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The Ducks Who Relaxed Everyone



Nicholas Pollak / May 10, 2010 /

[OP-ED \(http://www.thefrontpageonline.com/category/op-ed\)](http://www.thefrontpageonline.com/category/op-ed)

I was recently invited to attend a conference in Las Vegas. The nature of the conference is not important. The short break from my daily routine was.

For most of us, the daily living that we experience can become stale, boring and stressful.

The continued drudgery can destroy your soul and mentally numb you, leaving you to live your life by rote.

It is so important to take time for ourselves, even when you are sure you don't have the time. Smell the roses. For even a short while, this will refresh you and help you to gain a clearer perspective.

The President of Harley Davidson said that when he feels stale and bogged down in his office, he leave work and jump on his Harley for 20 minutes, coming back to work with a

I walk my dogs twice a day. At least once, my wife accompanies me.

She is amazing. On every walk, she finds something we had not seen before. She will notice the spectacular colors in a flower or the amazing structure of a tree.

Sometimes, just seeing the contents of our daily lives can change an attitude for the day.

How We Get Overwhelmed and Lost

The fact you are recognizing something that initially had no meaning can alter an attitude.

We are so caught up in our daily lives that we lose our innocence, the childlike wonder, the ability to see everything as new, the desire to experiment, to explore.

This can be tapped into in the blink of an eye, if you are willing.

In Las Vegas, I saw a most inspiring sight. At 9:30 a.m., traffic was stopped at a main intersection on Las Vegas Boulevard. Blvd Impatient people were honking. They could not see what I and few others could:

A mother duck was leading her nine ducklings across the street.

As traffic stopped, the mother walked into the street with her head held high, confident they would be okay. Behind her, the ducklings walked with the same confidence across the eight lanes. Two drivers being climbed out to stop other cars, and a policeman happily joined.

Relax, Guys

For a short time, other pressures disappeared, the honking stopped, the traffic quieted, everyone was smiling, then laughing.

I don't know where the ducks came from or were going. I mean, ducks in the desert? Seeing something completely out of your routine can entirely renew you.

Have a great day,
A clinical hypnotherapist, handwriting analyst and expert master hypnotist, Nicholas Pollak may be contacted at [***nickpollak@hypnotherapy4you.net***](mailto:nickpollak@hypnotherapy4you.net)
([***mailto:nickpollak@hypnotherapy4you.net***](mailto:nickpollak@hypnotherapy4you.net))



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A secret cache of letters brings together a former

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