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Advice Sisters Guide to Life, Success and Happiness

Advice Sisters Guide to Life, Success and Happiness. Alison Blackman Dunham the popular advice, beauty and lifestyles expert, offers her views, reviews and reports on topics of interest to adults, everywhere including beauty, fashion, travel events, lifestyle, and general topics. Bookmark this blog--it is worth visiting regularly!

Friday, July 29, 2005

Thinking about vacation

This is the month when everyone, from psychiatrists to psychos, go on vacation.

When I was a child, vacations were a thing of great anticipation. What I didn't realize, then, was that my parents were worried about all the details, while I could just go, do, and *enjoy!*

Now that I am in charge of the details, I find that I need a vacation, from the vacation!

Do you feel this way too? Please leave a comment, or click through to my forums on the Advice Sisters Relationships Web site <http://www.advicesisters.net> and let's discuss!

..oh, and if you're going on vacation this week, have a great one!

posted by Alison @ **7/29/2005 0 comments links to this post**



Thursday, July 28, 2005

thank you, Matt

I admit I got in a bit over my head when I tried to move my blog to the Advice Sisters Web Site ...and then I tried to create a feed ("burn" it, if you will).

If it wasn't for Matt at feedburner.com, I would have given up a LONG time ago! The service is great and their tech staff, fantastic!

So please subscribe to my feed--it's taken so long to get it to work! Leave a comment, let me know all the effort was worth at least a little?

...Oh, and MATT... *YOU'RE THE BEST!*

About Me



Name: Alison Blackman

Location: United States

States

Alison Blackman Dunham, aka. "Advice Sister Alison," is a beauty, lifestyles and advice expert. "The Advice Sisters®" are credited with bringing the advice genre online more than 16 years ago. The Advice Sisters online publications includes a web site, a blog, a free, bi-monthly subscription Enews, and bulletin boards. Alison's bi-monthly "What Works" Beauty, Cosmetics & Fashion review columns have been online for more than a decade. Check out all the Advice Sisters have to offer by visiting <http://www.advicesisters.net/>

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Wednesday, July 27, 2005

A Friend From the Past

Two hours after I wrote and posted "A Great Friend" last night, I got an unexpected phone call.

"Is this Alison?" a woman's voice inquired.

I assured her that it was.

"I used to work with youm" the voice, continued.

"Ok" I thought, "so who are you?"

"Did you used to work for Recycling?"

I was now wondering what this was all leading up to, but I timidly answered: "Yes" and then more boldy: "Who are you?"

"It's Mary Rose" the voice replied.

I literally sat down on the floor. I hadn't spoken to Mary Rose in close to eight years!

I had no idea why she decided to call me now, but we had been best of friends before we had a silly falling-out over something relatively minor. Looking back, we didn't even fight or exchange harsh words. We just stopped calling each other.

I recall that Mary Rose was having man troubles and starting a new career, and although I wanted to be supportive, I wearied of the constant complaints about problems I honestly felt she could handle but never seemed to. I am sure she felt that I was sometimes unsympathetic or perhaps, opinionated about what I think would make life easier, more successful, and more satisfying for her -- *if* she would only take my advice seriously. Mary Rose had no idea at that time that I would soon become a full time life & career consultant and author of several self-help relationship books. I had no idea at that time that I would have to develop a thicker skin and not try to push, when clients didn't accept my advice.

I think we just got tired of too much contact, and needed to take a break from each other. We didn't have any idea that it would be this long.


She'd gotten married. Her father had died. My sister had died. I'd been published. She won a body-building competition (one of her true goals).

We went back and forth, exchanging news, catching up.

After about half an hour, we agreed to get together. We will, I am certain. I was genuinely glad to hear from Mary Rose and felt that it took quite a bit of courage to just pick up the phone and dial my number after not really ending our friendship, but not having a friendship, for all these


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years.

There *are* some relationships where you can re-enter flawlessly as if you never were apart. I'm not sure quite how Mary Rose and I will react to each other now that we have both exited our 40's and are working on our 50's. Certainly we've both been through a lot. It should be interesting to see where the relationship road goes, next.

posted by Alison @ [7/27/2005](#) 0 comments [links to this post](#)



Tuesday, July 26, 2005 a great friend

Friendship is one of those things we all talk about, but most of us take friends for granted. We know we're lucky to have them and most times we remember their birthdays, but do we really show our appreciation? Be honest? *DO YOU?* Don't feel bad if you can't say "yes" with complete assurance--most of us, can't.

