

GET A BETTER ➤ LIFE ➤

With Your Family Life...

With Your Home Life...

With Your Social Life...

NANCY ANGOVE

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CHAPTER 1

The Greenest Grass Is Under Your Own Feet

Surrounding yourself with a fulfilling life can be perplexing. We're not sure what kind of life we're supposed to have because of the many models of life all around us. They feed our minds and hearts with their images on how we're supposed to look, live, act, and be.

There is a constant parade of life in front of us, including our parents, television, books, movies, articles, billboards, friends, and always "experts," showing us *their* thoughts and experiences on how to have a "successful" job and career. And above all, avoid an "everyday mundane existence" like the plague.

You can look at all these images with fear, thinking I've got to get ahead, I can't be average, I want to be wildly popular, successful, maybe carry a leather briefcase and direct a corporation, I can't be nothing, go into oblivion where no one will even know I'm alive, I have to make my mark in the

world, how, how do I get ahead? May I ask, ahead of what? And your mark on who and what?

So we view the different visions in front of us, and unconsciously draw many desires into our life. These desires surround us and talk to us from magazines (oh those hot sex tips on every cover), from books and seminars on how to make millions, and of course no-one should pass up having a college life. And while I'm having a passionate love affair, a stock portfolio, and going to college, I may throw in a kid or two because babies look so darling and their clothes are so adorable. And all this can be done while weighing 96 pounds, looking beautiful, and being witty and intelligent. And, of course, our phone never stops ringing.

Oh, what to be, maybe I'll get a babysitter for my kids and serve humanity overseas and be admired for my good works. I've always wanted a Volunteer of the Year badge (it was disappointing my children weren't impressed). Look, look at all those lives around me—which pieces do I pull into my existence? I want them all, but I get really confused when the lives I follow end up using drugs or alcohol or write books about their depression, or their wonderful honeymoons in Paris end in bitter divorces, and everyone is lonely with no family.

Let's break into that confusion—To avoid an empty life, here's a simple secret—***learn to love the daily life you have.*** You may not love *everything*, but learn to appreciate the common things in your life: health, home, food, God, a life at all that some never get a chance at through early death.

Learn to love your kids, your husband, your family, friends, church, or whatever *is* your daily life. Oh, that doesn't sound interesting and unique. It can be if *you* make a determined *choice* to make it a fulfilling life. Quit looking at all the other images around you and look at your *own* life, heart, and circumstances. Your best life can be right under your nose but dissatisfaction and a nagging feeling that you have to get "ahead" will blind you to making the most of your everyday life.

Stand in your *own* circle of life, and reach out wherever *your* circle is to make it a successful life. We jump around in everyone else's circles not making much impact, instead of appreciating and developing our own circle of life. There's an expression, "Grow where you're planted," and it's true. A parent or parents need to be a strong tree in the middle of a household providing warmth, shade, and security to the whole family.

Most women are doing a terrific juggling act—juggling a job, housework, motherwork, kidwork, and husbandwork. We have ambitions that go beyond our family life, and we have dreams that are so much more appealing than chasing after the little ones in our house, and wishes that make us dissatisfied with our "lot in life." So the end result is we end up not having a great home life, our children's life gets cheated, and we don't enjoy our career as much as we thought because we're juggling, and most jugglers end up dropping something and they can only juggle so long. The sad part is in our life act we drop the balls called "child." They can't always be first in our overworked hands.

The older I got, the more I realized that the only thing that really had deep value in my life was my family. You may not think that's true, but it is, and you may think you have plenty of time in days ahead with your children, but they grow up fast mothers. If you're busy advancing *your* life, interests, and career, a morning will come and you'll realize that your precious children are grown, they may be lacking in many ways, or you can't even see the lacks because you don't know them deeply.

Everyone has been running around in their own life, not even realizing that most members in the household don't even understand the feelings in each other's heart, and what they are going through emotionally. Everything can appear good on the surface, and you did enough to get everyone by, but the richness of true bonding has been lost in the busyness of life. It's hard to face if something isn't right in their lives because we may not be able to cope with it. We love them, but we also love our cares at times.

Even if you're a stay-at-home mom, and yes, you may have taken them to all the games, bought them wonderful clothes, sacrificed, and cooked meals, but many times it's done in a rushed, crabby atmosphere, without proper nurturing and teaching, and having a fun (sometimes we don't know how to have fun while choring it), peaceful (that might be a little much!) household, which only a mother can create (now that takes work!). In fact, the Bible might call it a "great exploit."

I was talking to a mother once who was not getting along with her pre-teen daughter. She said she was irritated the day before when she got home and her daughter was sitting on the couch. She asked if her room was clean and had she done the things her mom wanted. Division followed. I said, how about coming in your door, going over to your daughter, telling her you missed her today, looked forward to seeing her, and even a nice hug. *Then*, oh, did you get around to cleaning your room. No? Well for this time I'll help you (smile), let's get it started before dinner and a nice evening at home.

We love our children, but often don't give them that soft image, but emphasize more, are we keeping up on everything we're supposed to, hurry, hurry, hurry.

Our society is busy teaching us how women should be, and most of it just produces unhappiness and depression. The spirit of the world is "get ahead, get ahead, be something, be somebody, get somewhere—don't just stay at home with your kids, where's your creativeness, be your own person."

This isn't advocating to stay at home as opposed to working out, but the image of motherhood has been diminished by the world's selfish ambitions. But not by God. We can be so frustrated seeking to "get ahead in life" that we don't have the perception or time (it takes time to perceive) to enrich the lives of those around us. Women, our busyness is not necessarily a sign of greatness, spirituality, or accomplishment—it can be a combination of wanting to provide for

our household (good), or using that as an excuse because it's easier to rush off to work than stay home with the kids, or because we're ignorant of the important values in life.

Escaping being a good parent behind "working to provide" can be deceiving because it can be costly to "provide" with gas, babysitters, faster meals, clothes, gifts for everyone in the office, and on and on. But be honest and say, we could make it on one paycheck if we were more careful in budgeting and I would have more time to think of ways to cut down. Or admit, total motherhood is not my thing, I would rather get out of the house in the morning, have coffee breaks, lunch with adults, and pay someone else to do the "dirty" work while I enjoy adult conversation. Or the best, I feel better working out and having another life besides being at home, but I will learn and do my best to also give my life for my children when I'm around them and can.

If you face your "everyday" life honestly, then decide either to continue making other things your priority or face your shortcomings and learn how to be a mother. Don't escape behind the excuse of providing. Yes, it does cost a lot to live, but it costs a lot to juggle.

We're afraid or don't even know if it's all right to have a "common, ordinary" life, but the way we live our lives, overworked, hectic, throw the kids in the car type of mentality, *is the most common life others are living in this world*. Even if we're taking care of them physically, how do we look and act while we're doing it? Do they see happiness and peace in us, which will transfer to them? What impression of life, which they will carry forever, do they see in us?

We don't love a simple, everyday life, and learn to make it exciting and creative, so we're running in different directions on an adrenalin high thinking we're benefiting everyone, but it can be a deception. The greatest "profession" you can walk in is to show the virtues of love, patience, kindness, joy, and build up the character and quality of your own household and those around you.

It's not just all you *do*, it's *who you are* that inspires your children and others to be like you. Believe me, a women who has those virtues will be extremely popular. What are you portraying while you're accomplishing?

Look at the world today and how dysfunctional children are in our affluent society, and more women are working today than ever. No, it's not wrong to work, and many women have to, but even these mothers should guard against getting overly involved outside of the home, even with volunteer work. You can be dragging your kids with you everywhere, but still not creating an atmosphere of nurturing. You may *feel* more productive going to home parties and meetings, but there again, what is best for your kids? Those things aren't wrong in themselves, and women do have to provide time for themselves to have fun, but the trend is to put the kids on the back burner and they are not the *first* priority in the whole structure of family life.

Women need to set boundaries around them and learn to say **NO** to involvements that cause more stress or busyness. Everyone out there needs help of some kind, but learn to say the **no** word to keep more peace in your family. The no word

is sufficient and you don't need ten excuses and apologies—it's your life to live and protect. Guard the home life of your children. Your family unit needs protection from all the outside intrusions to allow down times on a regular basis.

Take charge of the life you want, and choose your activities wisely. How often do you wish you had said no to pleas and invitations? If you determine that the inside development virtues of your family come before all the outside "stuff" you will be a wise woman.

What is happening to families, kids, and teens? They don't respect their home or parents, and live in our rushed environment where nobody could take the daily time to instruct them, spend time with them so they open up, have fun with them, learn what makes them tick so they can adjust to life and society.

That doesn't mean just taking them to the best schools and sports activities, putting name brands on their feet, back, and wherever. Many misfits of society are very intelligent, rich, talented, and well-dressed, but inside are not emotionally stable, and eventually end up having unstable children of their own, no matter how the platter looks on the outside. You are also responsible for the next generations in your family, and your kids will teach their kids what you taught them.

Mothers, be brave, don't listen to a lot of what society is teaching you because look at what it has produced. You may need your mind renewed to think of being a housewife and

mother as being a great thing, and the most ordinary wonderful thing you can do with your everyday life. (It's o.k. to think that way!)

If you have to work outside your home, God bless you double. He will teach you efficiency, priorities, and being kind in the middle of the rush. It doesn't take time for you to smile and act cheerful around your children after working out all day. And aren't we blessed to have a mom who can and will take a job to help us have a better life at home.

How many times do you hear about famous people who when older say they wished they'd spent more time with their kids, that their success seems empty without a close relationship with them, or they wished they'd been a mother sooner because it's the best thing they ever did.

You can be successful in many areas of your life, and people can think you're the greatest, but if you haven't concentrated on making your whole family successful, the other successes will not be fulfilling as you get older.

This is not making motherhood an idol that everyone bows down to—if you want a different kind of life and choose not to have children, that's a wiser choice than having them, resenting the responsibility, and not bothering to learn how to raise them.

Because motherhood is such a “common” thing we take it for granted and think if we provide well for them, hug them once in a while, they'll be fine, but the “lacks” won't

show up until later when it's too late to nurture them, or you will never see them because you haven't trained yourself to *see* them while they were under your "care." Nurturing takes loving time and sensitivity to their problems while the kids and the problems are small. Crises can come up fast, and you wonder how did my kid get that way, or why did they do that, and some parents even have the audacity to be mad because their kids caused them a problem they don't know how to handle. Major problems and heartbreak can be avoided by loving, sensitive parents, working out or working at home.

I am not expounding on you better be a stay-at-home mom, but be a better, smiling, cheerful influence on your kids, especially if they don't see you much. I am expounding on having a mother's heart while around them.

Because I'm a deliverance minister, I have to say this: there are mothers who need prayer and deliverance for hatred of children and hatred of motherhood for many reasons, one being they had to take care of their younger siblings when growing up, they were mistreated by their mothers, the stigmas out there regarding motherhood, or being born with some bindings against motherhood. Some resent their children because it has kept them from a "fulfilling" life and doing what they planned to do before an unwanted pregnancy.

A successful life is a happy, healthy life—not necessarily a zooming career and money. Both would be great, but children haven't learned how to be happy (even with all they

have), because they haven't learned happiness from their parents. If you aren't happy, joyful, and singing in your "everyday" life, neither will your children be.

Listen to this: Children catch the spirit of those they're around. The very atmosphere you produce in your home, in your car, in your little ordinary "everyday" life is caught by all those around you. It's a fact. You can teach your children to love their "everyday" life because you love your "everyday" life. Your expressions, your words, the hardness or softness in your voice, will be "caught" by your children. You are a teacher all day, every day. And you have to take responsibility for that.

So, mothers, you have to learn how to be the best mom and housewife you can be when you're home, before work, after work, weekends. Office or laundry room, (guess with working moms it's both), make sure your offspring know they are *first* in your life. If you have to be gone most of the day, make up for it when you walk in your door. And when picking up your kids from school greet them with warmth and love and interest, not negativity.

It's a choice ladies (and gentlemen too, but this is to ladies)—what do you want out of your everyday life, the only life you have, and to make the choice, if I brought them into this world, how much undistracted time am I giving them? And do I give them godly wisdom to give them faith in God for an anchor for their soul the rest of their lives? This is vitally important. My children and grandchildren all love God so every effort this way was worth it.

Mothers, you have to be with your children on a day-to-day (don't mean not working out) natural basis—not fitting in time between 7:00 p.m. and 8:00 p.m. (although good), but that doesn't deal with the issues or problems they face at other times—you can't regulate motherhood and dealing with problems in a time frame—they have to be dealt with on a natural ongoing basis that fits in with the kids' time and mindset.

Some rely on a two-week vacation to gather the family together and have fun (along with stress sometimes). You may have fun but it's a time frame outside of the other 50 weeks in a year, and outside your natural life. It can sometimes be an escape from the real everyday problems.

Eventually, your unnecessary activities and cares will begin to seem empty compared to the lost time you had with your children. So, mothers, save some of your dreams and ambitions while you're raising your children—or don't have children until you're willing to make them first—and children know when they're first, or when mom's too busy talking on the phone, rushing around, maybe even thinking this is great, yeah, I'm getting everything done.

