

Hang On or Let Go?

A man's wife offered to cook his favorite dish, which was filled with delicious nuts. He was so happy when he thought of this treat that he eagerly suggested he help his wife with the preparations. "Could you get the nuts from the jar?" she said.

The man reached deep into the jar and grabbed as many nuts as he could fit into his hand. However,

when he tried to pull his hand out of the jar, he couldn't. His hand was stuck. His wife pulled on the jar to try and release him, but try as she might, her husband was still stuck.

In desperation they called out to their neighbors for help, and several rushed into the house. One neighbor said, "Don't worry, I know what you need to do. Push your arm farther into the jar."



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At first the man resisted; he didn't

want to make the situation even worse. But he did what the man asked of him.

"Now, open your hand and let go of the nuts."

This order upset the husband. He wanted those nuts for the dish his wife was preparing. Reluctantly, he let go.

"Now," the wise neighbor said, "Make your hand as small as possible and pull your arm from the jar."

The husband did as he was told and out popped his arm, as easy as could be. Everyone who had gathered to watch clapped and cheered. Then the neighbor tipped the jar over and let the nuts spill out onto the table.

Sometimes it's good to let go!

Dan

Social Media Canine Stars

It's not just teenagers with purple hair and nose piercings who are dominating social media as influencers these days; dogs have joined the ranks as well!

Gone are the days of TV shows like *Lassie*. Now, we have Instagram pages with more viewers than some network television shows. Even tiny Pomeranians have become huge stars. Jiffpom's cuddly face and cute outfits have netted 10 million followers. Boo, the beloved Pom, was one the most famous, boasting 15 million Facebook fans. Boo has passed, but his images are still served up, defining the word "cute" for the world.

Talking dogs are also very popular. Mishka, the talking husky, became a sensation with her ability to say, "I love you." Despite her passing in 2017, her videos still receive significant views on YouTube. Lifestyle dogs have their own dedicated following. Take Maddie,

the camping dog, who canoes and swims and has 1.3 million followers on Instagram.

Even dogs with unusual appearances can make a splash on social media. Tuna, with his serious overbite, has gained a massive following of 2.1 million Instagram followers and provides travel tips for dog owners. But don't be fooled; it's big business. Popular dog posts can generate \$1,000 to \$10,000 per post. WOOF!



Lighter Hair, Naturally

If you're looking to lighten your hair naturally, then here is a tip to achieve a sun-kissed look. Many people have tried lemon juice, but have you ever tried tea? Chamomile tea, that is.

Start by brewing a strong cup of this tea, and once it has cooled down, use it as a rinse after shampooing your hair. This will help impart a natural lightening effect. For subtle highlights, you can also apply honey to your hair and leave it for one hour before rinsing it out.

Finally, spend time outdoors because exposure to sunlight can naturally lighten hair. Remember to also hydrate and protect your hair from damage.

Finding the Right Agent

Remember that Dan can help find a trustworthy real estate agent anywhere in the country, and even the world. If you know someone wanting to buy or sell a home who does not have a connection to a real estate agent, Dan is happy to find someone that can help or even to just provide another opinion. Dan has connected people all over the country (and out of the country) who have successfully helped people find a home to buy, sell a home or vacant land, and even purchase a McDonald's franchise. Call Dan at 480-390-5380 or email at danazhomes4sale@hotmail.com

UP CLOSE AND PERSONAL

Kim's brother made a visit from New York. We were very busy the few days he was here. One thing we did was hike up "A Mountain" near ASU (Tempe Butte) where the 60-foot-tall gold painted "A" is located near the top. Kim and I remember hiking it together for the first time just a few weeks after we started dating in 1992 when we took a Subway sandwich lunch with us and ate it at the top of the mountain. I don't know that we realized it on that hike 31 years ago, but this pattern would continue over the years to come. Kim prefers the hiking part and I prefer the lunch part. In fact, I could skip the hiking part altogether and just go to lunch. But, like any good marriage, there are compromises. So, when Kim wants to go on a hike, it usually follows with a lunch date too. Of course, just being together is the most important thing. So, it ends up being a win-win for both of us.

Have an awesome month!

Dan

The Right Connection

Just a quick note to let you know how I can help you or anyone you might refer to me.

Dan helped Patrick buy an investment home in Phoenix many years ago. That home has been rented out now for twelve years. Patrick lived in New Jersey but wanted to sell his home there and move to Manhatton, which would allow him to be closer to work. He didn't have anyone in mind to sell his New Jersey home, so Dan referred him to a real estate agent in New Jersey who could help. After connecting with the agent, Patrick had a plan and time-line for getting his home sold. Once he was ready to put his home on the market, the action began. After many showings, Patrick ended up receiving 11 offers! Patrick was very pleased with Dan's referral and happy to have some guidance with someone he could trust while going through the process of selling his home.

If you know someone who needs a real estate agent connection outside of the Phoenix area, just have them call me at 480-390-5380. I would be happy to help them find a trustworthy agent who serves their specific area of interest.

