

Letter

FROM YOUR Editor



SEPTEMBER 2016 ADVANCED



Dear Friends,

Are you a morning person? We ask that question in one of our articles this month. I like getting up early, but many people don't. Getting up and getting going in the morning is important for everyone. We'll give you some tips to make mornings easier. You'll want to read it! (p.12)



Morning people and night owls both have to deal with frustration. When it comes,

how do you handle it? Do you feel the need to vent? In our article this month about communication methods that work, you'll discover that venting can actually be counterproductive. We'll discuss some other ways to better deal with problems and frustrations. (p.14)

One way to deal with them is to take a European vacation! Everyone's heard of Europe's major tourist destinations, but there are other gems to discover off the beaten path. Places like Tallinn, Estonia, and Innsbruck, Austria, are both vibrant cities worth exploring. (p. 18)

Communication is so important these days—not just at work, but also at home with your family. In our article "The Art of Doing Family Well" (p. 26) you can read about ways to help your children grow into secure, confident individuals. There's much more, too, so you'll want to join us in class as we discuss these ideas.

I hope you will join us in class every day—you don't have to be a morning person to do that! You can listen at night or anytime.

Your Friend for Life,

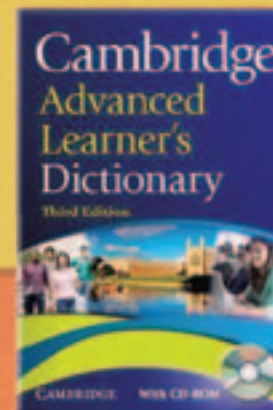
Doris Brougham

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“... there is no universally accepted central authority on English grammar and usage.”
— Excerpt taken from *The Writer's Imagination, Off the Cuff* by John McIntyre



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