This afternoon, just as I was dealing with a challenging situation, a friend of mine called. I wasn't expecting her call, but it was just what I needed. I doubt she knows how much I appreciate her and how particularly perfect her timing was, so I'm writing my appreciation, here.

This woman is a central-casting-type perfect friend. She's supportive without being suffocating and she lets me know she wants my friendship, but she's not "needy." We always have a good time when we are together even though our busy schedules don't allow a lot of "girl time." We can be totally honest with one another, even when the conversation is gloomy or the topic, a bit gross. She lights up the room the minute she walks into it.

The call and brief contact with this friend turned my day, around. I feel fortunate to have a great friend like this. I try to be the same to her, in return.

I don't think I've bothered to tell her just how much her friendship really means to me--I guess she knows, but I need to say it now -- to my friend...my thanks, my affection, and my appreciation.

If you have a great friend that you haven't shown any appreciation to, lately. Stop what you are doing and pick up the phone, send an email, or stop by...your friend deserves it!

posted by Alison @ [7/26/2005](#) 0 comments [links to this post](#)



Friday, July 22, 2005 Happy Birthday, Dad

My father will be 86 years old this weekend. He keeps asking me: "*how old am I?*" and when I tell him, he says: "*that old?*" I tell him he was born in July of 1919 and now it is 2005 so that makes him 86. This conversation is one of his favorites. We repeat it usually half a dozen times in a single conversation.

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Happiness

It is amazing that Dad has lived so long, but several years ago Dad was diagnosed with dementia, probably alzheimers. Now, he doesn't remember anything recent for more than a few minutes. The shift from daughter to care-giver to being responsible for most aspects of his life has been swift, startling and shocking for me. When I see him, I feel as though we are still on our beloved sailboat, but he has fallen overboard and the current is swiftly carrying him away from the boat as I frantically throw whatever I can find overboard for him to grab, as I was taught to do. The boat keeps sailing forward as he waves his arms like a drowning man and moves backward. He is still in my sight but I can't catch him and I feel helpless as he continues to move away from me, away on the tide of life, towards death.

My father was a physician--an internist and a cardiologist. According to legions of grateful patients, he was a great doctors. They adored him. He retired when he realized that he was spending more time dealing with insurance issues and was less able to take the time to really talk to his patients, get to know them, and treat the whole person, not just the "why did you come here today?" line on the patient information form.

He even made house calls.

Being a cardiologist, dad's patients were often elderly--very elderly, actually. He told me that he had seen so many people kept alive by artificial means and literally "tortured" to death that he was fearful of the happening to him. He was a strong advocate for rights for dying.


The very thing that he feared the most--not being able to be in control of his life and his decisions, is happening. He told me that he didn't expect to live past his mid 70's, because the odds of a man living longer are still small, but he has exceeded that by many years. His body is fairly strong, where his mind, is not.

Dad was a skilled pianist. He spoke several languages and played several instruments. He holds several patents. He has won awards and citations and was President of both the County and State medical societies. He published a book. He painted and loved to do all sorts of crafts. When my sister and I were very young, he built a double sandbox, a double swing, and a full-sized, working carousel with a zebra, elephant with leather ears, a leopard, and something else I can't quite remember. Kids all over the neighborhood envied us!


Now Dad can't play the piano. He can't turn on a stereo. I am not sure if he can read, or not. He has forgotten how to write with a pen because he doesn't need to do it anymore. It really bothers me that his skills have diminished to the point where he can no longer do the things he loves. I know it bothers him, even more.


For Dad's 86th birthday I ended up in the toy department. I used to buy him books, cds, concert tickets. This time I purchased an easy-to-do jigsaw puzzle, a box of dominoes, and a do-it-yourself kit for a gumball machine. I felt odd buying things for an 86 year old man that were "suitable for ages 12 and up." The toys will force him to focus and use whatever bits of his mind still are capable of thought. What would be the point of buying him things that he couldn't use, just because it would make ME feel like he was still normal?


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It's so hard to watch this amazing man that I adored, fade away. But I will take Dad to dinner and wish him another year of health and happiness, even though I am fairly sure he will have neither.

