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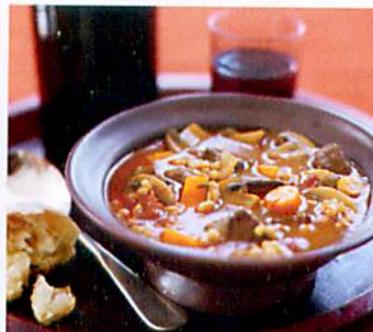
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DELICIOUS RECIPES



Easy Brunch Ideas

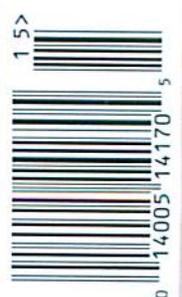


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contributors



sylvie pinsonneaux

This talented Rome-based artist, whose client roster includes Nivea, Kellogg's and Microsoft, illustrated "Germ Warfare," on page 108. Is Sylvie washing her hands more often as a result of what she learned from the piece? "That would be an understatement," she says.



mindy berry

After working on our diet story, "Eat, Drink and Be Merry," on page 129, Mindy turned into a weekly meal planner. "On Monday, I know what's for dinner each night," says this mom of one. "And I incorporate the Indian takeout I love without feeling guilty."



john loecke

An interior designer, John created the easy, elegant crafts projects for "It's a Wrap," on page 31. All use ribbon, something he often relies on to personalize items for clients. His latest book, *John Loecke's Grosgrain Style* (Random House), just came out in September.



denise foley

"The best thing about writing 'For a Good Time,' on page 138, was meeting life coach Caroline Miller," says Denise, a freelance writer in Philadelphia and mother of a 20-year-old son. "She completely supported my desire to die laughing and agreed that the only way to do so is to live life laughing."

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When was the last time you shared a belly laugh with a favorite pal? Let's get serious about getting happy.

FOR A GOOD TIME

TOO MANY OF US HAVE FORGOTTEN HOW TO REALLY HAVE FUN. HERE, SIMPLE WAYS TO EXPERIENCE MORE JOY—AND LESS STRESS—EVERY DAY. **BY DENISE FOLEY**

Our new Tibetan spaniel, Abby, is up for play 24/7. She gets me out of the house and running around the yard a couple of times every day, and I normally only run if I'm being chased. But at one point, I actually considered hiring someone to exercise her so I wouldn't have to take so many work breaks.

Hire someone to play with my puppy? So I could work? Had I lost my mind? That's when I knew I'd had my nose to the grindstone for too long. And that's so not me. When my husband and I first met we had playground dates. At work I was the high scorer in hallway bowling. My kid's friends say they like to come to our house because I'm the funny mom—and they mean ha-ha, not strange.

When had my sense of fun lost the will to live?

"I hear this all the time from women," says Joan Borysenko, Ph.D., author of *Inner Peace for Busy Women* (Hay House) "As a culture we're so serious, so missing spontaneity, so overscheduled that we've forgotten how to have a good time." And we're all going to pay dearly for it, say Columbia University researchers who found that when we consistently choose work over play, we start to get resentful.

Do you really want to become the poster child for regret? I know I don't. So I set out to find some ways to start letting the good times roll again.

FUN SPOILER # 1 **"I don't have the time."**

Sure, you've got too much to do. But don't be so quick to think your calendar has absolutely no room. Americans actu-

ally have up to five hours of "leisure" time every day, according to a survey by the U.S. Department of Labor. Don't know where it goes? That's probably because you're not thinking about it, says Jerry May, Ph.D., who has studied the link between having fun and career success in 4,000 top professionals and elite athletes. "We're all busy, but we can still choose how we spend the free time we do have," he says. Block out—in writing—some "fun" spots on your calendar even if it's just a few minutes every day and a couple of hours on the weekend.

TO LIVE IT UP

Follow the laughter. You can "catch" moods from other people. "In psychology it's known as the emotional contagion theory," says Caroline Adams Miller, a performance coach whose license plate

psych

Boost your LOL quotient
by remembering
what you love to do—
then giving yourself
permission to do it.



reads, WEHVFUN. "Figure out which people are black holes in your life and avoid them so you don't unconsciously take on their joy-killing attitudes, behaviors and thinking patterns." Instead, gravitate toward the "bright lights" who'll infect you with their cheer. "The world isn't a stage, it's a party—mingle," says Loretta LaRoche, author of *Life is Short—Wear Your Party Pants* (Hay House).

Step away from the screen. Americans spend as much as half of their downtime plopped in front of the television, according to the U.S. Department of Labor. "But so much of what we're viewing is just like empty calories," says Gail McMeekin, author of *The Power of Positive Choices* (Conari Press). "Turn the television off and do something else you enjoy." If you decide to watch, stick to your favorites—not the stuff you get sucked into because, oh, well, you're already in front of the TV.

FUN SPOILER # 2

"I've forgotten how."

You shouldn't have to rack your brain to figure out how to have fun, but many of us do. "When I ask clients to make a list of '10 Things That Bring Me Joy,' they often can't get past number two," says Miller. "It's really been so long since they felt any." Is this what you want your life to be like? No!