But later on, when it's too late, the realization will come that the only thing important in life is your family and what kind of home life you provided for them. When the kids get in trouble or move away, and you can never cuddle and rock them again, and they're not pulling on you for attention, you may longingly look back at the missed moments of love and attention you could have given them, and oh to

have those years back. Save yourself from sadness and loss by giving yourself emotionally, physically, and mentally to the most important things in your “daily life.”

Having an orderly, well-managed home can be a very satisfying career. One reason women ignore it is because it's so challenging and they haven't been trained to be a mother or housewife. Most of us have been in houses that were cold looking, messy, and disorganized, yet there were enough finances. What atmosphere are you providing for your children? I have been to houses that were a disaster, kids running around, and the mother is telling me she wants to start taking college classes. If you can't handle your house, meals, or the kids (let mom babysit), put aside getting a degree. Take being a mother seriously, *not as a side line*, and make it your first priority, because you don't want to be a seriously sorry mother in later years.

Moms, if you will face the challenges of being a mom and homemaker with the right attitude, of loving it and appreciating it as the best thing you'll ever do, you will find that you will be happier and for sure your children will be. Of course, it's not just being at home in your body all day, because we all know mad-faced mothers who are home seven days a week who complain, speak harshly to their children, have no clue on how to treat them or their house. They are day-dreaming of a better life and refuse to learn or better their role.

Resenting kids while cooking meals for them, being angry at their messes, letting them know what an imposition

they are is not going to produce a happy family. Taking out your frustration on them because they've messed up your house and your life is a sign you need help. So, it's not necessarily the *time*, but the *priority*; and there again it's hard to show your priority without some time.

If you're not happy in the mother role, you can get help from books, churches, different organizations, a happy mother friend, or wherever you can. We don't need to understand our bodies, minds, and the stock market as much as we need to understand raising children. It doesn't always come naturally, you have to learn it. You will end up feeling "freer" being a good mother than "bound" by being half-good at many things. If you're a Bible reader, God has many good, encouraging things to say about women and moms, the bottom line being that He holds them in high esteem. You can look the verses up, or if you don't have a Bible or don't know how, ask for help. It will interest you and give you guidelines. Seeking knowledge from different good sources is a wise decision for a mom.

If you find yourself being negative about being a mother, talking negatively in front of your kids, making them feel small and unloved, or you're just plain rude to them but sweetie nice to everyone else, examine your heart, and realize you need help, you're not doing what you have been created to do. If you brought them into the world, you are going to be held accountable for how you treated them. You can't create them and just leave them to create the rest of their lives and develop their attitudes and emotions—that's not their responsibility and they don't know how.

Watch your words and expressions in front of them and guard your mouth on how you talk to them, how you make them feel about themselves—they're getting their self-esteem from you. It's easy to love them in your heart, and yet be irresponsible in what you say and how you say it. Wrong words and attitudes can damage your children for many years until they can get help.

You don't have to be a boring talk-about-my-kids all the time mother, but make your home and children first priority and then add things to challenge your mind from there. Patience is a great virtue to develop, along with love, kindness, joy, and peace—and these are what you can develop inside yourself in order to leave them with your children. They will learn from your kindness and patience day by day, hug by hug, understanding by understanding. Your personality and how you handle your “everyday” life will be the greatest impression your children will ever have from anyone on how to be and handle situations, not to mention the integrity they can pick up from watching you. If they're trained to respond to love, they will be less likely to respond to outside bad influences.

Money beckons, careers beckon, a “life-of-my-own” beckons, but I'll tell you straight, that as you get older and your children get older, nothing beckons like your children loving and respecting you. There are examples of those who seemingly turned out good under adverse circumstances, but our duty and right is to provide the necessary ingredients for happy, successful children, and that takes time, time, time, time, and putting them first.

Don't wait until it's too late. Love your children and treat them with respect, and learn to use wisdom in raising them. They really are like plants that need certain elements to grow their best. Again, look at society and see the fruit of parents making other things more important. The juggler may not feel the bump of the one being juggled out of her hands at crucial times in their life. The problems with "childless" parents is weighing all of society down with crime, unhappiness, selfishness, and confusion, even in all the prosperity.

Use your creativity to enjoy your "everyday" life with your family. It's possible, but we haven't been trained or even had the time to figure it out. There are many ways you can feel and be fulfilled while putting your family first. Once you make that heartfelt decision, your natural creativity will evolve from there. And you can create a happy household living from your *own* heart, and developing a wonderful nature as an inheritance for your children.

I hope this helps someone—it is said with love, and I have juggled and rejuggled, and know how it feels, and the older I got the clearer it became what was of most value about my busy life. I hope this is a comforting admonition to encourage you towards being the best mom you can be, and that it's all right to ignore the outside pressures of what you should be. You will never feel grief over the efforts you've made, and you will always know in your heart that you tried your best. And, remember, the greenest grass is your kids and family.

CHAPTER 2

Let's Talk About Your House

Let's chat about your house for a few minutes. Houses are very interesting because *your home reflects your approach to life*. As you look around your home, does it reflect how you think, your attitude towards life, your taste, success, stability, efficiency? Does it say what you want people to see and feel when they walk through the front door?

If someone took pictures of the inside of your home and sent them to relatives or to the newspaper for the "Here's how we live" section, would you evacuate? Or worse yet, if the pictures resemble a 6.1 quake, would you stay? That kind of stigma can last for generations.

Or, just chatting again, is your home neat as the proverbial pin, but boring, antiseptic, with no personality or charm, reminiscent of an igloo or hospital delivery room. You bristle, of course my home isn't that bad, but have you



ever asked an independent observer? They may say they'd prefer a hospital room.

What are your feelings about a home? Do you feel that having a roof over your head is to be appreciated and taken care of, or that it just helps keep your hairdo dry and the rain out of your cereal? Is it a place to love and improve, or a place to crash and trash.

Try as you might, you cannot separate your house from yourself. It is part of the Real You. You may think it's not

that important, we're all surviving and we all had underwear on when we left this morning, but that's avoiding the big issue. It is important that you have an appealing well-organized home, with no excuses why you can't. You and your family will feel better about life if you will take the responsibility to improve your standard of living. Any effort you make this way will be rewarded by less effort in the end as you become aware of your home and the realization that an orderly home will save you time, strength, and energy.

It is *a fallacy* (that means lie) to think you have to be born a certain way to keep a great home, or that you have to be a naturally artsy person—that is a lie from the pits of the I hate housework group and that's my excuse for being a slob crowd. All it takes is interest, practice, and some help. You can *learn* to make your home appealing like you learned everything else in life—spend a little time, let your interest grow, and get some knowledge about the subject. You were not born to hate housework, there is not a gene with that label—you learned it along the way and no-one taught you how to love it. It might be o.k. to ignore the whole subject except for the fact that you will be living in a home all your life.

While we're talking, think of it this way—what if you didn't have a house? The options are to live in a car, on the street, or at your mom's, who thought you left home. There's always motels, but they're expensive after five years, and watching television from a bed night after night is bad for your posture.

You may use (now I didn't say you did) your busyness for an excuse, well I have three kids, a full-time job, two dogs, a 200 pound bag of dog food in the kitchen, two mating rabbits, six hobbies, I love to talk on the phone, and I'm the head volunteer for everything that comes up in my area within a 100-mile radius.

Those (and others) are not excuses, they are bad choices of lifestyle, which attack the let's-make-a-nice-home concept. Working 24 hours a day is not an excuse to ignore your home. Improving your quality of home life should come first, then add the activities.

You may have heard that the busier you become the more efficient you have to be. Efficiency should be the drive in your life, and not an attitude of, oh well, I have too much to do, I can't help all this disorganization, and who really cares? I discovered—after six kids, a few take in ones at times, a part-time job four months a year, volunteer church work, and of course the big issue of keeping makeup on daily—that when I dragged through the door with groceries (live chickens back then), and kids hanging on my skirt, that *I wanted to face some beauty and order as it automatically relaxes you.*

I wanted my home to be a haven for the whole family, and the only way this could happen was with order. Some of us are born in disarray and clamor, but we can obtain a different atmosphere and life for our kids. I wanted home to be

where their heart was, and not at the neighbor's. After making the decision to be a born-again housewife, I called some friends over for help and gradually over the years changed for the better, and even had a Home Helpers service for a while to help women get organized and beautify their home with what they already had.

At times it may be clamorous and disorderly but that's life too—don't get harsh about it. You can straighten it later.

Our first instinct in a home should be, how can I make this more appealing? How can I make this a better place for myself, husbands, kids, and everyone who is blessed enough to visit? It doesn't matter what your dwelling is like or what it's surrounded with, *you can make it a better home*. I have faith for every type of home, no matter how inferior you may think it is, that it can be *reinvented to have a personality, charm, and good spirit about it*. So there. It is *your* home, temporary or not, and you can practice making it better. It's surprising how innovative you can become with a little help and interest. (It will grow on you, so watch it!)

The attitude should be, even if you live in a cave, carve something pretty on the walls, or do something interesting with the dirt on the floor, express your unique personality and originality. I love everybody's house because it's *theirs*. The condition doesn't matter, the people who live in it do. Just say to yourself, "I'm going to do the best I can with the crap I have to work with." It will help you get started.

If you have a bad, sulky attitude about your house, well why should I do all this dirty work, and I'll shape up when I get a better home in 10 years, and I like wearing my "I hate housework" T-shirt, and my destiny is to marry a millionaire, or win the lotto and forget the stupid stuff like order and cleanliness, I'm loftier than that. Now how long do we have to discuss *that* one—you know in your little heart that it's a naughty attitude. A bad attitude will wear you down and make your white T-shirt discolor pink in the wash because you didn't want to separate the reds and whites.

All your loved ones rush out the door of *your* home every morning with a certain attitude, much depending on the atmosphere of the homemaker (wearing a pink pants outfit). How many times has there been upset and stress because of lack of order, no-one could find their pink socks, there was no milk because the cat lapped it up on the counter, the dog got stuck in the middle of the dog food bag, and everything around the kitchen table is ugly, including the expression on the kids. Ladies (may I call you that), we are responsible for the atmosphere of our home and the color of our kids' clothes. Everyone doesn't look good in pink.

Some people live in an exhausting survival mode—if you can climb over it, it's a good day, we're surviving, if you locate it in 1/2 hour that's not too bad, and so what if the book shelves have 5,000 items on them, little cars, rope, ear-plugs, pink socks, two books, manuals on flower bulbs, our 1987 tax return, two cans of oil, and many items defying

identification, but they're all precious items, an inheritance for our kids to throw away.

If you don't put your home as a priority and learn to organize and discipline it, it will tell you how to live. Our houses give off certain vibes and feelings—many of them say in hushed tones, come on in and I'll swallow you up. Some say, I got my way and this is how I want to look, and no pink-shirted housewife is going to tell me how to look, the more things that go to pot the more fun it is to confuse everybody. Now some houses are nicer than that depending on who has been in charge, the house or the person living there. Some will beckon you to come in and relax and enjoy your surroundings. We can argue about houses having personality, but we've all been in some that were bordering on split personalities and the longer you stayed the more phobias came to your mind. Just as you enjoy people's personality, you enjoy the personality and feeling of your surroundings.

It may be hard to always keep *everything* up the way you'd like, but you can learn to stay ahead of the game. Because a home is:

- what you look at from morning until night if full-time house squatter
- what you look at every morning and every evening and weekends if you work

- what you sleep in, 6-8 hours a night
- where you try to relax
- where you eat your meals, and the cats slurp the milk
- where you talk with and discipline (not viciously) your children
- the impression your kids have about living an everyday life
- what your friends and kids' friends see when they come over
- where you laugh and love and fight (not viciously) and overcome problems

I didn't ask if you were a church-goer or ever read a Bible (after finding it of course), but if you're interested, a home is also:

- where you pray
- where God meets you in the morning, and hopefully at other times

- where you read in the Bible, “She looks well to the ways of her house hold, and doesn’t eat the bread of idleness. Her children rise up, and call her blessed; her husband also, and he praises her.” (Proverbs 31:27-28)
- where you keep reading in that Bible, “Women are to be keepers at home” (Titus 2:5) Even if working out

Now, what little housewife is going to argue with God Almighty on those?

In life, you have probably noticed that as you are faithful and diligent in certain areas, you will be increased in that area, whether it’s a job, finances, schooling, etc. As you learn and are faithful in your tenement, you will be given a bigger tenement, so keep trying. If you’re inclined to be depressed, fearful, or disinterested about improving your home, that attitude can be changed by filling your mind with good thoughts about how blessed you are to have a family and a home to use your creativeness on. Take off those fake germy nails, get to work, and enjoy the results. Psychologically, it may help to get a T shirt that proudly says, “I love my house and I take good care of it.” If this isn’t true yet, get one that says, “I hate housework, but I’m being retrained.”

Most women will be housekeepers in one degree or another until they leave their kitchen for good (I mean heaven,

not fleeing out of state), so if you want chocolate cake in heaven, you'd better learn to clean the bowls and kitchen you made it in or you may not be rewarded when you leave this life. I know you don't want to find your Bible again, but there is a convicting verse that says, "God is a God of order, and He is not the author of confusion." You say you don't care about that, but how are you two going to live together in heaven with such divergent views—He's bigger than you are, and you should prepare yourself for that right now. Your T-shirt will not impress Him.