Jacqueline Marcell is an author / Publisher / Radio Host / Speaker / Eldercare Advocate / Breast Cancer Survivor and author of the book *Elder Rage, or Take My Father... Please! How to Survive Caring for Aging Parents*. She offers the following:

Ten Warning Signs of Alzheimer's

1. Recent memory loss that affects job skills
2. Difficulty performing familiar tasks
3. Problems with language
4. Disorientation of time and place
5. Poor or decreased judgment
6. Problems with abstract thinking
7. Misplacing things
8. Changes in mood or behavior
9. Changes in personality
10. Loss of initiative

posted by Alison @ 7/22/2005 [2 comments](#) [links to this post](#)



The worst patient?

I had to go to the dentist this morning for several different procedures. Just the thought of the dentist has always put me into a cold sweat. I have a very low threshold for pain and sensitive teeth, so it's always been a struggle not to turn into a squirming mess every time I enter the dentist's office.

Being nervous, I like to get there early, survey the crowd, and see who is going to be sharing the experience in the same hour(s) that I am there. Today there was just one--a middle-aged woman who had a glazed look. She rang the bell, opened the door, and immediately made tracks for the rest room.

The nurse called both our names at the same time. She was still in the bathroom. She opened the door with her belt hanging and her shirt over her opened pants and said she'd be right out. She was there at least five minutes more!

The dentist I go to is one that I have been going to for decades. I like to think that over the years, I've mellowed out some, but I don't think I really have---at least not much. I felt much better the minute the gas he gave me took effect. It's a bit like being drunk but not caring--so I didn't!

I paid my (very large) bill and walked to the elevator. The woman who had been hiding in the bathroom was there too. I mentioned that I was glad the procedures were over and that I was going home. By way of being chatty, I suggested that perhaps I was the worst patient the Dr. ever had. She looked straight at me and said: "no, *I* am."

I have no idea what went on in examining room #2 while I was in room #5, but I wasn't going to fight her for the title. I just wished her a great

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weekend, and walked out into the sunlight, smiling.

posted by Alison @ 7/22/2005 0 comments links to this post



Tuesday, July 19, 2005 does lightening strike twice

Yes, I guess it does!

posted by Alison @ 7/19/2005 0 comments links to this post



did I do it?

I have worked on web site for more than 13 years, but actually, I only learn how to do things on a "need to know" basis. It's not laziness, it's just sheer frustration. I know that nothing is going to work right....it's a given.

But I tried to publish this blog on the advicesisters web site. The url is:

<http://www.advicesisters.net/advicesistersblog>

Did it work? Please, let me know if you can read it at that address. Thanks in advance for your help.

posted by Alison @ 7/19/2005 1 comments links to this post



Monday, July 18, 2005 my 15 minutes of fame?

I am a life and career expert. When I write books, they are usually non-fiction self-help. It is what I know. It is what I'm good at (perhaps I'm not good at being modest, however).

According to marketing experts, the demand for advice is a booming, multi billion-dollar business! A report by MarketData Enterprises Inc., a market data and consulting firm, reports that the self-improvement category has been growing 9.9% annually since 1998. General, motivational, self-help market of products and programs comprises more than 32% of the sales and an estimated \$7.78+ billion in 2005.

The non-fiction, self-help market for books is a difficult nut to crack--and it is frustrating me!

The types of real issues that real people face every day aren't new. Hearts are broken every day from coast to coast. Singles search for love around the world. Most of us have felt genuine pain, rejection or fear -- at least from time to time. The irritating boss in Brooklyn is just as worrisome in Bombay, even if cultural differences make the solutions, different. The things that bother us, depress us, keep us up at night and impact our lives don't necessarily require hip language or a hot, sexy idea.

Why then, are young, hip and celebrity authors so in demand? Why isn't "older & wiser" better? What do celebs have to offer that I do not (other

than celebrity friends and high-powered connections)?

Why should people be denied my advice and wisdom, in book form at least, just because my star isn't burning quite as brightly as the ones you see being relentlessly marketed and shoved down your throat through the media? Shouldn't good advice be recognized as good advice -- regardless of the author's "platform" (to use a word I loathe) or level of star quality? Must you really be friends with Oprah to be taken seriously? Dr. Phil wasn't, until his path crossed with this awesome star-maker. Come to think of it, could Oprah in her earlier form actually become a star, today?

