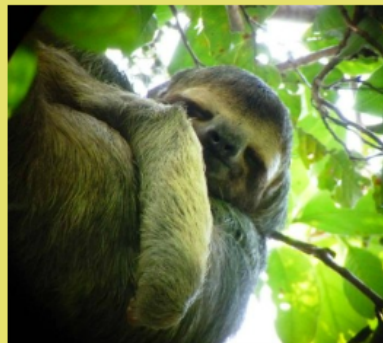




Fun in Costa Rica

I recently went to Costa Rica with my partner, daughter, and granddaughter. It was a wonderful trip! We first spent three days in a coastal area in Manuel Antonio on the West coast of Costa Rica where we took in the beaches, went white water rafting, saw many birds and animals like the sloth pictured here in a National Forest Preserve, and saw palm oil plantations. We had a wonderful view of the Pacific Ocean from the balcony of our room. The white water rafting was about a Level III, a bit more than I had expected, but exciting and lots of fun. The guides were great!



We also went to Monteverde (central northern area) where we experienced the rain forest and cloud forest. We went on suspension bridges to view the rain forest. On two occasions, we did zip lining. It was an amazing experience to be zipping along over the rainforest.

Then we went to where the hills are lush green with cattle grazing and banana plantations. We could see the Aranal Volcano from our hotel. The volcano was active until 2010. There we had even a more expansive, higher zip line experience. It was exhilarating! We rode horseback within view of the volcano to go to a waterfall. The horses you will see in the picture are small, but at least they weren't nags. They were sure footed and went up and down ravines without any problem. We also went on a safari float to see the animals that come out at night.

The weather was perfect - warm and sunny with a few showers from time to time. The foliage and landscapes were breathtaking. Costa Rica tourism is second only to agriculture. The country is very ecologically conscious and prides itself in being "green." There were re-cycling bins at all three hotels where we stayed.

My daughter worked with [Anywhere Costa Rica](#), a trip planning business in Costa Rica. She selected the areas, activities, and hotels. We were very pleased with our choices. We traveled in pre-arranged vans with a driver and our trip leaders were excellent. Our hotels were exceptionally nice and the food was delicious. Should you ever want to plan a trip to Costa Rica, I highly recommend **Anywhere Costa Rica**.

COSTA RICA 2013





Food for Heart and Mind

In my last newsletter, I mentioned three TED Talks that I wanted you to check out. From my informal survey, I discovered that not many of you did click on the three links that were listed. As I mentioned, these are short talks done by dynamic speakers on **very interesting and relevant subjects**. The topics are varied, but many are of interest to those of us on a journey to growth and healing.

There are hundreds of TED talks, but in each issue of my newsletter, I will suggest at least one TED talk on subjects that I believe will be of interest to you. I would really appreciate it if after watching one of the TED talks that you would drop me an e-mail letting me know what you thought.

I am going to include the ones I suggested in my last newsletter again and list one additional one on **SMILING**. Hope you will check them out.

*"Sometimes your joy is the source of your smile,
but sometimes your smile can be the source of your joy."*

-Thict Nhat Hahn

Suggested TED Talks:

[Ron Gutman: The Hidden Power of Smiling](#)

[Brene Brown: Listening to Shame](#)

[Hedv Schleifer: The Power of Connection](#)

[Ron Gutman: The Hidden Power of Smiling](#)

[Brene Brown: Listening to Shame](#)

[Hedy Schleifer: The Power of Connection](#)

[Paul Zak - Trust, Morality and Oxytocin](#)

Need Space in Your Relationship?

As I find articles that I think might be of particular interest to the couples I work with, I like to pass them on for broader readership. For this reason, I am including a link to an interesting article about how couples can better manage their differing needs for space in the relationship - for alone time, time for reflection and regeneration.

You can find the link to the full article on the home page of [my website](#) taken from the Wall Street Journal.

Discover a New Way to Love

a relationship workshop



presented by
Carole Kirby, fmsw

- ♥ Confused about where the love went?
- ♥ Afraid to get help & afraid not to get help?
- ♥ Thinking it's all your partner's fault?

Come sooner rather than later!!!

Apr 5-7 or May 3-5 Ann Arbor area

Fri. 7-10:30p • Sat. 8:30a-8p • Sun 8:30a-7p

This weekend will provide new tools and understanding that can help you co-create a closer, stronger coupleship.

To register call: **734.424.2797** or
e-mail: carole@therapy4couples.com or
www.therapy4couples.com

FREE WORKSHOPS

Boundaries of the Self

Learn ways to strengthen &
regulate your boundaries

Sun, March 17 • 2 - 4:30pm

Boundaries determine our sense of self-esteem, our self-confidence, our sense of control over our lives and our personal freedom. With clearly defined boundaries, we know our own thoughts and feelings and, in turn, are able to interpret and regulate our interactions with our world. Boundaries can become blurred through boundary invasion or boundary neglect.

FREE WORKSHOPS

Understanding Introverts & Extroverts & How They Make the World "Go-round"

Sun, Apr. 14 • 2 - 4:30 pm

- Examine the rise of the "extrovert ideal" in the 20th century & its far reaching effects
- Learn about the advantages & potentials of introversion and of being quiet in a noisy world
- Become aware of the cutting edge research in psychology & neuroscience that reveals surprising differences between extroverts & introverts
- Get tips as parents & teachers of children who are introverted or seen as socially awkward & isolated

Carole will share information from Susan Cain's recent book, *Quiet, The Power of Introverts in a World That Can't Stop Talking* as well as from her own life experience and her experience as a therapist.

Everyone welcome! These two events are FREE! While free, **please register.**
Phone: 734.424.2797 or Email: carole777@aol.com www.therapy4couples.com

Crazy Wisdom Bookstore ♥ 114 S. Main Street in Ann Arbor