You can have a great job, career, ministry, but what example is it to your family and others if your house is a minor (or major) disaster? Don't use your job, spirituality, or arts and crafts hobbies to avoid confronting your home. Most people don't appreciate the knit-one, purl-two personal items any more. I'm trying to sweetly say, don't use your personal interests to avoid what you should be doing in the natural. We sometimes have a great movie-star, super-star, hobby-star vision of ourselves doing wondrous things, but we can't cook a warm meal, and no-one can find their bloomers.

You're probably getting tired of listening to this talk, but I have to say that your family doesn't always need your great "career" or "ministry" or craft chickens and dolls—they need soup and a nice atmosphere to live in.

Why do you like to go in some restaurants and stores (other than avoiding your home), and not in others? Mostly

atmosphere. Restaurants know that, stores know that, but how about housewives? So concentrate on improving your surroundings rather than complaining about them. Speaking of restaurants, have you ever sat in one surrounded by drooping, brown plants draping over your head and plate, their little tendrils choking the oxygen out of the atmosphere. The little mites crawling on them don't help either because it's hard to identify if they're dangerous or harmless because you're not used to eating there. Or how about the eateries that set the seat of the chairs upside down on the tables when they clean the floors? Can you imagine the various bodies that have been sitting on them, where they have been, what they have been doing, and then they set your glass upside down on the same spot where Joe the 380 pound driver has been lunching. Oh never mind, we're getting off the subject.

I'm not promoting knitting and canning, partly because I don't know what they are, and polishing your plastic silverware is a waste of time. But I am promoting surrounding yourself with the fragrance of order and a pleasing environment no matter how busy your life is. You have choices sometimes on how busy your life is, and it's good to learn the awful two-letter word "no" when friends and organizations beg you to help them out or you'll be responsible for their failure. So learn the two-letter word "no," even to yourself and questionable hobbies like embroidering family trees, which aren't always accurate because you don't know who has been in some of those trees. You may not even be

who you think you are so why go to all the trouble of embroidering your family history, sitting in bliss over your important project while mice are running around with pet names they've been there so long.

Of course this isn't literal, and we both know I'm exaggerating, but am trying to paint an impressionist picture of the *feeling* of your home, like an artist paints weird things to point out a natural thing.

So if you don't have time for everything, choose order first, and embroider all the illegitimate names in the little branches later.

My, this is getting lengthy, but if you're still there, I want to impart to you a huge, gigantic, enormous key to having a good, peaceful home. Don't panic, but it is:

GET RID OF CLUTTER!!!!

Does that make your eyeballs pop out with rage? Get used to the rare thought that you will have to get rid of *all* the clutter in your hated house. Say the following out loud with a friend, neighbor, boyfriend, kid, or the dog, until you actually **DO** it. O.k., let's say it together:

"I am going to get the clutter out of my house, "I am going to get the clutter out of my house, "I am going to get the clutter out of my house,"

Until you fall asleep or they come and get you.

Judging (well, noticing) from some houses, there is an ignorance of what constitutes clutter. Clutter, among other things, is anything you don't like, use, need, and it doesn't help beautify the place. This is especially true if you live in smaller quarters with the walls closing in.

Clutter is the 8th deadly you know what. (Sin, in case no-one ever told you.)

If you can't bring yourself to do it, because you 're chicken, lazy, or you have a sick, sentimental attachment to everything laying around or hanging crooked on the walls, call me, or someone, and we will chant the boldness anti-clutter song to you until you can't stand it any longer, can't sleep or eat until all the clutter is gone. Then we sing the victor song, which I can teach you later.

Clutter makes some people stutter. They're trying to stutter "no thanks" to sitting on the soiled cat-haired couch, "n-n-no th th tha thanks" to some rotten, uncovered, refrigerator smelling dainties, and it's hard to say "nev nev nevvver mi mi mind" to the coffee stained cup offer. Remember, de-cluttering is more important than even deneutering your animals.

If you know an efficient person (and maybe you don't because birds of a feather...) have her over to take an objec-

tive look at your house and give an honest appraisal, “Yes, your house looks like a cluttered mess, totally tasteless, there is a strange odor that permeates throughout, and after the burn ban is off, we can all get together and deliver you from this thing that you’re living in. (But remember, *anything* can be made to look better.)

Of course she will be kinder than that. After you scream at her that she is just jealous, you can get to really discussing how to help your house. If you don’t know anyone who will work for free, you can call me, and I will cheerfully help you. I do believe in burn piles but you’ll get used to it. Every messy, undecorated house weighs on my soul, so I like to do what I can. I will never discuss your home with anyone, except maybe God, because that wouldn’t be nice, and my vocabulary isn’t that descriptive anyway, plus people would think I was lying. So, no, your standard of living will never be discussed with any one, except maybe Social Services.

Get it out of your mind (acupuncture may help), that you need to save everything. Have faith that you’ll get better things some day. If it’s not pretty, doesn’t have a good use, or less than loved, *get rid of it*. Take it to *Goodwill*, anyone less fortunate than you that doesn’t have much, or, sorry, to the dump, or should we say transfer station. That sounds like a better home for the beloved clutter.

My family has house hunted over the years in many different fairly nice areas, and every time I have walked into

a house with clutter everywhere, you know the piles of magazines and papers routine (and always *National Geographic*), and people from every generation with their own beloved stuff, I have to back out to breath, and yes, the swimming pool outside is nice but the cesspool inside is more than I can think of moving into, and you 're such nice people, let me help you. We're all in this life together, and what we surround ourselves with year in and year out affects our whole blasted personality.

Many people hang on to purple and yellow satin bouquets or whatever for years because of "sentimental" value. Sentimentality can give your house the appearance that your next stop is a rest home. If you can't part with things, take pictures of it, get rid of it, and then get the pictures out and embroider around them, or crochet, or whatever your emotions demand. Don't hang the pictures up or put them on a book shelf.

Don't even *think* of taking on other tasks around the house until the clutter is out. If you have boxes and clutter around, that is not the time to redo some wallpaper or get another litter of kittens. **Until the clutter is out, nothing is going to come together and look inspiring anyway.**

Have the words *Feng Shui* entered your conscious ness, no, it's not Chinese takeout, it is just the "art of balancing and harmonizing the flow of natural energies in our surroundings to create beneficial effects in our lives." It's no big

oriental mystery: your surroundings affect your mood and flow of energy to get a lot done, and imparts the feeling for the day's output of inspiration or tasks accomplished.

This may shock you, but:

- your hallways are not a closet
- your coffee table is not a living room closet
- your end tables are not little closets perched on either side of your couch
- your book shelves (ugly, and no-one reads the books) are not closets
- your kitchen table is not a closet or desk
- your television cabinet is not a closet

A closet is defined as “*A closed space for storing articles, to conceal.*” Get it?

Be courageous—get boxes and garbage bags and sing the declutter song while you merrily throw all your ugly treasures away. You will be surprised how much lighter you'll feel, and you've been wanting to lose 10 pounds anyway. So, lighten up and do right, be clean and neat.

If you won't get rid of clutter, you have options.

You can:

- Live in a mess always looking for things
- Buy a bigger house (not always feasible)
- Build bigger closets (not always feasible)
- Learn to love and make witty explanations for the clutter, like bad eyesight, or you just moved in five years ago

Let's leave that messy subject, because we need to discuss another important aspect of your home, and I'm going to bold the print, so adjust your eyes:

**Women, learn to take charge of your house,
and have a vision for it!!!!**

That means, if you don't want dogs, cats, or mice in your house, say so. Don't let anything in your house that can't act nice and can't clean up after itself. It won't help to report me to the Cruelty of Animals Society, and don't get mad at me, but I think animals should be outside in decorated, orderly little kennels. Then the fleas, hair, odor and bodily fluids are kept outside too, because they all live together. Some visitors might have a hard time enjoying their food with a dog licking their mouth and a cat stretching on the kitchen counter. Love your animals, but love your home more. Some animal lovers don't like this so I repent. Let the animal kingdom in.

Kids always want every flea-bitten animal around, but you end up taking care of it, taking it to the vet, apologizing to the neighbors because their boy's toe was bitten off, and their garbage is all over the block, oh, my dog would never do that, even though they have a video of the whole thing, and the toe on the driveway. And have you ever seen laboratory pictures of your dog's tongue? Or even your own for that matter?

Enough of that, if you don't want relatives living with you, say so, it is your house, not a halfway house for everyone who didn't plan their life well enough to take care of themselves. Many times relatives can take care of themselves or there are other options (like the penitentiary), but just make sure it's *your* choice, not a give-in be-sorry-later choice. It is *your* life, *your* strength, and *your* home. You take charge of creating the motion and atmosphere of it.

If your grown kids decided to have kids and go to college, so they're living with you to be able to afford all this, I say a house groans under those crowded generational vibes. They need to take the responsibility of their own choices without infringing on their already busy mom. It's not up to you to have them in so they can save money or go to college. That should have been thought of *before* the pregnancies. (Single kids, fine, but family kids, unfine). Oh, you're so mean. Better to be a mean queen of your house than live in a give-in to everybody's request ghetto. There are times when an older kid living at home can be a blessing to everyone, and it's to better their lives by taking courses, etc.

People will sense when you have a vision for your home, and that you like it nice, and it doesn't always include relatives camping out to help their life and impose upon you, especially if you're out working, serious about your home, and trying to keep everything under control. Most homes with too many people in them look imploded if there is no one person with a vision in charge. If possible, every woman should have her own house. This isn't saying relatives can't live nearby, in trailer in back, or the treehouse, but not in *your* kitchen.

Part of a good vision is to avoid having 32 pictures hanging up, given by someone you love, and you have to look at every wretched day of your life. Even if your dying great-grandmother gives you a 9' embroidered tapestry for your wall that took 8 years of labor, tell her you love it so much that you can't possibly keep it, you will see that it's buried with her. Remember, it's *your* house, and you look at the things you want to look at, not necessarily the things you have been given by well meaning friends and relatives with outdated or different than your taste.

Moving right along, here is a little warning:

Husbands do not always share your vision, especially if you haven't been training them. You have to let them know it's important to you and it will get more important to them when they know you mean business. It's naughty also to threaten divorce to get your way, but somehow let them know you are serious about your house.

Your husband should help with the organization, visit *Home Depot* for the first time, get those hinges so the front door will close, and certainly the pole hardware for the closets because it's not handy when all the clothes are piled on the floor. Our men need to do their men part of the fun of keeping house and experience that great satisfaction of having everything in *their* house in good working order. They should be concerned the way their family is living too, but they won't get the vision for it until you do, and even that's not a guarantee.

When you get serious about your house they may balk or criticize—they don't want change, want their chair in the same place for 10 years, and nothing moved to disturb them; or they may fear that you're somehow taking over the household and they'll lose control, which they never had anyway. All these fears and insecurities rise up in an otherwise placid man who can sit in the same chair year after year undisturbed by the cobwebs and dead bugs under it; and yet when changes are needed, this same man decides he's the head of the household, and bless God nothing is changing till death do us part.

Ladies, husbands do not usually have good taste about anything as they have never been taught about decorating or organizing, especially a home. So don't look for too much artistic help. But you can tell Henry to fix the yard instead of watching television, tool boxes don't enhance the living room ambiance, and we got married to create a household

here, not a storage place for your hobbies and interests, and the 560 car magazines won't fit in the magazine rack. Our husbands can be highly educated about computers but not have a clue about households, so women, impart your vision to them, that no longer are you going to have a depressing home.

Experience has taught many women that it's sometimes better to go ahead and change things around without asking the hubby, unless he's a rare home and garden guy. If you ask about getting new things or changing things around, they feel obligated to say no because they don't understand the question, or they don't understand the concept of change, or it makes them tremble with fear. Usually, if you just go ahead and do some improvements, they'll say it looks good. It's like the Don't Ask, Don't Tell policy.

Men get really nervous that you might spend some money (heaven forbid!) but if they have any, what's wrong with spending some on the only place on earth that everyone he loves meets and lives in. That's more beneficial for everyone than fishing gear, golf gear, health club, etc. If you can do it all, fine, but sometimes the things to make the house more livable are put aside in favor of other things that pertain to their or your personal life rather than the family life. You can start pulling on those purse strings too—it's share and share alike time. Even if they're fairly generous, they don't have a clue to how much everything out there costs. Duke it out.

Kids also will balk if they're not used to picking up after themselves. I've had six kids who got so used to living in a nice environment that when they had their own homes, they kept them well decorated and in good order. So they do catch on eventually. Their husbands and wives will thank you.

Speaking of kids, I just read in Newsweek the following: "In a 25-year study, University of Michigan researchers found that kids who grew up in homes where common areas (they must mean kitchen and bathrooms), were rated 'clean' or 'very clean' stayed in school longer and then earned more money than those raised in less clean homes. There is no need to be obsessive, but keeping things in order impacts children."

So, have a vision you can impart for your house, how you want the different rooms to be. Rooms will evolve as you decorate and give them attention. If you can't spend much there are garage sales and other sales where low-cost items can be purchased and artfully arranged (you can learn, remember).

