else matters.

I love you means Self worth.



Check out my website @  
[xpressurselfjamaica.com](http://xpressurselfjamaica.com)

Or link me on Facebook  
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