

Coiffure-News

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Welcome to 2010

As we usher in a brand new decade, let us not forget the lessons we've learned in the past and apply them to the future.

The recession has brought about a great change in the nation. We have seen more housing foreclosures than ever before. The loss of jobs and the reduction of benefits. Credit scores are plummeting at an alarming rate, credit card companies are lowering limits and raising interest rates. Student loans are becoming more and more difficult to obtain. The list goes on and on.

According to most financial experts, it's a good time to use this time as a period of reflection and start a new direction by resolving to limit credit card use, paying more than the minimum monthly amount due, and only obtaining what we can afford. In short,

living within our means.

There are some things we cannot control but we should control what we can.

We are proponents of entrepreneurship. There is no greater freedom than controlling your own destiny. Consider using this time to start a small business. The only thing that stops most of us is fear. Not so much fear of failure but fear of what others may say or think. Adopt the age 40+ mentality...it doesn't matter what people think. At the end of the day, you have to live for yourself.

We, at Coiffure Exclusive Salon wish you and yours a very Happy New Year and much success and prosperity throughout 2010!

Health and Beauty

Okay, the extra pounds are there—whether we like it or not. Now, what do we do about it?

I spent two weeks cooking, eating, cleaning and cooking, and eating again. This was a vicious cycle throughout the entire holiday season. As a result, I've gained almost 10 pounds!

Action Plan:

1. Drink 3–1 liter bottles of FIJI water each day.
2. Return to the gym. I cannot believe I said it— but will say it again, Return To the Gym! All it takes is 30 minutes of cardio 3 times a week. I think I can, I think I can!
3. It is time to visit Sam's Club and load

up on those seasonal fruits and salads.

4. Resume my daily ritual of 2 ounces of GoChi drink each day.
5. Laugh, Love, Live. What better way to live longer, happier, and healthier.

Know your limitations and make accommodations.

C.P. Austin