



## Recipes for Action: Small Steps to the Life You Want

provides short guides to fit the realities and rhythms of personal and professional life. Subscribers to our Web site will find tools that honor their complexity, independence and uniqueness.

Serving immediate needs and longer-term interests, the recipes are spiced with quotes, humor, stories, examples and exercises. The site also has the ingredients for customized workbooks and opportunities to build Web communities for mutual support and learning. Finally, there are bibliographies in each recipe, links and announcements to provide greater depth.

**Subscriptions are only \$19.95\* – and they make great gifts!**  
**Visit [www.recipesforaction.com](http://www.recipesforaction.com) to explore the possibilities.**

\* Much of the subscription fee goes to a non-profit that promotes collaborative learning about how people thrive.

**Here are examples of the 75+ recipes you will receive with your one-year subscription:**



- *Becoming Courageous: Appreciating Your Capacity*
- *Brewing Happiness*
- *Getting Out of a Pickle*
- *Being a Hot Pepper*
- *Breaking the Mold: Dropping Old Labels and Roles*
- *Minting Your Dreams*
- *Salting Away Money*
- *Simmering Makes the Best Soup: Finding Patience*
- *Depressurizing Yourself: Chilling Out without Clamming Up*
- *Peeling Away Negative Thoughts*
- *Hailing Caesar's Salad: Avoiding Intimidation*
- *Igniting Chance and Luck in Careers*
- *Giving Close Friends and Family the Fresh Scoop*
- *Avoiding Floundering in Assumptions: Choosing Your Own Words to Progress*



## Recipes for Action: Small Steps to the Life You Want

We invite you to a feast for your mind, heart and eyes. Come enjoy this fresh, friendly Web site designed to support your personal and professional development. Serving your immediate needs and long-term interests, it provides:

- over 100 short guides for action using wit, stories and examples
- ingredients to create your own workbook
- book lists and other resources
- *Zest!*, an e-mail newsletter announcing new recipes and articles

An inspiring, bountiful gift for yourself and others, the one-year subscription is \$24.95. (A good portion of profit goes to philanthropy.)

Visit [www.recipesforaction.com](http://www.recipesforaction.com) to find new ways to improve your effectiveness as well as quality of life, on your own and in teams. You'll find free recipe samples at Sneak Peek and links to articles, book lists and more in The Pantry.

### Here are examples of the recipes you will receive with your one-year subscription:

*Becoming Courageous: Appreciating Your Capacity*  
*Brewing Happiness*  
*Breaking the Mold: Dropping Old Labels and Roles*  
*Getting Out of a Pickle*  
*Minting Your Dreams*  
*Salting Away Money*  
*Helping Work Groups Jell*  
*Simmering Makes the Best Soup: Finding Patience*  
*Depressurizing Yourself: Chilling Out without Clamming Up*  
*Peeling Away Negative Thoughts*  
*Clarifying Your Values to Find Focus*  
*Igniting Chance and Luck in Careers*  
*Clarifying Stress to Make the Most of Your Work and Life*  
*Serving a Satisfying Platter of Your Skills*  
*Freshening the Family Activities Menu*  
*Encouraging the Rareness in Others*  
*Finding Your "Steak" in Work through Metaphor*  
*Using the Language of Emotion to Freshen Work Situations*  
*Planning the Future with Your Honey*

For additional opportunities, explore [recipesforaction.com/careers](http://recipesforaction.com/careers) and [recipesforaction.com/schimellode](http://recipesforaction.com/schimellode).  
Written by Ruth M. Schimel, Ph.D., Career & Life Management Consultant. 202.862.5484.