TO LIVE IT UP

Pretend you won the lottery. Ask yourself what you'd do if you could make your wildest dreams come true, says Michelle DeAngelis, founder of the management consulting firm Planet Joyride. Quick—make a list of all the things you'd do if money were no object. Then get yourself out there and do some of them.

Release your inner child. Were you a Double Dutch champ? Did you love Paint-by-Numbers? Did doing the Electric Slide leave you totally blissed out? Take a trip

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5 quick mood-boosters

- 1. Laugh even if you don't feel it.** Studies show that a phony grin or giggle can change a bad mood.
- 2. Read something funny.** When I'm feeling low, I go to peepresearch.org, a website detailing fake scientific research on that Easter basket favorite: Marshmallow Peeps. You may prefer something less bizarre.
- 3. Drop self-judgment.** Brooding over a mistake? Borrow a 'tude from Thomas "Electric Lightbulb" Edison, who once said, "I have not failed. I've just found 10,000 ways that won't work."
- 4. Do the unexpected.** Say yes to something—a Texas two-step class, chipotle pepper truffles—you'd ordinarily steer clear of. Studies done last year at Baylor College of Medicine in Houston and Emory University in Atlanta found that your pleasure centers literally light up when you do something unpredictable.
- 5. Count your many blessings, large and small.** Gratitude and appreciation are the ultimate spirit-lifters.

down memory lane: Dig up old family photographs or reminisce with your siblings for clues to the things that gave you the giggles when you were younger. "If you feel too embarrassed to do the things you enjoyed as a kid, borrow a kid and do them with him," suggests psychiatrist Edward Hallowell, M.D., author of *CrazyBusy* (Ballantine Books).

FUN SPOILER #3 "I feel guilty."

Guilt can be a good thing if you, say, just snatched someone's purse. It will make you give it back and turn yourself in like a good citizen. But fun and guilt? They go together like sauerkraut and milk. Your problem: You may be focusing too much on making a living and not enough on making a life. And as a woman, you're more likely than a man to be Type E, which McMeekin defines as someone who "does everything for everyone else." The fallout: simmering resentment that no one is taking care of *you*. "All that seething is going to make you depressed and angry, and stand in the way of your having fun," McMeekin says.

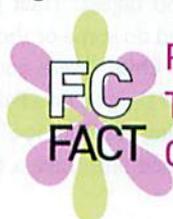
TO LIVE IT UP

Start feeling entitled. Listen up, workaholics: It's not only *okay* to enjoy yourself, it's *necessary*. Indulging in occasional pleasures make you more, not less productive. "When you're in fun mode, your mind is more attentive to the moment. So there's less stress and struggle," says LaRoche. "It's called focus."

Develop dust tolerance. Women give themselves impossible standards at home, says McMeekin. "You can't live with that kind of perfectionism," she says, "because fun is the thing that gets crossed off the list." If you can't afford household help, and mobilizing the family is as difficult as brokering peace in the Middle East, work on lowering your standard of cleanliness. Your goal, says DeAngelis, is to get to the point where you're willing "just to draw a happy face in the dust and go out and have a good time."

FUN SPOILER #4 "I don't have the money"

"Having fun doesn't have to cost you," says May. In fact, landmark studies on what makes us happy are clear on this



PEOPLE ARE 30 TIMES MORE LIKELY
TO LAUGH WHEN THEY'RE WITH
OTHERS THAN WHEN THEY'RE ALONE.

Read the Patient Information that comes with VESicare before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your doctor or other healthcare professional about your condition or treatment. Only your doctor or healthcare professional can determine if treatment with VESicare is right for you.

What is VESicare?

VESicare is a prescription medicine used in adults to treat the following symptoms due to a condition called overactive bladder:

- Having to go to the bathroom too often, also called "urinary frequency,"
 - Having a strong need to go to the bathroom right away, also called "urgency,"
 - Leaking or wetting accidents, also called "urinary incontinence."
- VESicare has not been studied in children.

What is overactive bladder?

Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often or cannot be controlled, you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

Who should NOT take VESicare?

Do not take VESicare if you:

- are not able to empty your bladder (also called "urinary retention"),
- have delayed or slow emptying of your stomach (also called "gastric retention"),
- have an eye problem called "uncontrolled narrow-angle glaucoma",
- are allergic to VESicare or any of its ingredients. See the end of this leaflet for a complete list of ingredients.

What should I tell my doctor before starting VESicare?

Before starting VESicare tell your doctor or healthcare professional about all of your medical conditions including if you:

- have any stomach or intestinal problems or problems with constipation,
- have trouble emptying your bladder or you have a weak urine stream,
- have an eye problem called narrow-angle glaucoma,
- have liver problems,
- have kidney problems,
- are pregnant or trying to become pregnant (It is not known if VESicare can harm your unborn baby),
- are breastfeeding (It is not known if VESicare passes into breast milk and if it can harm your baby. You should decide whether to breastfeed or take VESicare, but not both).

