

August 2013 Newsletter – Dr Seuss Juice

It's incredible, but references to Dr Seuss seem to have been coming at me from all angles these past few days, which has me thinking that there must be something in it.

So without further ado, let's throw some Sam-I-am Green Eggs and Ham into the blender and see what kind of whizz bang fizz we come up with in this month's issue.

The Seussish angles landed from a book on happiness, an article from Dumbo Feather's latest magazine, 2 emails from friends and some footprints in the sand at City Beach, not to mention Arnold Schwarzenegger's autobiography thrown in for good measure and you know what...without going into the ins and outs of how they all generated meaning in a weird and wonderfully synchronistic way, the message to me is quite simple.

Do you want to know what it is?

“All work and no _ _ _ _ makes Jack a dull boy.”

Yes, you figured correctly. We could all benefit from sprinkling a daily dose of **PLAY** into our lives.

We 'obsolete children' appear to have lost the knack and feel for playing in our bid to pursue goals and chase success.

Charlie Hoehn, author of *Recession Proof Graduate* and marketing strategist for a number of *The New York Times* bestselling authors (charliehoehn.com) discovered the cure for anxiety that had dogged him for over a year when he happened upon Dr Stuart Brown's book *Play*... “It was free, fun, painless, and immediately effective”.

So to all of you obsolete children out there on the treadmill, spinning wheels and perhaps feeling frayed with the busyness of life....here's why you should play...

“Play is what we all love to do. Play is where our subconscious naturally guides us. Play is the state where we are truly ourselves, once we let go of our egos and the fear of looking stupid. Play immerses us in the moment where we effortlessly slip into flow. Play allows us to imagine, to create, to bond with and understand each other. Play is what creates our strongest social circles. And

most importantly, play utterly destroys anxiety. Play allows you to stop taking your life so damn seriously, so you can start living again."

Don't you just love Hoehn's words?

Thanks to Seuss for his juice...and Green Eggs and Ham, Sam-I-am!

Till next month....you know what to do...make hay and go play...you know how to do it....you just need to remember ;)

Caroline