I'm not a celebrity that appears daily in the social columns or in People Magazine, but would you really take me more seriously or like my advice better, if I was? I'm not a talk-show darling or an A-list party hopper (if you are reading this and you want to invite me to high profile parties and events, however, I'll be glad to come and thank you for the opportunity). What I AM, is a serious and thoughtful person who can see the forest for the proverbial trees. I have helped people around the world make their lives easier, more successful, and more satisfying. This gives me a great deal of quiet satisfaction, but it doesn't help me get book deals.

To be "saleable" it appears as though I would be better off dispensing with solid and useful advice, and simply have sex with a politician, or dump my loving husband for a serial killer, or better yet, do something shocking, illegal and immoral, myself. And, as of now, I lack a "schtick," and I don't have any surgically augmented parts.

Someone recently told me that creating a blog such as this one would give me great visibility. I'm not sure if anyone is even reading this, but I am sure I could exploit people as the female incarnation of Howard Stern or Jerry Springer and do even better--but should I???

I fear that soon, I will be competing with celebrities for everything. Instead of my books based on decades of experience, I will be battling with Britany Spears (who will surely get a multi-million dollar advance) for HER self-help life, love and career books.

It would be nice if I could make it easier on agents and publishers, who sense that my name won't get them 50,000+ units in sales of my next non-fiction, self-help book in just the first month.

So clearly, it's time to become one of them. If you'd like to help tell your contacts, spread the word. Send the call. Build the buzz. Make me your next marketing project, and help me get that 15 minutes of fame. I am working at that too, of course, but the more help, the better. Without more fame, you will probably not get to read the books that I write that you might want to read--at least not anytime soon.

Am I serious. Yes! (and have a real great day, not just a celeb-reality one)!

posted by Alison @ 7/18/2005 13 comments links to this post



Thursday, July 14, 2005
to anonymous-comment@blogger.com

Dear anonymous-comment@blogger.com:

I appreciated your comments about my blog and pleased you are reading it, but since you are anonymous, my well thought-out replies to your kind notes were returned. I am sure you are quite aware that you can write to me, but I can't write to you. Seems a bit one-sided. But you were kind and complimentary and I'd like to return the favor. Care to introduce yourself or must I live with the fact that you are anonymous?

ALISON

posted by Alison @ 7/14/2005 3 comments links to this post



Friday, July 08, 2005

You just Don't Get it, Do You?

Last year I "met" a young woman, online. She told me she was an aspiring writer and flattered me a great deal. She asked me for help with a book proposal. I spent quite a great deal of time with her, helping her to shape the proposal so that an agent might be interested in it. I also gave her an opportunity to be a reviewer for me for which she received literally hundreds of dollars worth of products to review and keep.

I guess I should have realized what she was really after--freebies. I believed that she was actually interested in what I did professionally, and that she was grateful for the helping hand I extended to her.

This person asked to be on my contact list and of course, I was happy to share with her my Ezine and occasionally other bits of information about my work. She seemed happy to receive them.

This week, I suddenly got a request to remove her name from my mailing list. I did so, but I asked why she wanted to be removed. I couldn't quite understand what the problem was, but she seemed upset that I hadn't recently asked her to review products for me. I wrote back as politely as I could.

To my surprise, I got a reply that I will never forget. It says: "you don't get it, do you?" and the note went on to threaten me if I ever contacted her again.

I am thinking to myself...psychotic break or is she just a greedy, nasty little(add any word you'd like as long as it is negative).

I believe that it is very, very, very, bad practice to bite a hand that has fed you. I won't forget.

posted by Alison @ 7/08/2005 2 comments links to this post



Tuesday, July 05, 2005

The Advice Sisters Enews, July 2005, Edition

THE ADVICE SISTERS® E-NEWS, by Alison Blackman Dunham aka. "Advice Sister Alison") JULY, 2005, ISSUE #3

1. What's new From Advice Sisters?
2. News about Town
3. Get the Look "How to Exfoliate" by Paula Moynahan M.D., Practice Director, Skinklinic
4. Relationship Advice Tip for Summer: Keep Your Cool!
5. Shopping Tip - The Thrill of Thrifting
6. Beauty Tip-make a Bourjois-style Blush Cake
7. The AdviceSisters Book Club - - Write It Right by Dawn Josephson and Lauren Hidden & How To Survive Your Husband's Midlife Crisis by Gay Courter & Pat Gaudette

1. WHAT'S NEW FROM THE ADVICE SISTERS?

Summer is a time to be outdoors, to relax, and enjoy the sun (but not too much of it). The Advice Sisters Summer 2005 What Works Beauty review is a whopping three pages with reviews of literally hundreds of new products from more than 100 different companies to suit every budget, interest and personality. PAGE ONE at <http://www.advicesisters.net/whatworkscol3.html> features: sun care & facial products gift suggestions, little helpers, blushers and foundations. PAGE TWO features products for eyes, bath & body bonanza, fabulous fragrances, and products for lips. PAGE THREE features nail products, hair products, "body bling" and our extensive, exclusive BUYING GUIDE!

