

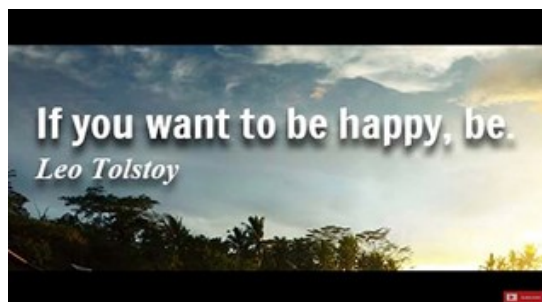
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5 Self Improvement Tips You Need to Try to Live Your Best Life

by: **Dale Harris**

(reading – 3.12. - 9.12.)

According to a recent study, a shockingly sad 85% of people say they suffer from a lack of self-confidence. To make matters worse, only one out of every three Americans say they're currently happy with where they are in life.

Worldwide, only 13% of people say they're enthusiastic about going to work everyday.

These statistics all point to one thing: most people seem at least somewhat unsatisfied with their lives.

Are you one of them?

If so, you need to read this post. We've collected 5 of the top self improvement tips you need to try to start seeing your life and yourself in a better light.

1. Enroll In A Self Improvement Course

Sometimes, you need the support of a group environment to help you propel yourself forward.

A group mentality doesn't just hold you accountable. It also allows you to listen to the stories of others who may have faced the same challenges as you — and came out on the other side.

Look at options like the avatar energy master target course or even look for local mental health support groups to get started.

2. Stop Comparing Yourself To Others

It's natural to want to see how you stack up in comparison to those around you. Social media has made it easier than ever.

It's so simple to get stuck in a cycle of self-loathing, anxiety, and jealousy when compare where you are in life to your friends or family members.

Doing this will only hold you back. Remember, no matter how it might look on Facebook, these people also have their own challenges.

Plus, everyone has their own set of circumstances that influence the choices they make.

Our best advice? Log off, and celebrate your own accomplishments.

3. Ask Yourself This One Question Every Day

Many of us set lofty goals for ourselves — and we want to achieve them quickly.

However, get realistic about your pacing, and the actual attainability of these goals.

Before you fall asleep every night, ask yourself this question:

“What is one thing I did today that got me a step closer to my goals?”

This way, you'll be able to clearly see that, even if all your dreams didn't come true overnight, you're well on your way to making them happen.

4. Give Back

Many of us struggle with a sense of self-worth. However, very few of us realize just how important we are to so many around us.

One way to start understanding how much you matter is by giving back.

Get involved in local volunteer work. Assist in taking care of your community garden, or volunteer at a local soup kitchen.

Even donate some of your own clothing to a shelter, or offer your design services to a nonprofit.

This will help you to see the value in your life, and you'll understand that even small actions can make a big difference.

5. Remember: You Deserve Success

Many people wrongly feel that the reason they aren't successful is because they don't deserve to be.

Stop beating yourself up over past choices and wishing you'd done things differently. You know in your heart that you're just as worthy of success as everyone else.

Changing your mindset — and even repeating positive mantras to yourself in the mirror — will boost your self-confidence.

Use These Self Improvement Tips To Boost Your Self-Worth

We hope these five self improvement tips have reminded you about the importance of self-care.

No matter where you are in life, it's always important to check in with yourself. Taking some time to focus on you is far from selfish — in fact, it can help you be more productive and more empathetic to the people around you.

Looking for more tips on how to improve your life? Check out our website for more helpful articles.

Make today the day you start moving forward.



How to Become a Food Blogger on Instagram (reading – 10.12. - 16.12.)

by: **Dale Harris**

With over 168 million photos on Instagram tagged as #food, it's no secret that people love to take photos of food and look at them too!

Unfortunately, this means that if you are set on becoming a famous Instagram food blogger, it's going to take some work. Simple photos of what you ate for lunch aren't going to cut it anymore.