Collect stuff from your friends, relatives, parents, enemies. With parents, why wait until they die and everyone is fighting over possessions and they get lost in the shuffle? Many relatives have things hidden away in attics, trunks, barns, shoes, and would maybe give some to you if you're nice. You can arrange old cheap things or new cheap things to look good as you learn.

Look in your cupboards, closets, under beds, and garage. Many women have things packed away in 20 layers of tissue paper that should be out. We're not mummies that put away our buried treasure to be discovered after we pass on. An easy rule: Nice things out, ugly things hidden. It's simple. Items you've had out forever can be rearranged to look interesting. If you have a fear of your nice things getting broken or eaten, you can get over it. Bring out the nice things to be enjoyed. By the way, cellophane over lamps is not cool.

Upgrading is natural in business, why not your home too. And, oh please, don't hang stuff all over just to fill empty spots—they should look like they belong there. Things should make sense and have a certain restful feeling. Some of you women could really get creative with your home if you took an interest and learned how.

Once a house is decorated well and organized, you can keep it up much easier, especially if the rest of the household catches your vision. I have worked with women who say they didn't think it was possible for their home to look so good after we gave it even a half a day's facelift. I have seen rooms transformed by just arranging things artfully, with or without spending money on decor.

We're going to have to wind this conversation down soon, but following are a few tips to help you de-stress your life. You say nothing will accomplish that, I'm too busy, but don't be fooled by your own thinking, because little by little

you can train yourself to de-stress. We're not meant to live pressured and harassed every day.

Make use of those stickum pads, write down the things you want to remember to do or to buy at stores. You may have a more up-to-date method than the stickum pads, but if you can use those, put them in your car, purse, kitchen counter, forehead, wherever you might think of something, and as soon as it comes to mind, write it down. You can pile up these little slips. Then remember to look at them once in a while. I usually have lists on my counter and in the side pocket of my purse.

This is so simple but so helpful. It's easier than carrying everything in your head, and they help eliminate your continual apologies that you forgot something.

Don't wait until the last minute to get up. It doesn't feel like it when the alarm goes off, but if you get a head start on your day you will be ahead of the whole day instead of the day running you all over. Take charge of *your* day, instead of the day taking charge of you. Fifteen or so extra minutes in bed is not worth the mad rush trying to find matching socks, your nose inhaler, and yelling for everybody to hurry or we'll be late. The minute the alarm goes off, don't think about the time, but pop up automatically thinking of that wonderful cup of coffee and how blessed your day is going to be, and in two minutes you'll feel ready to face your day in a more peaceful manner.

The night before this early morning, *do what you can* to get a head start. Set out clothes, cereal, vitamins, necessary stuff for kids' school bags, I don't know, you figure it out. From experience, it seems like a few minutes of preparing for the morning saves 45 minutes in the morning, I don't know how that works, but the flow is different and seems to save more time and energy. Check your stickum pads.

So, make your choice to rise and shine. Get yourself ready to face the day. Just a suggestion, but the first thing you could do is sit down, put your makeup on while you listen to a good tape, and get dressed even if you don't leave your house for awhile. Then you feel more powerful.

In the mornings pick things up fast before you leave, get your house in a quick order. You'll be in better mood when you walk in later. This will eventually seem like second nature. So, basically, women, try in evenings to get ahead of the next day, and the next day to get ahead of the evenings. When do you rest? Practically never, but you'll be organized, and you hardly got much rest before anyway.

If you know ahead of time there is going to be an extra rush day (three kids in different sports after you get home from work), do what you can the day ahead, get gas in car, snacks, easy dinner things. Think. Tiny example: Even if your gas tank is half full, but you're having a slower day while going by the gas station, get it filled up then, easier than with a rush, kids in the car day. Don't depend on last-minute rushes—learn to think ahead and prevent them.

Do things ahead in the morning. Most people have more energy in the morning; if so, while you're in kitchen with breakfast, make sandwiches for lunch, or start your dinner, just boil the noodles, later you can add canned sauce for dinner. *Do whatever you can to get ahead of your day.* Don't struggle over menus—if you have eggs, cheese, bread, tuna, milk, canned soup, you can put some thing in their mouths. Labor more over meals when you're in mood, but there are many nutritious easy things for busy days, even some cereals.

Some women are two-week ahead planners, but that seemed too hard on my brain, as I didn't feel like fixing and the kids didn't feel like eating the Tuesday plan. And of course you've heard the rumor that if you're making casseroles or sandwiches, double the recipe or make more for next or another day. As long as the mess is out, it doesn't take much more time. Keep salads in refrig. and rolls in freezer. It's easier and cheaper to take a bagel or wheat sandwich to work than expense of eating lunch out every day, or getting everyone's orders for takeout.

Do things when you think of them, if possible. If you remember that you told a friend of a book you'd lend them, get book out right then and put it by the door you go out, or in your car. If it comes to mind, do it, as it may not come to your mind again, or you will think of it five times and not do anything. We women are busy people but we can be dependable. If you tell someone you are going to do some-

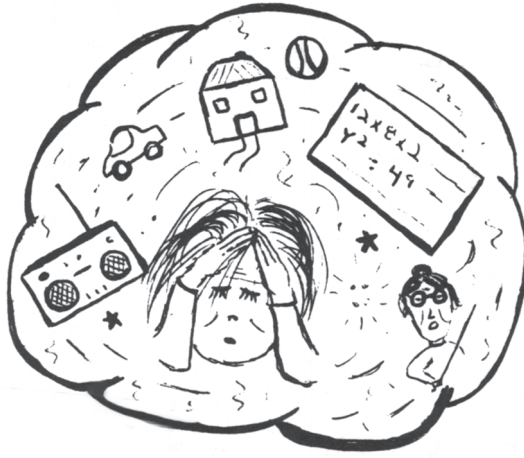
thing, put that on a stickum, and actually do it. You will be appreciated for your dependability.

Pile up the things you can do when it's your privilege to sit down, not even so much to watch TV, but to get off your feet. Fold clothes, do nails, go through your stickums, and add to list of things to do, get out a hopeless junk drawer, or any drawer that needs order, and do it with feet up. A big one is updating your photo albums. Your family will call you lazy because they want you up and about, so you have to remind them you're still being productive, only in a different position.

You can clean out recipe cards, take out ones you want to try that aren't four paragraphs long and have ingredients you've never heard of. If you have any energy left, you can thumb through cookbooks and write page number in front of book of realistic ones you want to try. Reading through cookbooks at 5:00 p.m. is not an intelligent decision.

I keep easy recipes together in one (neat) pile in folder to save time looking. Many of the so-called easy recipes in magazines call for ingredients you usually don't have on hand. So collect or write down easy recipes or ideas from friends and sources and remember which drawer they're in.

Do another address & phone book, because the one you have has become unintelligible.



Being disorganized gives me a headache

See, you can accomplish much while actually sitting down. Yell nicely at someone to get you a bottle of water.

Don't let things get heavy on your mind. If the freezer has been bothering you for a long time, unplug it, put towels down, put a good tape on, throw everything in garbage bags, put pans of hot water in, and just hurry and do it before you think about what a big job it is. Sucking on M & M's helps dull the pain of small jobs and inhale chocolates for the bigger ones.

Some things can be spontaneous: you notice something rotten in the refrigerator, throw it away, start throwing many other things away while you're in this frenzy, do a quick wipeover, and then realize, oh, I've cleaned out my refrig. and it wasn't even on my stickum list. We think too

hard about all the jobs we have to accomplish, instead of making a list and checking it twice, then doing it before we mull it to death and all our duties stretch before us like a walk down a dark tunnel.

I hope there is at least one thing in this dissertation that will help you. My heart is with busy women as I know how it is, but I exhort you to do whatever you can to make your life and home as appealing as possible—it is your only castle for the moment. I have found that *order and efficiency can be fun and challenging*, it is not something to be avoided, and as that overworn expression goes, it is something to be embraced.

Maybe we can talk about this again some time.

Have a great (and efficient) day!



CHAPTER 3

Get A Clue On How To Be More Popular

Are you as popular as you'd like to be? Or, you have a measure of popularity, but it could be increased? You date or are friends with someone and they draw back, and you wonder why someone else gets to be friends with the person(s) you desire to be pals with. Some rejection is natural, but does it seem that many people aren't clamoring for your friendship?

This chapter will give you some down-to-earth clues to examine your life by, and how to improve your image to everyone. It could be something very simple that's standing in your way, and yes, it sounds too simple, but it's called *manners*. Not a hip name, but you'll be surprised how an awareness of "them" can make a difference in your life, which is perhaps more of a crude life than you thought.

By manners I don't mean being prim, proper, and prudish, and using the right fork—I mean how you appear and appeal to others, and how much wider and more interesting your social circle can be if you quit doing and saying things that turn people off. Many people present themselves in an unfavorable way in social settings, and are unaware of their negative impression.

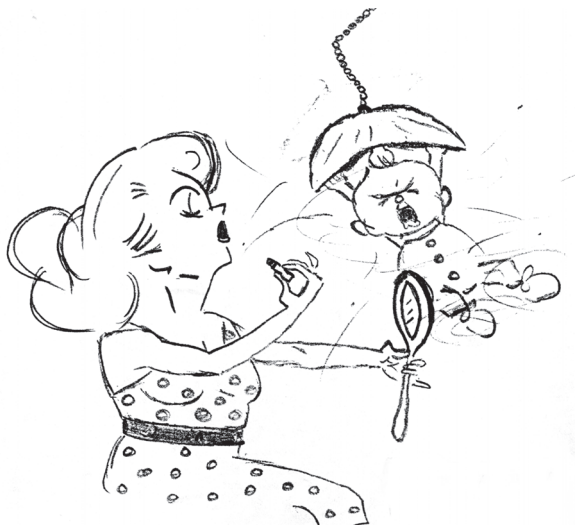
Tiny Example: A person can seem to have everything desirable, you eat one meal with them and they turn into a slob right before your eyes. A girlfriend of mine had an interest in someone for months until she saw him eat an apple. Repulsion replaced love. Not that he was planning on marriage, but this shows how touchy we women are. It's not masculine to be rude and crude, and it's certainly not feminine. We're sensory people, and certain ways about others turn us off or on. If your whole crowd is rude and crude you can feel right at home, but if you want to fit in with other crowds as well, read this chapter as there will be at least a few things you can change to improve yourself.

The following are some simple clues you can get, correct them in no time, at no expense, no long lectures or classes; and your best friend (if you have any) may not tell you, so read the clues. You may not agree with all of them, and there are exceptions to certain general courtesy clues, but the more you improve your image, the more people will be attracted to you.

Remember, you can draw people to you or away from you just by your knowledge of manners and how to present yourself. *What is the feeling or atmosphere of your presence upon others?*

IMAGE—Women & Men

How you dress, talk, and act presents a certain image to everyone you meet. So here's our first clue: Why talk about your shortcomings, particularly to an opposite sex you're trying to attract? What comes to your mind if someone says, "I've always been overweight," or "I've never been popular," or "My hair has always been thin," "My nose is always running." Being aware of what you're saying and the effect it has on others is important, and it includes all relationships, even marriage. Even married couples aren't particularly enthralled to hear how their mate's digestion is doing. Well, I



My mom taught me my priorities

have to be honest. Of course, but if you want to be honest about presenting a good image, just don't say things that present a negative impression.

You can develop this awareness and start saying things positive about yourself (without bragging of course), that influence others to see you as appealing.

Because you are being watched wherever you go, try to look fairly decent even if you're going to help someone move. Avoid looking like you're on the 92nd day of a 10-day beauty plan. You can still take a few minutes to put on a little makeup, comb hair, and wear something that isn't too offensive. If you're single, you never know who you might run into where, or who might give you as a recommendation to a single friend. Get ready to face the world in the morning, don't be a slob, and don't go without a little makeup unless it's flattering to you.

You've heard the word *discretion*. It means "a distinction, a discerning, a quality of being careful about what one does or says, ***liberty or power of deciding or acting without anyone's control other than your own judgment.***"

In other words, ***you have the power to decide how you want to act, and what you want to say, and how you want to look to others.*** It's a God-given discretion within us. And we need to learn and grow in being discrete.

There's an interesting Bible verse in Proverbs 11:22, "*As a ring of gold in a swine's snout, so is a lovely woman who lacks discretion.*" You can say, well, I'm just me. So is the pig. He can't change his nature—you have power to change your manners and decide how you want to be. Don't get into, Oh, everyone else has friends but me so I'll just eat chocolates. No, find out *why* you're not particularly popular and learn discretion and improve.

As you read the following pages, think of the image you're presenting. Are you lovely in some respects and like a jewel in a pig's nose in others?

Think of it as drawing a picture for other people by your words and actions. You're the only one doing the painting, and people are deciding if they like your picture.

