



# EMPOWHERMENT™ NEWS

## Web Site Changes

Recent additions to the Web site:

- Movie review - Sideways
- Book review - Zen of Eating
- My Blog link

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*"One who knows "enough is enough"  
always has enough"*

Tao Te Ching

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*We're on the Web!*

*Visit us at:*

[www.empowerment.com](http://www.empowerment.com)

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## May Wellness Message

Webster's defines choice as: The power, right, or liberty to choose; option. One that is chosen. A number or variety from which to choose: *a wide choice of styles and colors*. The best or most preferable part. Care in choosing. An alternative.

Do you recognize your power to choose or do you feel your environment and circumstances dictate your surroundings? This month I write about my experience with choice and I hope it inspires you to investigate this area of your own life. The monthly message is now posted in the Inspiration Link of [www.empowerment.com](http://www.empowerment.com).

If you wish to examine more closely what you choose and how to become more aware of the power of yes and no in your life, download a copy of my "Saying Yes, Saying No" template in the Mind Body Spirit area on the Web site. You may be surprised at what you learn.