In fact, behind every successful Instagram account, there is a strategy. Here are 5 essential tips that will help you start strategizing your account and learning how to become a food blogger.

1. Define Your Niche

The very first step before you even begin posting is to strategize what your profile and platform will look like. Pick a color theme and style for all of your photos.

This will help you to build up a congruent and professional looking profile as more photos are added.

Not only that, but this is the time when you get to decide what makes you different from every other food blogger.

Will you only post about waffles? Or will you post about healthy versions of your favorite comfort foods?

Whatever, you choose just make sure it's something you can grow with and that you love!

2. Follow Others

The next step is to begin following other famous food bloggers. This will give you an idea of the kinds of posts that people respond well to.

From the top profiles, you'll be able to learn how to become a food blogger that people actually want to see

in their feeds.

However, don't stop there! Follow the people that like, comment, and respond to these bloggers as well. This will help you get your name and profile out in front of followers that are already loyal and engaged.

Avoid following bots and people that will just give you a like for a like. Also never buy followers. These both will ruin your engagement and in turn, negatively affect your brand.

3. Be Unique

With over 300 million monthly users on Instagram, you need to make sure that your posts and profile are unique and memorable.

This can be done by posting images of uncommon recipes or making an interesting display of the food. If you get stuck, just check out WaffleMakersHub for examples.

4. Be Consistent and Take Your Time

A successful profile takes time to grow. So don't throw in the towel too early!

The most important thing you can do is to be consistent with your posting and keep creating killer content. Good posts take time to create, so if you find yourself frequently forgetting it might be time to create a content calendar.

This will help you stay on track and be prepared, even during the busiest weeks.

5. Promote

Lastly, promote your profile outside of Instagram. Utilize the power of other venues to push people towards your Instagram profile.

Creative content enhances your website and a website can help enhance your creative content as well. If you think of them as a complementary pair, your success will be much more lasting.

How to Become a Food Blogger on Instagram?

Begin by following these 5 crucial steps. Then keep learning, growing, and adapting. We can't wait to see what you can do!

Have any questions? Send us a message. We'd love to hear from you!





Happiness Quotes (reading – 17.12. - 23.12.)

by: **Henry Fernando**

Happiness is what we are always looking for. Without happiness everything else has no use. The following quotes about happiness might change you thoughts about happiness. Do we need money or other luxuries to be happy? Are they important at all? You can decide after reading the following happiness quotes.

"If you want happiness for an hour? take a nap.
If you want happiness for a day? go fishing.
If you want happiness for a year? inherit a fortune.
If you want happiness for a lifetime? help someone else"
Chinese Proverb

"Happiness will never come to those who fail to appreciate what they already have"
Unknown

"Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it"
Groucho Marx

"A table, a chair, a bowl of fruit and a violin; what else does a man need to be happy?"
Albert Einstein

"If you want to be happy for a year, plant a garden; If you want to be happy for life, plant a tree"
English Proverb

"Happiness is not a goal, it's a by-product of a life well lived"
Eleanor Roosevelt

"Happiness is a butterfly, which, when pursued, is always just beyond your grasp, but which, if you sit down quietly, may alight upon you"
Nathaniel Hawthorne

"If I keep a green bough in my heart, the singing bird will come"
Chinese Proverb

"There is no happiness; there are only moments of happiness"
Spanish Proverb

"Happiness is the only good. The time to be happy is now. The place to be happy is here. The way to be happy is to make others so"
Robert G. Ingersoll

"Watch your manner of speech if you wish to develop a peaceful state of mind. Start each day by affirming peaceful, contented and happy attitudes and your days will tend to be pleasant and successful"
Norman Vincent Peale

"There is only one success - to spend your life in your own way"
Christopher Morley

"If there were in the world today any large number of people who desired their own happiness more than they desired the unhappiness of others, we could have paradise in a few years"
Bertrand Russell

"It's good to be just plain happy; it's a little better to know that you are happy; but to understand that you're happy and to know why and how and still be happy, be happy in the being and the knowing, well that is beyond happiness, that is bliss"
Henry Miller

"Most folks are as happy as they make up their minds to be"
Abraham Lincoln

"No one is happy all his life long"
Euripides

"It is the trouble that never comes that causes the loss of sleep"
Chas. Austin Bates

"So practice happy thinking every day. Cultivate the merry heart, develop the happiness habit, and life will become a continual feast"
Peale, Norman Vincent.