THE LOWER EXTREMITY—WOMEN

- The geographical area beneath your lower back and above your legs that branches out, many times in excess, is perhaps one of the most looked at natural wonder in the world. This area, referred to in many crude terms, presents an image to hundreds of people each week who have the pleasure or otherwise of walking in back of you.
- This area is as important as your face and hair to present in a good way. So, here's the nitty-gritty and forgive me if you're offended, but most women do not, and I repeat, do not, look great in pants, especially ill-fitting ones. Yes, wear them, but do everyone a favor: Get in front of a mirror, take a hand mirror, turn around and take a good long look at yourself in some of your pants, walk in them, and see what people behold when they're behind you. If you're really serious, have someone video you moving about in your normal way.
- Talking with many, this can be the most obnoxious turnoff—the strange back ends trotting around, wiggling, cumbersome, rolling, jeans pinching up in the middle, oh what a picture. We're talking *image* here.

- You're being mean, I'm large in the back. Of course the obvious answer is lose some weight and exercise, but if that is too hard, there is a ton of difference in pants and how they fit and hang, and in the tops you can wear to complement the pants to distract from, let's say, an ugly posterior. What's wrong with long, stylish tops to cover the flab? Nothing.
- So if you look like a mobile home in pants, why blatantly expose a big negative? The way some materials cling and fit, many times with the rims of underwear showing, is not appealing, and the sight of different layers of fat going in different directions, yes, even some smaller backend people, is not fun to watch. It's incredible that many well-endowed women wear tight, white, clingy pants with a short top, or, heaven forbid, tight leggings.
- Clothes can make or break a person's appearance, and they don't have to be expensive, just the most flattering fit and material. Ten pounds or more can be added or subtracted just by the type of pants you choose. Having a good pant-life takes time and patience and awareness, but get one.

- The same with tops—if you’ve got a picturesque stomach, wear more square tops that hang loose in front and around. Even if you’re a teen it doesn’t mean the baby clothes they have in the teen section will flatter you. A nice-material, darker pants can disguise instead of disgust.
- Tops that hang across the middle of that back area are not always flattering because then the rolls spread out beneath.
- Some pants are too short-waisted and cup up in the middle. We can’t draw a picture of that here. Get a clue. Tight legs can also make you look obviously knock-kneed if you are. If you look better in good fitting skirts, I would wiggle out in public more often in those. Keep trying on those pants until you find the most flattering ones. Think of the eyes watching you every day. Get it as right as you can. *It’s your image. You’re creating it everywhere you go.*
- *Tip:* If this problem isn’t taken care of, don’t bother with some of your other time-consuming, expensive beauty aids.
- A big general clue to your appearance, totally simple: If it looks good, show it (within reason), and if not, cover it (we’ll understand if you don’t wear a veil).

- Since we're on the lower extremity subject, use your knees to bend down and keep back straight to pick up objects instead of bending from the hips. Spare the general public. *Tip:* If that's too hard, get someone else to pick it up for you, or, if you have a dog, maybe he can fetch it.
- There are clothes for every shape and size now—so learn what flatters you and what doesn't. Look in the mirror with honest eyes, or ask someone who is not intimidated by you.
- Try to be somewhat feminine, even in sweats. No matter what size you are, you can act, smell, and look pretty. If you don't like your looks, do the best you can or get help, and concentrate on a pleasing personality.

MANNERS, MANNERS, MANNERS

Bathroom

- Don't announce, "I have to go to the bathroom," or "I'm about to bust I've been holding it so long." Remember the image. Now doesn't, "I'll be right back, I'm going to freshen up," sound better for the picture you're drawing? And of course you'd never say, "I've got cramps or gas." Most people aren't particularly interested in your personal hygiene problems like "my bra itches," "I'm always getting yeast infections," "I've got the runs today." You know all that honest sharing that goes on. Remember the word "discrete."
- Don't adjust your clothing coming *out* of restrooms when others are around. Adjust everything *in* the restroom, and *then* walk out like you've been powdering your nose instead of.....Coming out of a restroom tucking in your blouse, pulling your straps up, pulling your underwear down, isn't a pretty picture. Men very often adjust their pants while walking out. (There are a few more bathroom tips for men under "Men" section.)
- Try to avoid smelling up others' bathrooms. Carrying perfume or spray in a purse can be helpful. If at hotels, retreats, etc., try to use lobby

bathroom at times instead of one in room where others might be offended.

- Don't hesitate to flush toilets often—most people would rather hear that than the other noises generated by the human body.
- And the obvious hygiene: shave legs and underarms, don't scratch obviously, carry breath freshener (and use periodically), refresh your deodorant once in a while. And try to wear clothes that don't show underarm stains if you have a busy or nervous day—white or black is good, and some materials absorb better before showing through.

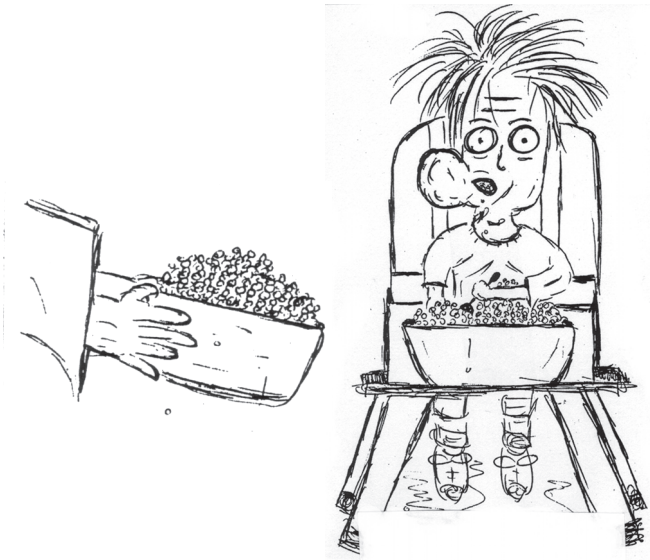
Eating

We all think we know how to eat. This is a pretty casual, chow it down generation, and many people will forgive your less than great manners, but they still may not enjoy them. Check these out:

- Slurping food, soup, and drinks. Smacking lips. Taking big bites.
- Leaning over table with chin and fork right above food. Bring food up to your mouth, not mouth down to food.
- Talking and chewing at the same time. Test yourself—many people think they don't do this, but do.
- Not being careful to keep mouth wiped clean. This needs to be done fairly often.
- Ordering food that's noisy or hard to eat, unless you're having fun trying to take a lobster apart. We saw a couple on a blind date, she was taking huge bites of a salad trying to squash all those greens in her mouth without cutting them, the guy watched for a while, got up, and left, never to return. She waited for awhile all dressed up and no-one to eat with.

- Eating too fast so partner has to eat alone, or too slow so everyone has to wait.
- Digging into food as soon as you get it, instead of waiting until others are ready, or for instance, getting popcorn at movie and tonguing it right away, like are we starving here or what? A big pet peeve—sitting next to someone in a movie who is crunching their popcorn and jamming it into their mouth.
- How about this? You've been eating with a few people and talking, then *you* decide it's time for everyone to leave, so you get up and then everyone feels obligated to follow. It's better to check with everyone you're with and everyone agree. If it doesn't seem like others are, stay seated, unless you apologize and have a good excuse to leave. If you've made plans with a group, try to stick to the whole group thing.
- Eating too much, like you've been saving it until someone asked you out.
- Ordering a high price dinner, especially not knowing your date's finances.
- Licking utensils or fingers (I see this a lot). Scraping bowl or plate to get last drop.

- Picking teeth with your tongue after eating.
- Women—leaning over table with your upper anatomy hanging over tabletop.
- Wiping your nose with your napkin.



I've always eaten this way, even when I was small

Image Annoyances

- Picking your eyes, then examining whatever it is you found in them.
- Blowing nose and examining tissue. What is that, love of your own snot? *Tip*: Blow inconspicuously (not honk guys), and then don't peek.
- Picking ears, toes, pulling underwear down, picking pimples.
- Biting fingernails. Some women even chew on pieces of their long hair.
- Clipping your nails in public, combing and swinging your hair all over everybody.
- Don't get casual about your sitting positions. With a skirt or even tight jeans, flab can hang down the middle if you sit with legs too far apart. Consider what people might be seeing that they'd rather not. Or worse yet, they'd rather.
- Sniffing periodically, swiping nose.
- Chewing gum so it can be seen, continual cracking. There again, this may depend on social situation and who you're with. Two 10-year olds probably wouldn't care.

- If you think you've finally found the right guy (and he doesn't know it yet), don't fall all over him, look at him adoringly like I know you're going to be my husband, acting sappy, and totally available. A little remote discretion is more interesting to men. After all, I've heard they like women who are fun, natural, and at least a little classy. And men, don't be too intense at first, it can be scary.
- Women, it doesn't hurt to give your face a check once in a while if you're out in public. Carry a mirror. You never know if anything has changed since you last put on your makeup. Men, use restroom to see if face is sweaty or whatever.
- Most of civilization knows that the biggest turnoff of all time is bad breath. So why do so many have it? It must be because they think they don't have it. We forget how often breath needs to be refreshed. You don't have to be kissing someone to be aware of it—even people talking a few feet away can be offensive. So spend the money and keep your honey. If you don't like chewing gum, there's lots of varieties of breath fresheners, even breath drops.

CONVERSATION

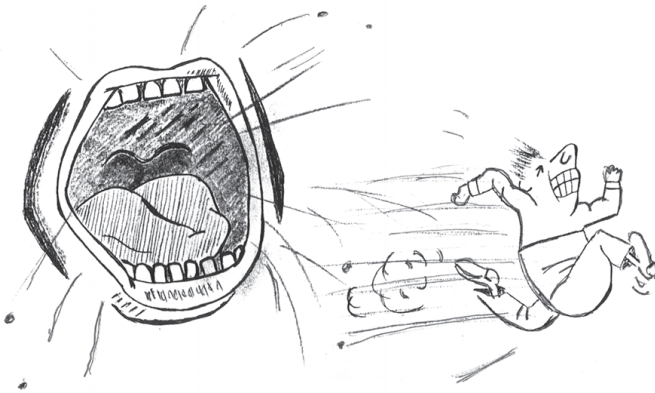
- This is a courtesy that needs to be improved on as you paint yourself to others as you move through life. Women are known to go on “forever” about their children or other topics that most people aren’t interested in to the degree of the person imposing this on you. If you’re the kind that can make conversation interesting no matter what



My image is that I love attention

the subject, great, but most aren't blessed with this type of personality. Be aware of yourself, how you sound, how people look that are trying to listen to you. A glassy-eyed expression is not encouraging.

- Women, usually you don't talk to a man like a woman as they're interested in different things and not in all the details of life that you would be interested in. Get a clue—men are often bored by women's chatter.
- Some people can't seem to stop talking once they start (like eating sometimes), and it seems they don't care if you're interested or not, they just want to keep talking. Your tongue can carry a sign that says, "I'm a boring person, beware, practice walking away from me."



My image is that I like to talk rude and loud in public

- But then there are those who don't keep up their side of the conversation and expect you to do it all. You think, why are we together if you're not going to carry some of the burden of our communication here. Many would rather eat alone with a good book than with a boring talk too much or not at all person.
- Have you ever had someone call you, then expect you to carry the conversation? It's very tiring. Do they like to hear me breathe on the phone? *They* called me. Maybe they need to learn to say "goodbye."
- When someone calls you for a specific reason, like, "There's a meeting at 10:00," don't keep them on the phone with things you want to talk about—they didn't call for that, and may need to get going or call others.
- Repeating the same things in a conversation, like "that's cool."
- Dominating a conversation, especially in a group, unless you have an enthralled audience. Usually no-one is interested in long stories about others' relatives and experiences, unless the person telling the story is part-comedian. You can actually get dizzy staring at a person who won't stop talking.

You're trying to be polite and look them in the eyes and feel like falling unconscious at their feet.

Tip: Do not bore people. They may feel life is short.

- Self-centered conversation. Not interested in what the other person thinks or feels, or interrupting them when they try to take their turn.
- This is *so* annoying—talking too loud in public places or unpublic places. Talking in your normal tone of voice in restaurants, etc., is usually too loud. A loud-mouth at the next table can spoil a meal. Or in the close confines of an airplane. Talk in more hushed tones in public. Proverbs 27:14 says, *“If you shout a pleasant greeting to a friend too early in the morning he will count it as a curse.”*
- Looking around while a person is talking to you. At least for your time with them, look into the eyes of the person talking as if they're more important than the distractions around you.
- Don't talk about your friends to other friends. And if they confide something to you, don't repeat it to another friend. That good old Bible says not to be *“Backbiters, despiteful, proud, boasters...”* (Romans 1:30).

- If you're jealous or envious of others it will show up in your conversation and countenance. You can get those friend-busters out of your life. Don't depress yourself by "*comparing yourselves among yourselves*" (2 Corinthians 11:12). Some get-togethers or reunions are comparison carnivals. Improve at being yourself, not somebody else, or compare yourself to them in order to improve yourself, not from competitiveness or jealousy.

CURIOSITY

“But let none of you suffer as a thief, or as an evildoer, or as a busybody in other men’s matters.”

