

Five Steps to a Happy Life that Cost You Nothing

Being happy does not mean being rich, in fact, research has found little correlation between the two, according to Edward Hallowell, MD, Harvard psychiatrist and author of *Childhood Roots of Adult Happiness* (Ballantine Books). Here's his short course for a lush life:

Make connections. Most neighborhoods are not as tight as they used to be. But you can find your own personally enriching "new neighborhood" among the parents and children you've met through your job, house of worship, kids' school or sports team.

Play like a kid. Having a successful career really means you've found a way to play that other people are willing to pay you for. Playing with your child can help remind you of what play looks like at its best: it's spontaneous, inventive, and ever changing.

Practice, practice. When you find something you like to do, you want to do it over and over. And then the roots of practice and discipline grow. For example, if you have fun with your partner and your kids, you make sure to reserve time to be playful with them.

Master what you're good at. Discovering that you are good at something, and mastering it, helps build optimism. This can help you find solutions and feel there is hope, even in bleak situations. The memory of mastery helps keep you going—and trying.

Bask in recognition. When your child tells you he had fun playing with you, or your boss tells you you've done an awesome job, you feel more connected to him. And that's what happiness always comes back to: connections.

From the book *Childhood Roots of Adult Happiness*

Wiggles N' Tunes Releases New Children's Music CD

Wiggles N'Tunes just announced the release of their popular Wigglin' and Singin' collections on CD with its own illustrated 20-page interactive songbook. The recordings celebrate multicultural folksongs, sing-alongs, and finger play songs. "Our music is fun and educational. It's Entertainment!" says award-winning children's performer Carolyn Zorn, also known as Miss Wiggles.

Wiggles N'Tunes is offering a free attractive countertop display and there's even a free in-store demo for qualifying retailers to stimulate impulse CD sales. The curriculum

provides family entertainment centers with an instructor's guide handbook complete with reproducibles and a start-up kit that consists of 13 accompaniment CD's with a set of instrumental only tracks with a set of instrumentals with a pre-recorded singer to create custom lesson plans.

Until recently, Wiggles N'Tunes was exclusively licensed to the Discovery Zone International, and now it is available to other family entertainment centers everywhere. For more information, contact Wiggles N'Tunes at Ph: 800-444-0507, Website: www.wigglesandtunes.com, E-mail: info@wigglesandtunes.com.

Quality Shipping at a Discount

IALEI Freight Savings Plan members can receive up to 60 percent discount on less-than-truckload (LTL) services with Roadway Express, FedEx Freight, New Penn Motor Express, and Central Freight Lines. Enrollment in the program is free to IALEI members. There are no shipping minimum requirements or obligations, just great savings!

Roadway, New Penn, and FedEx Freight have recently won top honors in Logistic Management's Quest for Quality survey. Roadway Express dominated the national LTL

category, taking top position in on-time performance, value, customer service, and equipment & operations.

FedEx Freight (formerly American Freightways and Viking Freight) racked up the highest rating for customer service. Effective Sept. 15, 2003, FedEx Freight will enhance its LTL service with a money-back guarantee at no additional charge.

To take advantage of great discounts, call Siriani & Associates, administrators of the IALEI Freight Savings Plan, at Ph: 800-554-0005.



VISIT US ON-LINE
www.ialei.com