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Nourish your Soul - Read up!

Fall has arrived. If the new chill in the air makes you feel down, it may be that the last thing you want to do is pick up a book (you would rather stare, comatose, at the T.V.). But a book is an inexpensive escape- think of it as a "cheap holiday" where you can forget your own struggle and stress and instead, worry about whether the heroine, Bambi, made a mistake when she chose Rocky over her other suitor, Sutton.

If you can find a book club, join it! If the books are pricey make an agreement that the price of 1 book, which can be shared sequentially, will be split among several members. If you can't find a book club in your area, you can join our WDS on-line book club, or any on-line book club with which you feel comfortable, or just enjoy a good book all by yourself (after the children are asleep).

Challenge and celebrate the Artist within; whether it is writing, drawing, sculpting, dancing or exercising your creativity in some other fashion. Try to write a poem. Visit a local craft store and wander around. Some craft stores have free or low-cost art classes for children of certain age categories- when Jr. is busy, you can spend some time in the How-to-Make-A-Candle section.

"The power of imagination makes us infinite."
-John Muir

Tip.

Try scrapbooking! You can get beautiful accessories at specialty scrapbooking stores at specialty or craft stores. Alternatively, try a Dollar store. The writer found the same Disney stickers at a specialty store as at a Dollar store, albeit the latter cost 50% less



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