(1 Peter 4:15)

- Standing by and listening to others’ phone conversations. If you’re not directly involved in a conversation, you should go about your own business.
- Questioning kids about their parents’ life, what they’re doing, where they’re going, asking things you wouldn’t ask the parents. Questioning friends about friends, etc.
- Don’t join another party at a table or in a group situation unless they BEG you. You may go over to a table and say hello, but don’t join at just an unenthusiased polite invitation.
- Bothering people who are trying to work by wanting to converse with them because you’re in the mood to talk. Remember, the best conversations are between people who *both* want to talk and share, not a feeling of being attacked by someone who wants to talk.
- Don’t stare at people who are having a conversation, like you’re curious but don’t know them enough

to join. Or just stare at people who are busy combing their hair or whatever. *Tip:* Get a life.

- Asking nosy questions to anyone, like how much something costs. Pressing people for information they don't want to give, like "when are you going to start a family?" It's like asking, Are you using birth control? Intrusiveness is an untrustworthy trait in a person because you wonder why they want to know.
- When you have to interrupt people talking, make it short and don't join yourself to that conversation unless asked. Say what you want to say and depart.
- When you go to someone's house, or in their car, don't read notes or lists that are around. It is not your business, and they shouldn't have to hide everything while they're with you. An invitation into a person's home is not an invitation to snoop, which includes checking out their cupboards or drawers, especially if you're in their bathroom.
- When shopping with someone and they're at checkout counter, try to be discreet (remember that word), and stand off aways—maybe they would just as soon you didn't know the whole total.

- Being curious about others' houses so you can talk about it to others. It's not fair to go into a house as a friend and come out gossiping about it. Everyone has different values, and if it looks like they need help, "discreetly" offer to help.



Treat everyone the way you want to be treated

GENERAL MANNERS

- Two people make plans and then one of them invites someone else or their whole family into the plans without getting agreement of first person they made plans with. The first ones you make definite plans with, ask them first before changing plans. They may not like your changed plans. In fact, they may not have even wanted others to know of the plans, particularly plans like investing or buying something. *Tip:* It's more orderly to stick with the first person you made plans with and *both* of you decide any changes.
- Coming one-half hour early, more or less, when you've made an appointment with someone because that fits in with *your* plans. Then the other person has to entertain you before they're ready, or you make them feel nervous working while you hang out. Why set a time if you're going to change it on your own?
- If you're with a group of people anywhere, like in a car, and you play the kind of music or whatever you want on the radio instead of checking with the whole group, by doing your own thing, you may as well have gone by yourself. Most groups get together for conversation or they *all* want to listen to same music. Or be honest when you ask

people to go with you somewhere and say, I'm going to be listening to my rock music and snapping my fingers, if you want to join me in that come along. Then they can have the option of saying no thanks, if that doesn't sound appealing. A group means others besides you. What does everyone, or at least the majority, want?

- As a general rule, don't ask someone how they liked a gift or food you gave them. Maybe they hated it. They may be impolite not to acknowledge a gift, and if they are, then you know for the future. The only reason for asking would be if you're not sure they received it.
- Don't ask someone, "Are you busy tonight?" when they don't know why you're asking. Say, "I wanted to know if you were available tonight for dinner." That gives them a clue so they'll know how to answer. Don't trap people into answers.
- Confronting people about things that are none of your business. Offering your opinion to people who know better or didn't ask you, unless you're really being helpful. Interfering when people are trying to do something, like decorating and giving your unsolicited advice. Standing and staring. *Tip:* Same as the one before, Get a life.

- Saying, “I forgot,” and always having to make excuses for not doing what you said you’d do, like returning a book, when really you didn’t try very hard. “I forgot” can be a lie. Be dependable. This is an important quality in friendship, and one that I put almost first on my list of what I like about my friends. Personally I feel my friendship doesn’t mean much to someone who is always forgetting plans or arrangements they made with me. “Oh, I forgot that book I promised you” is like saying, “I forgot *you*.” *Tip:* Value your friendship enough to keep your word. For your spiritual interest, there are literally hundreds of verses in the Bible warning against lying and dishonesty, one being in Colossians 3:9, “*Do not lie one to another...*”
- Saying “I’m sorry” when really you’re not, you didn’t try to be dependable, and it wasn’t important to you. Another lie.
- Borrowing things and not returning them, or being too slow to return, or returning items damaged. Or loaning the borrowed item to all your relatives or friends without asking the owner, and then no-one knows where they are to get them back, like tapes or videos. Or you might want to loan your own belongings to someone else, and the other person takes that choice out of your hands. In other words, taking over the borrowed item like it was your own. Not rewinding tapes or videos.

- Have you ever gotten together with someone (at their invite), and then realize they just wanted to pump you for information on their needs, like their taxes, kid problems, etc. Or while you're out with them, "Oh, do you mind if my kids come along, I haven't seen much of them lately." Well, why did you invite me then? Value the relationship and don't take advantage.
- Try not to wear heavy perfume when in a closed car with others or to doctors or dentists—many people are allergic to strong perfume.
- Leave everything where you found it after using someone's bathroom, kitchen, bedroom, office, etc. Replace bar stools or chairs in original position. Clean up your own mess, leave things in order, no hair in sink or gum in ashtray. Put wrappings from candy and gum in your own pocket rather than laying them around someone's house.
- Openly embarrassing anyone, children, date, in public, openly rebuking, talking angrily or loud to them.
- Most people don't appreciate your animals crawling or barking at them when you visit them. Not everyone is a pet lover and they don't like wet tongues on them, or hair or lice.

- Saying you want to help someone and volunteering at a gathering, but your actions belie this. People say, “Let me know if I can help,” when it’s obvious there are many things that need to be done. They want you to think they’re helpful when actually they want you to say, no, don’t bother. You want to say, “Well look at all those dirty dishes, go to it.” People who mean what they say are appealing. Talk *is* cheap.
- How about signing up to help at something, then not showing up? Let your word be your bond. Unless you would rather have the reputation of being flaky. Or worse yet, a liar.
- Don’t help yourself to someone’s refrigerator or belongings unless you’ve had their permission. Ask, even if you know them fairly well. Remember, you’re in their territory, not yours.
- Follow the leadership in meetings, and don’t offer your opinion unless the leader opens it for discussion. Don’t openly disagree with leader in front of everyone unless they invite it. God says, “*Let all things be done decently and in order,*” and “*God is not the author of confusion.*” (2 Corinthians 14:40, 33)

- Be aware of other people's lives and problems. *Example:* A struggling mom can be told not to bring a casserole to a picnic. In fact, give her leftovers to take home. Speaking of potlucks, bring your share of the pot instead of being the moocher. People know who the moochers are no matter how much they try to hide it. Most tightwads are not highly popular. "*God loves a cheerful giver*" not taker—2 Corinthians 9:7. *Tip:* Be generous with your friends and don't take advantage of generous friends.
- The subject of generosity is important and a pet peeve with many people. Have you been with couples that always expect you to pay for the meal or the movie, or they're so slow offering that you'd rather get it than play the waiting game. Or they invite you out, then hang back seriously hoping you will pay, and by the way here's my kids, pay for their meal too. Like your finances aren't as important as theirs. Or you didn't work for your money like they did. Or their position is more important so they'll graciously let you pay. Taking turns is fair, automatically assuming someone else wants to pay your way in life is unfair. Actually we've known many cheerful *takers*.

- “*Love your neighbor as yourself*,” (Romans 13:9). What that means is to keep your cats, dogs, kids, any other crawling creatures you may have, out of people’s yards and houses. It’s unfair to impose your style of living on others. Don’t send your kids to the neighbor’s house to play unless they have been invited. A mother may finally get her kids to nap or reading to them and then your kids show up and all peace is gone. If neighbors would wait for invites they would be more happily neighbored together.
- Get into the “spirit” of those you’re with (if it’s a good one of course). If everyone is having fun, ordering a meal and dessert, and you’re “I’m not hungry” (come on, you can always eat a piece of lettuce), or if they want to get a Latte and you say, “I already had one eight hours ago”—get one and join in. Some people have a deadness to their spirit and don’t seem to be able to join in the spirit of what’s going on. Have you ever been with someone you’re trying to have a good time with and say, “Want to shop for anything?” No, I don’t need anything. “Want to walk?” No, I already did one pushup today. “Want to go to a movie?” No, I might get offended. Then you have permission to say, “O.k., fine, I’ll take you home then, and maybe we’ll get together again and have another rousing time.”

- Asking a question, wanting a certain answer and when you don't get it, get upset. We're not all mind readers. *Example:* If you ask, where shall we eat? And they say somewhere you dislike, don't act like, "How could you like that hepatitis place?" Respect others' choices. You can still discuss going somewhere else without putting down their answer to your question. *Tip:* Build up, not tear down. People will like you for it. And don't rejoice with someone about another person's downfall or troubles. Proverbs 24:17 says, "*Rejoice not when anyone falls and don't let your heart be glad when he stumbles.*"
- If you answer the phone at home and the caller asks for other than you, it's tacky to give out personal information, like oh she went to the beauty shop again, or she's taking her ballet lesson today (which she didn't want anyone to know about). Just say, sorry she's not here, may I tell her you called? The details and schedule are not necessary.
- Speaking of phones, don't talk loud on your cell phone in public places—if you realized what the people around you are thinking, you'd lower it an octave or two.



I love talking on my cell phone in public

MEN (You know who you are)

“Be strong, and show yourself to be a man.”

(1 Kings 2:2)

- Men, please review the previous clues, even though the titles are other than “men.” Much of it may apply to you sir.
- If you want women to like you, it’s pretty simple: be masculine (not macho) and well-mannered. Women are turned off by bad manners no matter how broad your shoulders are. Learn how to treat a woman and you’ll find women treating you.
- By masculine I mean you know who you are, or plan on knowing who you are. Act like you have a clue to life and are going to be successful. Not like you need someone to take care of you, but an attitude of I’m taking care of myself and I can also take care of someone else if I have to. A capable attitude is sexy.
- Look nice, don’t dress like a dork, and don’t be like the slob you might like to be. Even dress sharp if it’s not too painful. Good fitting clothes or jeans and plain and not out-of-it shirts are very appealing. Do your part to make a good impression especially if you’re on the lookout for a companion or wife.

- As soon as you get to your date's house don't ask to use the bathroom (somehow that's unromantic). Stop at a gas station or restaurant before you get to her house, instead of diving into the bathroom as soon as you get there, flushing the toilet while she waits, and don't get in the habit of straightening yourself up while coming out of the bathroom—zip and straighten *in* the restroom.
- Like you've heard before, Put the lid down after using. An open lid is like saying, "A man was here and he never listened when his mom said to put the lid down." Men, who has to put their dainty little hands on that lid to put it down next time? Some strong men slam the lid down with a bang for all to hear that they're through for now.
- When you lean over make sure you have pants that don't come down so low the top part of your backend is showing. Displaying all of it would be better than just that part. Well, maybe.
- Be sure of yourself. Have a plan when you ask someone out instead of well I don't know, I don't care, what do you want to do? Plan it and then work out the details. Besides, leaving the plans to her might be expensive. Or coordinate it with her while still retaining control.

- Women like masculine hands. Keep fingernails clean and cut, also toenails of course. And always smell nice.
- If you have hair in your nose or ears, call mom.
- Sitting with legs apart so your crotch is outlined and too apparent to person sitting across from you. Don't sprawl with legs all over the place just cause you're a man.
- Don't flirt with other women when you're already with one. One at a time. Learn to make her feel comfortable with you, that you're taking care of things, and that you can be trusted to have an enjoyable evening.
- Review "*Conversation*" section. Two-way conversations can be very interesting if you're not used to it. Men can be noted for being self-centered in their conversation. My husband and I have been out with other couples that never asked us a single question about our lives. It's not that we wanted to talk about ourselves but if there is no give and take or sharing and caring, they don't even know you or know if you would agree or disagree with them on issues. It's no fun being friends with me, me, my family and me people.

- This may surprise you, but most women *love* spiritual men, men who love God and have His authority, leadership and power in them, men who can lead and protect a wife and children spiritually as well as in the natural. Women are security-lovers and men are supposed to provide it. A real man is someone who will look out for who he is with and will comfort and protect them. So married men, be a *real* man and help around the house and work with your mate to meet her needs, not leading your own life and doing your own thing. You take the lead and lead right and your wife will be happy to follow. It's not a competition to see who gets their way, but helping each other to be happy. Now *that's* manners big time.
- Don't pursue someone too hard or suffocate them with your interest—let the relationship develop in a natural way.
- Lazy men are unappealing to most people. Learn to be somewhat ambitious and successful so a woman will feel secure with you. Proverbs 12:11 says, "*Don't be slothful in business.*" Proverbs 26:14-15 is amusing, "*As the door turns upon its hinges, so does the lazy man move not from his place upon his bed. The slothful and self-indulgent buries his hand in his bosom; it*

distresses and wearies him to bring it again to his mouth.” We’re on a roll here against sluggards. Proverbs 22:13, “*The sluggard says, There is a lion outside!* (I can’t go out and look for a job), *I shall be slain in the streets.*”

- Don’t be wimpy and indecisive, “Gee, I don’t know where I want to eat, I don’t know what my favorite color is, duh, maybe blue, I’m not sure who my mother is.”

HOSPITALITY

“Be kindly affectionate to one another with brotherly love, in honor giving preference to one another, distributing to the needs of others, given to hospitality.”

