

CONTENTS

(winter 2008)



20 IN THE MIND'S EYE

The Law of Attraction has garnered a lot of interest in the last few years. And why not? The notion of creating your own reality through the power of thought is quite appealing. Have no doubt, the Law of Attraction is real. But there's more to it than simply visualizing your goals. Utilizing this powerful force requires action, belief and deep faith in the abundance of our universe. The secret is out: The Law of Attraction depends on you.

STORY BY MINDY SINK // ILLUSTRATIONS BY SOPHIE BLACKALL



“When you arise in the morning, think of what a privilege it is to be alive: to breathe, to think, to enjoy, to love.” —MARCUS AURELIUS

FROM THE FOUNDER	01
FRONT PORCH Readers Write ~ Contributors ~ Pay it Forward	04
DAILY INSPIRATIONS The Simple Family ~ Honeybee Crisis ~ Dolphin Assisted Therapy ~ Urban Junket Bags ~ And more...	08
YOU CAN HEAL YOUR LIFE Cheryl Richardson on selfishness	12
RESOURCES Promoting responsible use of consumer power	47
BUILDING BLOCKS Start the Year with a Bang (Every Day!)	48

SUCCESS STORIES

32 QUEEN OF BEES

You likely have heard of Burt's Bees—the line of all-natural body care products found in every supermarket across the country. But have you heard the story of how it all began? From the kitchen of her tiny cabin, Roxanne Quimby turned an idea into an industry leader and her bearded friend Burt into a household name. She made a fortune from a pile of beeswax and now she wants to give it all away.

STORY AND PHOTOGRAPHY BY BRENDAN HARRINGTON



ON THE COVER

LAW OF ATTRACTION	20
ROXANNE QUIMBY	32
WORRIED ABOUT MONEY?	40
GET A GOOD NIGHT'S SLEEP	14
GIFTS THAT MAKE A DIFFERENCE	42
KEEP YOURSELF MENTALLY FIT	16
EXTREME SELF-CARE	12



HEALTH



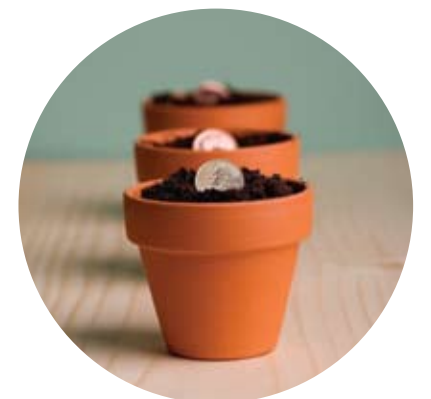
- 14 Sleep Sound**
To be your best, you need a good night's rest
- 16 Train Your Brain**
Workouts to keep your mind in tip-top shape
- 18 Everyday Zen**
Meditation is really a matter of mindfulness



RELATIONSHIPS



- 26 Sexpectations**
Discussing physical desire is key to your relationship
- 28 Caught in the Middle**
Ideas on parenting two generations at the same time
- 30 Money Makeover**
Re-evaluate the role money plays in your life



PROSPERITY



- 40 Plan on Prosperity**
Ensure financial security with this simple approach
- 42 Soul of the Season**
Get creative this year and give gifts that truly matter
- 44 What Matters Most**
Define your personal values and step into greatness

SLEEP: JUPITER IMAGES; POTS: VEER