"When one door of happiness closes, another opens; but often we look so long in disappointment and bitterness at the closed door that we do not expectantly look for and therefore see with pleasure and gratitude the one that has been opened for us." -- Helen Keller

The Power of Humility

If you want to become happier and more resilient, there's a simple (though not always easy) longterm formula: be humble.

Humility is about understanding our own strengths and weaknesses and keeping things in perspective.

Psychologist Everett Worthington described it as "the quiet virtue" and breaks it down into three core elements: accurate self-perception, modest selfportrayal, and other-oriented relational stance.

But maybe C.S. Lewis described it best: Humility is not thinking less of yourself but thinking of yourself less.

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A truly humble person acknowledges and accepts

their strengths and limitations without shame or judgment. Instead of using superficial measures like money or possessions to assess their own value, their sense of self-worth comes from within—a trait that helps them see the intrinsic value of others. Humility allows us to learn and grow, and to treat obstacles as opportunities.

Humility isn't just a trait; it's an active practice. Explore your strengths and weaknesses, own your imperfections, recognize that you're part of the big picture, and be open to learning.

FAQs About Donating Blood

Are you nervous about donating blood or signing up to be an organ donor? You don't have to be. A chart from Work The World explores some of the common misconceptions about blood and organ donations. They include questions about:

• **Age.** There is no age limit on organ donations. In fact, the oldest known donor to date was a Scottish woman of 107 who donated one of her corneas after death. The main factor is the health of the organ and the donor.

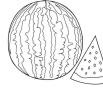
The Dog Scoop

Buckley was watching Brandon pack up to move back to college and didn't eat his breakfast the day he left, as he was sad to see him go 🙁.

- **Organs.** A single organ donor can save eight lives. Tissue donors can save even more.
- **Blood type.** All blood types are needed, even the most common ones.
- **Tattoos.** Got a tattoo? That won't prevent you from donating blood as long as you're otherwise healthy.

Watermelon Pizza for Kids

- ✓ 1 small watermelon
- ✓ 1 cup Greek yogurt (or dairy-free alternative)
- Assorted fresh fruits (such as berries, kiwi, pineapple, and mango)
- ✓ Fresh mint leaves
- ✓ Honey (optional)



The Kid Scoop

Brandon (21) had an easy move back to college since he is in the same apartment as last year.

Ryan (23) moved back to Phoenix from Austin, TX and is renting a room from a friend.

Instructions:

- Slice the watermelon into round pizza-like slices, about 1-inch thick.
- Lay the watermelon slices on a serving platter or a large plate.
- Spread Greek yogurt evenly over each watermelon slice, leaving a small border around the edges.
- Wash and prepare the assorted fresh fruits. Cut them into bite-sized pieces or into decorative shapes, as desired.
- Arrange the fresh fruits on top of the yogurt layer, creating a vibrant and colorful display.
- Garnish with fresh mint leaves, scattering them over the fruit toppings.
- Drizzle a small amount of honey over the watermelon pizza, if desired, for added sweetness.

Serve immediately and enjoy this refreshing and healthy summer treat!

Backseat Projectiles

If you're wearing a seatbelt and driving 45 miles an hour, you'll stay in place if you have to slam on the brakes. Whatever is in the back seat or back window of your car will continue to move at 45 miles an hour. These flying objects cause 65,000 injuries each year. During accidents, loose objects could knock you unconscious at a time when you need to think fast and clearly.

Mechanical engineers at Rowan University in New Jersey say that in SUVs, use the rear luggage area where the seats will keep most items in place. Use the cargo net if one is provided.

Drivers of passenger cars should keep cargo in the trunk or on the floor of the back seat.

Transportation injury researchers at the State University of Buffalo in New York say you should scan the vehicle for loose objects each day and get rid of them.

Free Reports

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Cultivate a Stronger Sense of Self

Imagine the profound impact on your life if self-discipline were exercised more universally. Regrettably, many of us exhibit discipline only in isolated sectors of our lives or during sporadic periods.

Self-discipline is a quality defined by motivational coach Michael Janke as "the capacity to govern one's behavior through principle, persistence, and sound judgment rather than desire or social acceptance."

Developing self-discipline requires consistent effort and strategic planning. Simply wishing for it is not enough. It is an ongoing process that demands commitment and dedication.

Here are some steps to guide you toward achieving increased self-discipline:

Identify aspects requiring change: Assess your life for areas where you feel a need for improvement or where you are dissatisfied.

Document past hurdles: Note challenges and roadblocks you've faced in previous attempts at changes.

Outline motivations: Understand and list the "why" factors driving your desired changes, which serve as a motivational push.

Contemplate a supportive attitude: Envision the potential benefits and transformative impact of adopting changes with a positive mindset.

Approaching this journey with a mindset of self-deprivation can make the process more difficult. Psychotherapist Carol Juergensen Sheets emphasizes the importance of fostering enthusiasm for the positive changes that result from practicing self-discipline.

Unleash your potential through self-discipline and embark on a transformative journey toward personal growth, success, and fulfillment. Start today for a rewarding future!

Save a Tree

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