(Romans 12:10,13)

“Be hospitable to one another without grumbling.”

(1 Peter 4:9)

- When you invite others into your home you're there to meet their needs and to make them feel comfortable and well taken care of; they're not there to take care of themselves or meet your needs. So don't unload your problems (unless you said beforehand that's why you're inviting them).
- Go to the door to greet them. Don't holler, "Come on in." Greet them face to face, give them a warm welcome, glad to see you, let me hang your coat up, what would you like to drink, make yourself at home, we've been looking forward to seeing you." Don't forget to smile, and forget how tired you are, not "I'm beat, but come on in."
- Be ready when they come. If you said 7:00, don't be in the shower or rushing around getting ready while guests wait for you to make your appearance, even if your partner is talking to them. You want guests to know they're important and they were on your mind and you are ready for them.

- Under most circumstances, don't drop in on people. A good rule to follow: If someone wants to see you, they'll invite you. Most people have busy lives and don't like being surprised. If you have to stop by, say, I just wanted to see you and give you a hug, and leave. (Not sure if there's any big point in that.)
- For the visitors—don't stay too late and wear out your welcome. Especially if they have a busy next day and maybe you don't.
- Have enough food so people feel free to eat all they want. Barely enough says you're not worth an extra piece of cheese, or take it easy on our food, we're on a budget here. No, *give* to your visitors and make them feel like they can eat plenty (after all, the invite was to *eat*). In fact, send some dessert home with them.
- If sitting at table with guests, don't ask, would you like another cookie if it's not on table. It's like asking, if you really want another cookie I'll get up from the table, walk over and get them and bring them back to the table. No, anything your guests may want more of, set it in front of them. Be generous. Make it easy on them to enjoy themselves.



Be a friendly hostess

- Don't say to someone that you want to get together with them, but when they try to make plans with you, you're always busy or can't make it. Empty talk.
- Acting too cozy with boyfriend or even husband while you have guests, like your mind is on other things rather than the gathering you're with. Remember the whole group concept.
- Many people don't appreciate your animals crawling or barking at them when they come to visit you. Not everyone is a pet lover and may not like wet tongues on them, or hair on their clothes. And don't sit your guests where there might be animal hair. It may be kinder to have your animals tucked away for the evening rather than a part of the festivities.

- If you know where you want your guests to sit, I would recommend sitting in that chair or chairs and look around at how things look from their vantage point. *Tip:* I brought this up because of some important company I had visiting. After they left I sat in one of the guest's chairs, looked up and saw a pair of my boy's underwear hanging over a plant. You never know.
- You are responsible for your guests having a good comfortable time, so have music going, a nice atmosphere, maybe some games planned (with prizes) to get things going. Door prizes are fun. Don't be so busy in the kitchen that you leave guests to entertain themselves. You project the atmosphere you want, including conversation, and they're looking at you. Having munchies helps. Some gatherings can seem awkward at first unless you think of ways to avoid this by using your spirit of hospitality.

PARENTS

*“Fathers, provoke not your children to anger,
lest they be discouraged.”*

(Colossians 3:21)

- You are totally responsible for watching and disciplining your children in other people’s houses, cars, picnics, wherever. It’s not, “O.k., I’m relaxing and my kids can go wild here as I’m tired of watching them.” Watch the little hoppers, keep them out of people’s way, and as much as possible reign them in from destroying property and belongings.
- Train them not to be constantly interrupting you while you’re talking to adults. Their constant demands for attention can be wearying for others and why would they want to get together with you *and* your kids. This is especially true if they have plenty of your attention otherwise. Adults need a break and to talk to other adults. Kids old enough to control themselves who act loud and silly *are* loud and silly.
- Don’t say, “Nancy doesn’t want you to jump on her new chair.” Say, *I* don’t want you to jump on Nancy’s chair, get off of there please.

- Letting them sit by you during adult conversation. You can't talk freely in front of children and you don't know how a conversation will be repeated to the other little talkers in the neighborhood.
- Playing with and entertaining your children while at others' houses. Your host is thinking, stay home and do your family thing, I'm tired of watching. Some people are more interested in cooing to their baby than the purpose they were invited over for. *Tip:* Remember the *original purpose* of a gathering or get-together. Was it to get to know each other or get to know the children?



*We have happy parents that
have taught us manner*

- When adults want to do adult games like tennis, volleyball, and you insist your children play. Most adults don't want to play with others' children, that's why they asked adults over and why they don't work in a day care. Let face it, most children have a fun life and are entertained pretty regularly, more like constantly, so let the adults have fun for awhile. Why can't the kids play together anyway. How often do adults get together? It's more fun to play with others of equal ability than stand there while a parent shows their child how to hit a volleyball, and when they totally miss, "that's great, almost honey, try again." Boring.
- Being too casual with your clothing or lack of it at home in front of your children. Parents, cover up. It may look natural on a beach (and even then, be careful), but not at home. Cover up your children in front of each other. There are too many people thinking too many weird things so train your children to cover up. And don't dress them in seductive clothes, remember the weirdos.
- Don't talk loud to your children in public (or anywhere) and don't discipline them loudly and harshly. It makes you look worse than the kid. Most people would rather a parent took an unruly child aside and swatted him in a corner than hollering mean at them like they'd like to kill them,

and then doing nothing about it. And usually the kid keeps screaming anyway. A mother hollering at her kid to be quiet is ridiculous. *“The rod and reproof give wisdom, but a child left to himself (not disciplined) brings his mother to shame.”* (Proverbs 29:15) An unharsh rod will give more wisdom than screaming you’re never going to bring them shopping again. What does that teach? Public anger is very unattractive to your image. Our society now says don’t lay a hand on children or you will be reported for child abuse. Strange: when adults get in trouble and cause harm they sometimes get the electric chair (bad example). So we do believe in punishment that fits the crime.

Tip: Speak kindly and meaningful. “A soft answer turns away wrath, but grievous words stir up anger. A gentle tongue with its healing power is a tree of life, but willful contrariness in it breaks down the spirit” (Proverbs 15:1, 4).

- Parents are confused about discipline and they hesitate to spank the child, but this verse helps, *“Foolishness is bound up in the heart of a child, but the rod of correction shall drive it far from him”* (Proverbs 22:15). A spanking (not harsh) done in love with a kind expression and kind words is better than hollering cruelly, eyes blazing in anger and like I’ll kill you if you do that again.

Be nice, be firm is a good policy. They'll learn more from a spanking ministered in love and with explanation than being hollered at. Our society now says don't lay a hand on children or you will be reported for child abuse. Strange: when adults get in trouble and cause harm they sometimes get the electric chair (bad example). So we do believe in punishment that fits the crime.

- I'll say it again, your children (and everyone) should be talked to in a polite loving way, no matter how nerve-wracking they can be. You wouldn't talk to your best friend that way, so why your children that God gave you? Well, my children don't seem like they're from God. There's where you come in. Being a good parent doesn't come automatically—you have to learn it like everything else. Read some books or join a class. *"Speak the truth in love"* (Ephesians 4:15).
- Telling kids lies, like, "I'm going to smack you good, I'm going to leave you out in the car, we're not going to go to McDonald's" (oh yeah). It sounds stupid to everyone in hearing distance.

HELPING SICK OR RECOVERING PEOPLE

- We mentioned people who expect you to carry the conversation and enliven their day. This can be even worse if you're in a hospital. Many in hospitals after delivery or operation say that people who come to visit, stand by your bed and expect you to carry the conversation and entertain them because they put themselves out to visit you, is totally wearying. They want to know every detail about your operation, and then stand there and gawk. After this experience a few times I have thought that I was going to learn to be silent and just stare them in the eyes and let them think of something to say to edify me. People you wouldn't invite to your home take advantage of open visiting hours and decide to visit you. Looking up at faces staring at you is not on my wellness program. If they want to leave money or a nice gift I might not mind as much.
- Put your curiosity aside and leave the tired patient alone, check on their condition with a relative or nurse, unless the person specifically begs you to visit them, and even then don't tire them out. Patients get worn out with phone calls and visitors, even from family. *Tip:* Remember, you're feeling fine; they're not.

- Instead of towering over their bed, send flowers or card and offer to help them, or better than just offering, make them a casserole or clean their house. Now that's help.
- If someone is at home recovering, don't call and ask if they want a casserole and what kind do you like, blah, blah, blah. Just make the thing and drop it off without going in to visit when they're trying to recuperate. By the time they come to the phone and have to talk, they'd rather have a cheese sandwich. *Tip:* Don't be a bother while you're trying to help—be inconspicuous.
- Speaking of casseroles, avoid giving them a dish that will take them 20 minutes to scrub before returning to you. Bake it in tin foil in the dish, or take casserole out of dish you baked it in and put in another container, and *you* scrub off the stuck cheese.
- If you're in a patient's room, make your conversation edifying. Be a strength, not take their strength. It's not the time for all the bad news, all my friends have died of cancer, or the low statistics of recovery for their ailment.
- People who have been sick need quiet, comfort, and order, not overbearing friends who just want

to talk, laugh loud, and there again spread the news of their righteous visit. But if you think about it, what did they really *do* for the patient. Visiting a sick person to meet your own needs is also a sickness called selfishness, which can be cured without pills.

- Flowers are nice, but sometimes they're a bother to take home from hospital and take care of. A gift certificate from a florist or elsewhere might be more appreciated. A gift certificate from Costco for a family can be a help.

RESTAURANTS

Restaurant Owners or Managers: What is the atmosphere of your restaurant? Is it gloomy and rundown looking, or is there an inviting air to it? I'm convinced many restaurants, usually run by men, don't have all the clues on how their place appears and "feels" to people walking in, especially women. "Well, I serve good food." That may be, but I look for atmosphere and cleanliness equally. To women, dining out is an experience, not just chow-down time. It doesn't have to be fancy, just inviting or fun.

Every restaurant owner who is not as busy as they'd like to be should have someone with decorating sense come in and tell them what their restaurant *feels* like. Owners or managers get so used to their surroundings they don't see how it *really* looks—that things are looking run down and stale, not cheerful. I personally can't relax in dismal surroundings when I'm eating.

- Many entrances are offensive, littered, ugly doormats, gumball machines, whatever. The first impression is important and makes you wonder about the kitchen cleanliness, or if someone really has a handle on managing the place you're going to trust to eat at and hopefully not get sick.
- The greeter is also your important first impression. They need to look and act friendly. So don't hire

a relative or friend for this if they don't have the spirit of hospitality.

- Restaurants need to make dining at their place as pleasant or more so than eating at home, otherwise why bother to go out and spend good money. An uppity air, like you're really lucky to be there, is a turnoff, and I have left restaurants before ordering that have that attitude.
- One of the most common things to happen to us is to get pretty good service until it's time for the bill and you want to leave, then the waiter has gotten lost somewhere.
- In less serious restaurants, it's so tacky to change the salt/pepper shakers and sugar bowl while people are still eating at that table.
- Seating you flush up against other people when there is plenty of room elsewhere, so waiters don't have to walk another few feet to wait on another table. This is maddening it happens so often. Especially if the table next to you has two little slobberers strapped in their highchairs. Many parents eat out so they don't have to hear kids for a change. Some restaurants are more concerned with *their* comfort than their guests'.

- And we've all had experiences with waitresses that are put out with having to wait on you; or they're too friendly and talk to you like they're part of your group and you came there so they could share.
- Interrupting table too often, especially when it may be obvious people are having serious discussion. Waiters need to be taught discretion by managers to offer service at the right time. Some waiters will ask you if you need anything four times at first, then you don't see them when you do need service. Many waiters will be tending to table right next to you and dash off without glancing at other tables to see if attention is needed. So you're waving at their back.
- Hot water that's lukewarm. Many people like tea or just *hot* water with lemon.
- Waitresses who stand around and talk while you're waiting to be waited on.
- Waiters having outfits with grime on.
- Pet peeve: Waitresses with loud voices reciting specials to other customers around you. You get tired of hearing them after the first time.

- Ugly “live” plants hanging around, over and beside the tables, like are there any bugs on those things? Don’t even think about having plants unless they’re healthy looking and not hanging in the soup. And oh, the ugly plants sitting on window sills.
- If I drive by a restaurant and see the chairs upside down on the tables so they can mop floors, I would think twice about going there as I can’t even imagine the condition of the pants that have been sitting on those chairs and then they’re put on the table where they sometimes set your water glass upside down right on it, and your napkin and silverware. Image.
- In every type of restaurant, it’s surprising how many waiters don’t know the soup of the day when asked. They usually say, well I just came on shift. Meaning they should have come earlier to find out what the restaurant is serving today and what the specials are.
- Waiters who aren’t friendly until they give you the bill, then turn on the charm, like last minute charm equals a good tip. It would be wise for people to send a message to those who wait on you that if they do a good job you will tip good,

if they don't you won't, instead of leaving a large tip to a bad waiter just to impress your friends, or leaving the same tip no matter what the service.

OFFICE/BUSINESS MANNERS

Introduction

Keep in mind that you're working in a professional place of business that is not like your home. Your clients expect a certain professionalism, and it gives them more confidence in your business if that is there. (Don't you like your doctor to look and act like a doctor?) The public doesn't particularly like paying a good sum for professional help if the person in the firm doesn't look or act professional.