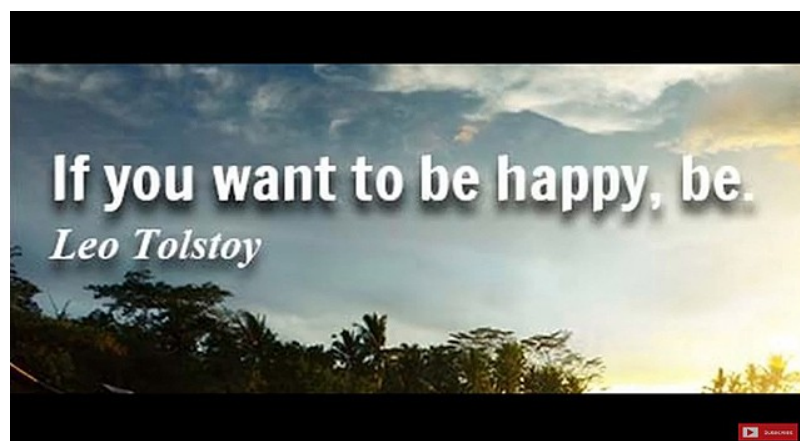
I hope you've enjoyed these quotes. You can find many other quotes about happiness on the internet.

About The Author

If you liked these quotes you can visit my happy quotes blog for more happiness quotes.

Article Source:

<http://www.articlebiz.com/article/1051515598-1-happiness-quotes/>



Christmas Food Around The World

(reading – 24.12. - 30.12.)

by: **Paul T Gregory**

The following provide just a taster of favourite festive foods, from around the world:

Austria

Austrians celebrate Christmas in grand style with a Christmas Eve supper of carp simmered in a ginger and beer-flavoured sauce and seasonal vegetables, followed by Topfenpalatschinken (sweet cheese crepes topped with an apricot caramel sauce) for dessert. The traditional fare on Christmas Day is roast goose with all the trimmings.

Australia

Australian Christmas dinners vary from state to state and from one group of people to another. In general, however, traditional Australian festive fare consists of roast turkey, with ham and/or pork. Christmas pudding (containing a lucky token) and mince pies are also served for afters.

Bulgaria

As with many other European countries the main Christmas meal is enjoyed on Christmas Eve rather than on Christmas Day. A typical Bulgarian Christmas dinner consists of twelve different meat-free dishes such as beans, nuts, dried fruit (usually plums), cakes and Banitza (cheese and spinach filo parcels).

Brazil

In Brazil, chicken, turkey, pork and ham are all popular meats for the main Christmas meal, served with rice, salad and dried fruits.

Czech Republic

Christmas is celebrated on Christmas Eve, in the Czech Republic. Following a typical starter of fish soup, a main course of carp or Wiener Schnitzel is served with potato salad including carrots, peas, celery, onions, eggs, pickles and mayonnaise, or with sauerkraut and dumplings. Linzer (sweet vanilla flavoured delicacies) are popular for dessert.

Finland

Codfish cooked in a creamy, spicy sauce, served with boiled or mashed potatoes, and roast pig, ham and vegetables are typical Christmas dishes, in Finland.

France

In France, Christmas fare varies from region to region. The Parisians, for instance, are fond of oysters and foie gras for their main Christmas meal, whereas in Alsace, goose is favourite. In other regions including Burgundy, Christmas food is similar to a traditional British Christmas dinner with turkey, cranberry sauce and chestnut stuffing, followed by Christmas pudding and mince pies. But the French tend to take their festive fare one step further, with a mouth-watering array of sweet pastries and petits fours.

