

[View this email in your browser](#)



Hi

It's been a little while since I last wrote but I've been busy finishing my new book.

Today as I was lying out in my hammock and feeling a cool dry breeze, I was enjoying watching the tops of the trees sway lightly. The birds were singing. Noises from the neighborhood would interrupt the peaceful and serene moment but they became part of the experience.

Lying in the hammock, I just allowed myself to stop and let go. The colors of the trees and the sky were so beautiful.

How often do we go through our day never stopping to notice all that is around us?

How often do we miss the birds singing or the leaves at the top of the trees?

As I was pondering these questions, I realized once again that when we stop to notice all that is around us, the mind and body shift into a mode that is peaceful and full of gratitude. For me, it becomes a moment where I connect with much more than the challenges of the day.

I'm curious, when was the last time you just took a moment and stopped to notice all that was around you?

Don

P.S. I'm looking for people who want to be advance readers of my new book, *Overcoming Challenges*. All I ask in return is that once the pre-sale electronic version is ready, you leave a review when the book is published. Let me know



Copyright © 2018 Mind Body Thoughts, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