An office is not an extension of your home and it looks tacky to have coats, purses, umbrellas, personal things, strewn around, not to mention pop cans. If you have the difference in your mind between a personal home and a professional place of business it will automatically influence your behavior on the phone and with the public.

General Etiquette

- When people come into your business or office they should be greeted courteously and promptly, and to be told you'll be with them shortly if you can't take care of them promptly, or ask them to take a seat. Don't totally ignore a person for long.
- It sounds uncoordinated when you go into an office to have more than one person ask you if you've been helped. If you're not sure someone

has been helped, ask the other person working in the office first before asking customer. Generally it's friendly to say "goodbye" to people when they leave.

- How many times have you been somewhere and the workers are so busy talking amongst themselves (good old office gossip) that you have to interrupt them to be waited on? People seem to forget that it's the customers who are paying them. I know one person who used to ask the clerks who were animatedly talking, "does anyone work here?" Or clerks talking things among themselves while they're waiting on you at the same time.
- Some people, depending on their personality and relationship with the place of business, should be treated more personally, but it's not necessary to be too personal with everyone, although there should always be a friendly attitude without curtness. People should be greeted with a smile, and not like you're in a bad mood and need counseling. *Tip:* People deserve to have pleasant experiences everywhere they go. How do you like to be treated in places of business?
- This is a good one and I hear it in many places of business: A person calls for an appointment and the secretary says, "Do you want it as 9:00, 10:00, 11:00..." That sounds like you're the first

caller this week and the boss had nothing to do all day until you called. You set the time, “We have a 10:00 opening.” And then you can adjust depending on their answer. The same with days, “Do you want Monday, Tuesday, Wednesday...?” No, you set the day and time and work from there. Also, if you get an indecisive person it may take quite awhile for them to make their choice.

- Some people or salesmen stop by a business to talk to the boss when it's a busy or inconvenient time. You can say, “I'm sorry, he's busy right now, may I give him a message?” If it's said that way they may say, “No, I'll just leave this brochure,” or “I'll see him another time.” If you say right at first, “May I have him call you?” automatically people respond “Yes.” To say, “He's busy right now,” they might say, “Fine” and leave, never needing the personal meeting.
- Many don't always need to see the boss, they might just have time on their hands and want some company or free information. Spare your employer unwanted interruptions if possible. You're in charge, and time to many employers is of paramount importance.
- When a person comes into office and asks for someone don't just walk away to get the person or mumble something unintelligible, but say,

“Just a moment please, I’ll get him.” And when you return acknowledge the customer again and say, “He’ll be right with you.”

- If you can answer a caller’s question or satisfy their call, don’t offer, “Would you like to talk to...?” If they’re happy without the added conversation it helps. People don’t always need a lot of details on their questions, just simple answers that you can take care of.
- Don’t speak loudly in an office as everyone can hear you, and worse if workers are trying to concentrate. It’s annoying to have to try to drown out another voice so you can think. Try to speak quietly on the phone and to everyone (unless they’re hard of hearing). Try not to slam doors, cupboards, etc. Some normally quiet people can have a distractingly loud laugh. Sometimes you can find yourself talking too loudly without even being aware of it.
- If someone asks you a question and you don’t know, you don’t have to stammer and act nonplussed, but just say, “I’ll find out for you,” or “I’ll get someone to help you.”
- This is an old one: Be on time. Every place of business expects their hours to be followed closely as they are paying you to work certain hours, and

the continuity and flow of a business depends on schedules. Also, let the receptionist know when you're leaving and when you're returning. If you have an hour's lunch, don't cheat. Be an honest, capable, dependable employee.

- Employees should be ready to work at starting time, not get there at 8:00 to put on makeup, have their breakfast, and make their phone calls. There again, the office is not your home and there should be a distinction. The feeling of order in an office is important and that depends on people being in place and working at the right times.
- If you have to snack during the day, eat ones that aren't too distracting or take cooking, unless at lunchtime in the office. Fish sticks in the microwave don't leave a pleasant odor. Even fairly odorless foods can leave an unpleasant odor, so using some spray after cooking is helpful. Offices should *not* smell like a kitchen at home. Rooms that have held conferences should also be sprayed as even the normal odor of people in a closed room needs to be refreshed.
- Don't wait on people while chewing and cracking gum or food.

- Keep surroundings pleasant and tidy as cleaning people usually come in only once a week. Push paper down in wastebaskets, swish off some obvious dust, get hair out of restroom sink, etc. Well I'm not a maid. We all are in many ways and should help keep our place of employment impressive.
- Tend to your own business and don't waste time checking into what someone else is doing or saying, by checking through their work, asking them questions about what they're working on, listening to their conversations. It will save you being distracted by all that is going on around you. A curious busybody is uncomfortable to be around.
- Overtime: It's good to be honest about overtime (and everything), as "overtime" should truly be overtime. It doesn't mean to take it easy during the day, don't try to get your work done, and then get busy at 5:00 so you can collect overtime pay. Or being careless and making mistakes and then expect to be paid overtime to adjust your mistakes. Even if you're training for a job and can't help the mistakes and it takes you more time, consider that the employer doesn't particularly like paying you regular time for learning, plus overtime for learning the job you were hired for and didn't have

the experience for. Most jobs can be done on a regular 8:00 to 5:00 basis.

- **Clothing:** Most businesses have some standards for dress. It's easy, especially for younger people, to get too casual, with jeans and tennis shoes. Also remember the first part of this manual, many women do not look their best in pants. And don't work in a coat, like you didn't have time to dress underneath or your employer can't pay for heat. And pretty please, not tight, see what I've got tops, skin-tight pants, etc. People should feel the difference between a place of business and a place to dance.
- If you're under someone else's authority, let them give the instructions; for instance, if your boss has an appointment with someone, take your cue from him—don't start offering coffee, but wait for how your boss wants that meeting to go.
- Don't invade others' privacy by talking about their business with those outside or inside the office. Paying customers have a right to feel comfortable in that no-one is going to spread abroad their personal financial or health status.
- Bothering others who are trying to work by wanting to converse with them. Remember, the

best conversations are between people agreeing that they both want to talk, and that they are sharing, not being attacked by someone who wants to talk when you have work to do.

- Don't bring your kids in to run around an office, whether they're yours or if you're in another place of business, even after office hours. It's not your property and kids have a way of gumming everything up or breaking something. If you have to, tie them with a rope in a chair rather than let them run wild.
- Practice brushing up on your efficiency and try to learn to do things faster and in a more efficient way. You can use the efficiency you learn the rest of your life, whether at home or a job, and it always feels good to improve yourself, to save time, and to make a big chore less of a chore. If you have your work area organized, and put one thing away while you work on another, and have your supplies handy, it will help eliminate confusion or lost time and work.
- Speaking of supplies, order only what's needful for your job. It's good to have all supplies ordered through one person. Use less costly supplies when possible. There are many ways to cut down on supplies if you think about it, like using more

expensive stationery only when needed. Have mercy on your boss who is paying all the bills.

- Learn to appreciate having a job, and it will save your murmurings and complainings. (Philippians 2:14). It's better to find another job where you would possibly be happier than to disrupt and stir up an office that is training you and paying your wages. If you've agreed to fair wages don't get demanding and discontent as it affects your work and health. Learn to enjoy and make the most of your job and expect to give as well as to get, as many days of your life are spent at your place of employment. Division isn't a pleasant atmosphere so do your best to create a good, pleasant atmosphere. If there is anything bothering you talk it over with the manager, not everyone else.
- Don't be jealous or resentful of others in the office because you think they're getting a better deal than you, or are "favored." If you have a job you like don't darken it with a bad attitude. If you're smart enough to have a Bible, read Matthew 20:1-15 about this.
- You hear much of employee rights, and they're certainly to be considered, but there are also

employer rights. The employer is the one who has taken the risks and responsibility of going into business, the headaches, the years of knowledge and training, and has every problem eventually on his shoulders, whether office decisions or problem employees. If your boss is fair he should be respected, just as the employee should be respected for doing a good job. Many employees think they know more than their employer, after the employer has paid them while they're learning. If that's the case they should leave and start their own business, and not by stealing their employer's accounts, but start from scratch like the employer did. Leave the other fellow's business alone. No matter how successful the employer is, it is still his business and it's not share and share alike time even if you've been doing the accounts. I came across an interesting verse recently, so here's the *Tip*: "*Like the partridge that gathers a brood which she did not hatch and sits on eggs which she has not laid, so is he who gets riches by unjust means and not by right. He will leave them, or they will leave him, in the middle of his days, and at his end he will be a fool.*" (Jeremiah 17:11)

That's a cute way of saying don't steal anything from anybody.

Many people in this world today are demanding that other people make their life easier because they're in financial trouble. It's not up to your boss to get you out of the financial mess you've made, and it's not up to you to demand higher wages, not because you're improving as an employee, but because you have money problems. It's up to your household to provide for your household in an honest upright way, by working, saving, learning how to increase financially—it's not up to anyone else to hand money over to your demands when you haven't earned it.

Don't talk about your boss to those in or out of office. Or about their business (unless it's good of course). Be loyal to the hand that is feeding you.

Learn to enjoy your job, get in the wonderful habit of working diligently every day and improve yourself as you don't know what jobs you may have to take in future years, or how the economy is going to be, and everything you learn to do well and efficiently will be a life-long help to you and your family and friends.

PHONE ETIQUETTE

- When a caller says, “Is Leonard there?” say, “Yes he is, just a moment please.” Not, “Yeah” or “O.k.” or “Just a sec.” Have in your mind beforehand what you’re going to say to certain questions. Also, callers shouldn’t hear laughing, giggling, chewing gum on phone, or like you’re amused about something or that they called. Or to have a bored tired voice letting people know you’re having a bad day, or who cares about their business and I wish I had another job.
- If you have to leave a caller waiting while you find someone, when you get back to phone say, “I’m sorry to keep you waiting so long, he’ll be right with you.” People (especially men) don’t like to be kept waiting on a phone (they’ll complain about it too), but they appreciate an apology for keeping them waiting.
- There is no need to ever say where someone in the office is to the caller, unless it’s like, “He’s working out of the office today.” Or, “He’ll be back in the office next week, may I leave him a message.” If the person isn’t accessible to the caller, why give them personal information of any kind, it’s not relevant. Don’t say, oh they just left for an errand (so what kind of errand?), he’s out to lunch, he’s sick at

home, he's at the dentist....no. Just, "I'm sorry he isn't here, may I give him a message." When calling places and they give personal information it sounds unbusinesslike. If they can't talk to them, what difference does it make? And you sometimes have no idea who you're talking to that might want to call sick Leonard at home, or wonder if he has something contagious and they shouldn't come in the office again. Do you see the questions that personal information raise?

- This lesson became real to me in an office where the boss had come in early, worked long hours, and went out to lunch at 2:00 that day. The secretary told someone who called, "He's out to lunch right now." Their response was, "Boy, I wish I had a two hour lunch," or "still out to lunch, does he ever work?" And of course you would never say, "He's in the restroom." Keep it simple--"He's not available right now, may I take a message?"
- If a person is calling long distance it's better to have them call back rather than your office taking the expense for maybe a long-winded conversation later.
- People resent being given a definite time someone will be available, so they call back and you have

to say you're sorry they're still busy or whatever. Unless you know for positive, it's better not to say, "about 15 minutes," they call back and you have to apologize. The result is the caller is upset because you said and he's had to call back two or three times, whereas if you had left it open and said, "I'm sorry I don't know how long the meeting will last, may I take a message?" they won't be upset if he's not available again when they call.

So, women, let's determine to have the best life we can, with our home and family life, our job life, or our social life. We have the power to improve our lives, wherever they are. If some situations in your life seem too adverse, get God involved.

I hope this book helped you even a little bit. Have faith in God to help you as He says that He will "give you all things that pertain to LIFE and godliness" (2 Peter 1:3).

Would love to have a latte with all (well, most) of you hard-working women. Women are amazing creations!

Love you,

Nancy

Nancy has authored:

“Get a Better Life”—mainly for women on how to obtain a better family, home, and social life.

“Twinkle Twinkle Little Star”—mainly for women on how to appreciate and be fulfilled in their own life.

“The Chocolate Cake Principle: Feasting on the Presence of the Lord”—will help you appreciate and obtain the presence of the Lord. Published by Xulon Press.

“Multiplying the Bread of Life”—expanding & enriching your prayer life.

“Remember Love”—good advice on love (which never fails!).

“Christ in Hell”—treasures about Christ’s burial in hell after the Cross.

“Get the Hell Out So Heaven Can Come in”—deals with deliverance from spirits and curses.

“Victory is the Eye of Every Battle”—how to avoid battles and get through them.

“The BLESSING—What did God Speak?”—The Blessing Spoken to Man.

“Bad Sex Stuff”—this booklet title speaks for itself.

“Don’t Wake up in Hell Thinking You Were on Your Way to Heaven”—scary.

“Angels”—A brief overview of their presence in the Bible.

There are publishing offers on these books. We would appreciate your prayers. Go to liteoflifeministries.com to download free books & deliverance helps. Our mailing address:

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