Germany

Christmas Eve, fondly referred to as "dickbauch" (fat stomach) is when the Germans gather together to enjoy their main Christmas meal. German and Austrian Christmas dinners are very similar, consisting typically of gebackener karpfen (carp), or roast goose served with potatoes, cabbage, parsnips and pickled vegetables. Sweets include Christbaumgerback, sweet, sugary dough delights cut into festive shapes and baked until crisp, as well as Stollen, the traditional German Christmas cake.

Greece

Pork is the most popular meat for a Greek Christmas feast, served with sweet loaves called Christopsomo (Christ Bread).

Greenland

Christmas treats, in Greenland range from lamb to a dish of small auks, (seabirds, wrapped in sealskin until they decompose before they are ready for cooking), or whale steaks. After the meal Mattak (whale skin with a strip of blubber inside) is passed around the guests.

Italy

A traditional Italian seven-course Christmas dinner (Cennone), may consist of antipasto, anchovies, various fish, pasta especially spaghetti, meat (only occasionally), salads, fresh broccoli, fruits, cheese, sweets and

magnificent cakes and pastries that vary from region to region.

Malta

Turkey and plum pudding are traditionally served for dinner on Christmas Day, in Malta. Timpana (pastries filled with minced meat macaroni) are also popular.

New Zealand

Barbecued meats such as pork, lamb or venison served with roast vegetables including sweet potato and pumpkin, salads and coleslaw are all popular Christmas fare, in New Zealand. For pudding, hot fruit compote with custard and ice cream is a "hot" Christmas favourite among New Zealanders!

Poland

Christmas in Poland is celebrated on Christmas Eve (Wagilia) with a traditional feast of twelve different dishes, each representing a month of the year. Oplatek (Christmas wafers or sacred offerings) are also shared. Fish dishes, especially herring, pike and carp are generally served instead of meat, at Christmas time. Other Polish festive favourites include fish or mushroom soup, or red borscht (beetroot soup served with soured cream), sauerkraut with wild mushrooms with pierogies (crescent-shaped, stuffed dumplings with a variety of fillings), and kutia (a rich dried fruit compote) for dessert.

Portugal

The Portuguese are partial to a speciality dish called Bacalhau (dried salt cod). For dessert, Rabanadas (bread soaked in wine, sprinkled with cinnamon and sugar and fried in eggs) or Bolo Rei (a fruit cake with a topping of glazed fruit and chopped nuts), are traditionally served at Christmas.

Scandinavia

The focus, in Scandinavian countries, is on sweet foods more than on savoury dishes. Pepparkakor (cinnamon and gingerbread biscuits) in the shape of stars, moons, hearts, even pigs, are traditionally baked for Christmas.

Sweden

In Sweden, the main celebratory meal, consisting of pork, ham, fish (usually herring) and brown beans is served on Christmas Eve, rather than on Christmas Day.

Spain

Similar in many ways to Portugal, Spanish festive fare focuses on seafood. White sea bass roasted in olive oil, onions and lemons and sprinkled with breadcrumbs is a traditional Christmas dish. Almonds and marzipan both feature prominently in most traditional Spanish Christmas "puddings" and sweets. Turrón, (nougat made from toasted sweet almonds and honey, similar to nut brittle) is particularly popular.

Ukraine

In the Ukraine, it is customary to serve a special twelve-course supper, on Christmas Eve. Traditional courses include borscht (beetroot soup), various fish dishes, cabbage stuffed with millet, and dried fruit compote topped with honey and crushed poppy seeds.

Christmas Dinner Past & Present

Did you know that...

