

KURVES

Welcome to the First edition of **KURVES** your newsletter compliments of Ptyme. Yes . . . another something to read; but I promise that it will be one email to read, print and share with others. This publication is circulated in an email format only and is strictly **For Your Entertainment.**

I have always wanted to circulate a newsletter to my circle of friends and never had the time to write it. Now I have some time and I hope you will not only read it, but offer some comments or events that you want to share with others. The articles featured are from sources that I have read, seen or lived and I will always note the source. So my friends . . . open your minds and let the information float into your thoughts.

Enjoy your Life!

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Be the Rage at any Age



***WOMEN WHO ASPIRE
TO BE EQUAL TO MEN
LACK AMBITION.***

Welcome Friends

- *Your Inner Critic – Page 2*
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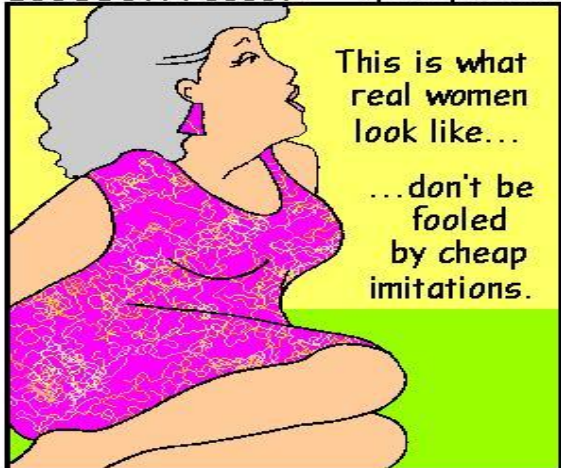
We are some of **God's** most precious gifts. Each delicious flavor represent all of the colorful sisters from all walks of life. Our vanilla sisters are just as sweet as our dark rich chocolates and all have been gifted with the same tantalizing organs that most men crave. But, we must first **LOVE** ourselves before we can Love others and demand The **Royal Treatment**.

YOUR INNER CRITIC

The biggest obstacle to transformation is the critic in your head telling you it is impossible! Everyone has this inner VOICE that is operative by the time we reach age 4. It can be a valuable deterrent to unsafe behavior, but if as we get older the voice goes unchecked and unexamined it can bully us and make us afraid of change. The voice steps in when we want to challenge the status quo or do anything our parents would not have wanted us to do. Sometimes the voice says you're trying too much and sometimes it says you're not trying hard enough. But its main message is always the same – *Your impulses can't be trusted. Listen only to me. Otherwise die a failure.* You probably wouldn't let anyone else talk to you the way you talk to yourself. You're inured to insults from this inner critic who sounds so much alike that you believe it is you. For example: You're happily humming along with your morning routine when you pull out an old pair of pants and you can't get your right leg into the designated hole. The voice says, *Look at you! You are pathetic, Your thighs are huge!* The voice says you should be ashamed and you agree. *Look how I've let myself go, or "You are such a fat bitch!* In minutes you've ricocheted from getting dressed to feeling worthless and yet no one thing has changed since you awoke feeling spunky & feisty. Early in your life the voice kept you from being rejected by those you depended on by convincing you that, trusting yourself was dangerous. But now despite its former usefulness it's rendering you incapable of acting with true discernment. How do you free yourself from the Voice? You begin by becoming aware that it exists. One good way to do that is by listing the ways you've berated yourself and reading the insults out loud. Next you work on disengaging the voice – understanding that it is not you. Or deal with it successful – to talk back. When you stop believing the voice, when you know it is NOT you – **you are free.**

From: *Women, Food & God An unexpected Path to...* by Geneen Roth.

BLOSSOM FULLER By Kathy Shaskan



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Your Body

Create a Loving Environment in Your Body.

Focus on Respect & Appreciation for what Your Body does for You, in spite of what You do to It.

MR. PERFECT

The perfect guy has no baggage, no serious exes and no meddling parents, right? Wrong! If a man like that actually existed — and he doesn't, you wouldn't want him anyway. The man with no skeletons (or crazy aunts) in the closet and no major traumas in his past may seem like a dream come true, but he's completely inexperienced in dealing with the crises life throws at every long-term relationship. He'd also be completely freaked out by the crazy cast of characters you'll bring to the party. If you're looking for a perfect prince to take away all your troubles and make your life worry-free, Quit it! Great husbands don't serve you a fairy-tale world on a silver platter; they stand beside you and help you deal with real life. "Romantic love thrives on fantasy — even ignorance, but that's not sustainable in the long run," says Harville Hendrix, Ph.D., author of the best-seller "Getting the Love You Want." If you're looking for a long-haul relationship first **check him out!**

As he enters his thirties, a Man's taste in women definitely changes. After the initial experimental stage where he dates a lot of people, he looks for a woman to fill certain roles, like wife and mother. He knows he can't spend all his time in bed. The mid-to-late thirties are often the period when men give in to their urge to settle down.

40 year old men still think a roll in the hay is nice, but now they're more eager for substance. They want to be nurtured. If you're up for the job, the 40s man may be yours for the taking. Many of them are burnt out, making tons of money and lonely as hell because they have no one to share their success. Yes, the 40s man is sensitive, but he's also prone to mid-life crises and heavy-duty alimony payments. Find this disheartening? Just keep in mind that some of the most compatible love matches are between older women and younger men. Why? These two age grooves are actually the most sexually in sync!

Before you give him the Boot.

Does he Love You? If his love is deep and he shows it by making you feel valued & wanted, it may be worth forgiving even serious flaws.

If you met him today, would you like him? If he is still the kind of man you're looking for emotionally & physically you should consider patching the holes.

Is he capable of change? Give him the chance to be different. You may be surprised at what can be done when your Love is on the line.

Will you be better off without him? Go through the pros and cons in your head focusing on what you'll gain versus what you'll lose if you give him the boot.

Now, that you have read it. What do you think?