Before starting on VESicare, tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. While taking VESicare, tell your doctor or healthcare professional about all changes in the medicines you are taking including prescription and nonprescription medicines, vitamins and herbal supplements. VESicare and other medicines may affect each other.

How should I take VESicare?

Take VESicare exactly as prescribed. Your doctor will prescribe the dose that is right for you. Your doctor may prescribe the lowest dose if you have certain medical conditions such as liver or kidney problems.

- You should take one VESicare tablet once a day.
- You should take VESicare with liquid and swallow the tablet whole.
- You can take VESicare with or without food.
- If you miss a dose of VESicare, begin taking VESicare again the next day. Do not take 2 doses of VESicare in the same day.
- If you take too much VESicare or overdose, call your local Poison Control Center or emergency room right away.

What are the possible side effects with VESicare?

The most common side effects with VESicare are:

- blurred vision. Use caution while driving or doing dangerous activities until you know how VESicare affects you.
- dry mouth.
- constipation. Call your doctor if you get severe stomach area (abdominal) pain or become constipated for 3 or more days.
- heat prostration. Heat prostration (due to decreased sweating) can occur when drugs such as VESicare are used in a hot environment.

Tell your doctor if you have any side effects that bother you or that do not go away.

These are not all the side effects with VESicare. For more information, ask your doctor, healthcare professional or pharmacist.

How should I store VESicare?

- Keep VESicare and all other medications out of the reach of children.
- Store VESicare at room temperature, 50° to 86°F (15° to 30°C). Keep the bottle closed.
- Safely dispose of VESicare that is out of date or that you no longer need.

General information about VESicare

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use VESicare for a condition for which it was not prescribed. Do not give VESicare to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about VESicare. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about VESicare that is written for health professionals. You can also call (866) 972-4636 toll free, or visit www.VESICARE.com.

What are the ingredients in VESicare?

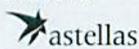
Active ingredient: solifenacin succinate

Inactive ingredients: lactose monohydrate, corn starch, hypromellose 2910, magnesium stearate, talc, polyethylene glycol 8000 and titanium dioxide with yellow ferric oxide (5 mg VESicare tablet) or red ferric oxide (10 mg VESicare tablet)

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Norman, Oklahoma 73072

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point—cash doesn't buy happiness. It can buy a wide-screen TV, a cruise to Alaska and those really cute shoes you saw in the Nordstrom catalog. But there's no guarantee that those things are going to make your life a laugh riot either.

TO LIVE IT UP

Go for the cheap thrills. People-watch at lunch time, gossip with your neighbor or sign up for an e-mail joke service so you can have your first laugh of the day with your morning coffee. "Fun is right in front of us all the time," says May. All you have to do is be open to it.

Get some attitude. Vow to find five little amusements every morning that don't cost anything. Remember, says LaRoche, "fun is really how you approach life. It's a commitment to doing what gives you a sense of enjoyment throughout your day, whatever that is for you." Decide to be a little outrageous once in awhile. Blast music and dance while you empty the dishwasher. Send a paper airplane to your friend in the next cubicle. Walk down the supermarket aisle grinning like you've got a big, happy secret.

FUN SPOILER #5

"I'll look silly."

You don't have to do something zany like dragging out the hula hoop at parties, as Miller does, or singing karaoke at a company retreat. Fun shouldn't make your

heart pound and your palms sweat. But don't let your anxiety stop you from something that you'd really like to do.

TO LIVE IT UP

Go mano a mano with inner demons. Whether you want to fly a kite in the park, take salsa lessons or try out for a part in your community theater, the only way to triumph is to acknowledge your fear and do it anyway. Just take a deep breath and jump in. "You need to learn that when you do something out of the ordinary there really is no fallout," says Miller, "and you'll feel better because you dare to take the risk."

Don't let other people run your life.

The truth is that even though your friends and family care passionately about you, to the rest of the world you're a flyspeck. I learned that the hard way—after depriving myself of the glory of swimming in the ocean for more than 20 years because I was self-conscious about how I looked in a bathing suit. Then, one summer, I bought one and ventured forth. That's when I discovered that if there are enough bikini-clad teenagers on the beach, absolutely no one is going to even glance at a middle-aged woman in a one-piece. Quite possibly not even if she's drowning. The lesson here is this: Don't wait 20 years to do what makes you happy. Whatever's holding you back, get over it. Oh, and get a puppy. ●

wacky websites

If you have to spend time in front of a screen, you might as well have some fun. Try these out (use at your own risk!):

dailykitten.com Who can resist a new kitten picture every day?

bored.com If your day's turning into a yawn, check out this site, where you can morph celebrity photos, see funny billboards, take silly quizzes and listen to song parodies.

addictingames.com Hundreds of free arcade-like games to get you through the workday.

jacksonpollock.org Create a modern art masterpiece by simply moving your cursor around the screen.

despair.com For those who appreciate dark humor, this site offers "de-motivating" posters and mugs with messages such as, "It could be that the purpose of your life is only to serve as a warning to others" and "Not everyone gets to be an astronaut when they grow up."