- In Britain, during Elizabethan times, the well-to-do would feast on roast swan, peacock, boar's head and goose, for Christmas dinner?
- More and more people, in Britain today, are foregoing the traditional Christmas dinner of turkey with all

the trimmings, in favour of vegetarian options such as chestnut pâté, borscht, savoury strudel parcels, chestnut stuffed mushrooms, cranberry sauce and walnuts, or vegetarian Christmas lasagne?

- In some European countries, including Slovakia and in the Netherlands, Saint Nicholas's birthday, December 6th, is also celebrated, with sweets pastries and goodies handed out to children who have been particularly well-behaved, throughout the year. Naughty brats are traditionally handed pieces of coal, potatoes or onions!

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About The Author

Article Source: http://EzineArticles.com/expert/Paul_T_Gregory/1236899



The Origins of New Year's Resolutions

(reading – 31.12. - 6.1.)

by: **Gordon North**

We all know that New Year is a time of celebration, a time to join with family and friends to say goodbye to the problems of the past and welcome the fortunes that the future holds. But have you ever wondered why January 1 marks the beginning of the year? Have you ever thought about why we celebrate in the way that we do?

New Years Traditions and Superstitions

There are a number of superstitious traditions that began many years ago that have lost their meaning in present day. Typically these traditions were enacted to influence the luck one would have in the coming year. For example, the New Years Eve parties that we all know and love began due to the belief that what one did on the first day of the year could affect their luck. This is why parties go past midnight and into the new year and it also explains why they involve lots of family and friends.

When the clock strikes midnight it's common for us to kiss our loved ones and make lots of noise to celebrate the beginning of a new year. While most of us just do this without really thinking about it, there is a superstitious reason behind this. Traditionally, people kissed each other to ensure that the relationship lasted for the rest of the year and they made a lot of noise as they believed it would scare the evil spirits away.

History of New Years Day

The origins of New Years celebrations date back thousands of years. In around 2000BC the Babylonians celebrated the new year over an 11-day period. This period did not begin on January 1 as we would expect, it actually started with the first new moon after the first day of spring (also known as the Vernal Equinox).

It was not until 153BC that January was declared as the beginning of the year by the Romans. The month was named after Janus the mythical god of beginnings. The calendar year became much more like that used in present day in 46BC when Julius Caesar established the Julian Calendar. After consultation with an astronomer he matched the calendar year with the movement of the sun and marked January 1 as the start of the new year.

New Years Resolutions

The popular tradition of making new years resolutions also has origins in Ancient Babylon and Rome. The Babylonians would typically return farm equipment that they had borrowed during the year, while in Caesar's time Janus became the symbol for resolutions because he had two faces that could look to the past and into the future.

Today we make New Years Resolutions to try to improve some aspect of ourselves in the coming year. Popular resolutions include quitting smoking, losing weight and getting out of debt. This sounds good but the sad truth is that most of us break them well before the year is out. In fact, a recent study found that 22% of people give up on their resolution in the first week and by the end of March more than half of New Years resolvers have fallen off the bandwagon.

Happy New Year!

So what can we do to make sure we achieve our new years resolutions? To be honest I really don't know, but I can give you a great head start. If you want to quit smoking, get in shape, improve your finances, learn something new or just enjoy life more then all you have to do is click here [http://www.lodingo.com/gateway_pages/10GiveAway-Lodingo]. By following the link you will receive a free \$10 voucher to be used to buy any audio program that will help you achieve your resolution LoDingo's online store [<http://www.lodingo.com/home>]. That means that you can listen to leading finance advisors, Hollywood's top personal trainers and qualified hypnotherapists on your iPod or mp3 player any time you like.

Gordon is the Managing Director of LoDingo Digital Download Megastore [<http://www.lodingo.com/home>]. Be coached by a business mentor, conquer your fear of flying, develop your parenting skills, improve your golfing swing, get motivated by a personal trainer or just relax with an audio book. LoDingo has a Digital Download for just about everything.

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Article Source: http://EzineArticles.com/expert/Gordon_North/145625

