

Working From the Heart

"I fairly sizzle with zeal and enthusiasm..." Can't you just feel the passion coming from this quote? And to think: it was written by Charles Fillmore, an educator, when he was 94 years old! At age 94, he still had more passion than many of us have at much younger ages. This month's newsletter offers ideas on adding energy, purpose, and passion to our lives.

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Passion and Purpose

Propelled by Passion



An attitude of passion and enthusiasm can make your days fly by. When you live passionately and energetically, you feel excited to go about your daily tasks – and you get more done in less time!

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[En Español](#)

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Venture into Volunteering

There's nothing quite like volunteering for instilling a sense of passion about an issue you believe in. Other benefits include learning new skills; meeting new people; and knowing you are improving your community.

Worklife Balance



Effective Discipline: A Framework of Love

From the time your children come into your home, you provide what they most need to grow into loving, responsible, self-disciplined human beings. That includes unconditional love, providing a safe environment, and incorporating loving limits. [More...](#)

[En Español](#)

Webinars

Making Time for Me: Finding Work-Life Balance

Choose a session below and register today.

July 13th @ 12PM EST

July 15th @ 2PM EST

[Download a list of free webinars for July 2010.](#)

Senior Savvy



Puppy Love: Good for Body and Soul

Research has shown pets are not only fun, they're good for us. This is particularly true for older adults. Some of the reasons why are because pets provide the comfort of touch, unconditional love, and can even promote health benefits.

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For Love or Money?

The top five reasons people enjoy their jobs:

1. They love the everyday challenges.
2. They like their bosses.
3. They enjoy their co-workers.
4. They feel their work makes a difference.
5. In this economy, they are glad they have a job.

Note salary was not among the top five reasons for loving a job! Bottom line? People enjoy a job that makes them feel valuable and happy.

"I scream, you scream ..."



Ice Cream: From the Mountains to the Masses

Summertime and ice cream cones – they just go together like peas in a pod, don't they? But have you ever wondered how on earth anyone came up with America's favorite dessert? Read on to find out the history behind ice cream. [More...](#)

[En Español](#)

Light Up the Sky

The 4th of July



The first July 4th fireworks celebration was in 1776 and John Adams had this to say:

"[Independence Day] will be the most memorable in the history of America...It ought to be solemnized with...Illuminations from one end of this continent to the other..."