Have you ever worried that you might be "tracked" in a job or career you don't like? Are you UNDERemployed, and hating it? Read the latest Ask Alison - Managing Your Life & Career column and get a view on how to handle this situation at <http://www.advicesisters.net/askalison/askalison.html>

A bride to be tells her friends and family to donate money to charity instead of sending wedding gifts. Could this be a new trend or is it simply bad manners? Read this Advice Sisters Wedding Double-Take Q&A Classic at: http://www.advicesisters.net/Weddings/dt_weddinggift.html

As I mentioned in the last issue of this Enews (Spring, 2005), I recently started a blog at: <http://askalisonadvicesistersblog.blogspot.com/>. While I confess that I haven't posted regularly, the posts are building up. You will find my comments about what's happening in my own life, along with other issues as they occur to me. I'd love to know what you think of the blog, and hope you will visit, and sign the guest book and leave your comments! *obviously if you are reading this online at the blogger.com site, you've found me. But if you would like your own, personal copy sent in full formatting and color to your in-box bi-monthly, please go to <http://www.advicesisters.net> and click on Contact Us or ENews in the left hand navigation column. Be sure to fill out the form, completely.

2. NEWS ABOUT TOWN Summer, 2005

Essie Cruise Collection - In May, I was invited to the launch of Essie's beautiful " nail polishes called the "Cruise Collection" on (what else?) the beautiful cruise ship Carnival Legend. Jennifer de la Cruz, Director of Public Relations for Carnival Cruise Lines, welcomed the 150+ guests, followed by an announcement of the joint venture between CLIA and Essie from Terry Dale, President and CEO of CLIA. I was surprised and delighted to learn that there really is an "Essie" behind the fabulous nail products. Essie Weingarten herself introduced the Cruise Collection and told us that the six new nail colors would be perfect for a cruise vacation or fun in the sun. My favorites are "Cruise Control," a warm tulip pink, and "Fun Ship," a soft pinky-red with a hint of gold. There's also a bright pink, a soft fuchsia, a glittery orange, and a shimmery raspberry. This collection will be carried in salons, spas and specialty stores on cruise ships and on land. While some guests were getting mini-manicures with colors from the new Cruise Collection, I enjoyed drinks and delicious Hors D'oeuvres, and then a walk around the Carnival Legend's beautiful decks. Although we didn't leave the dock, I truly felt as if I'd taken a mini holiday.

****Essie: <http://www.essie.com/> or call: 800-232-1155 for product and store information. Cruise Lines International Association (CLIA) is a nonprofit cruise industry marketing organization of the 19 leading cruise lines. Visit: www.cruising.org.***

REVIEW - Skinklinic - REVIEW - Skinklinic - While preparing the summer What Works column, I was introduced to some products from Skinklinic and was so intrigued I visited the New York facility in person. It is tucked discreetly away on 61st Street, just off Fifth Avenue and Central Park, in a far corner of a large courtyard with a reflecting pool near the entrance. But Skinklinic is not your average spa or salon. It is a hybrid clinic/salon/spa that represents a new trend in beauty, offering advanced cosmetic dermatology techniques delivered by medically trained skin practitioners (nurses, nurse practitioners, and dermatologists) who administer skin treatments in private, spacious rooms designed to offer a serene, minimalist environment. I was a bit surprised to see men as well as women in all age categories, too.

Skinklinic doesn't assume that everyone's skin is the same. When you arrive, you are given a multi-page questionnaire as you would in a doctor's office. If you are a new client, you will get a Skinscan, which is a thorough analysis of your skin as it currently appears through an advanced imaging system. You place your head on a chin rest on the desktop machine, which looks a bit like the type used in ophthalmologists offices to look at your eyes. In minutes, this amazing machine looks beneath the surface of your skin to tell reveal what condition your skin is really in, with information you can't see with the naked eye, including enlarged pores, sun damage, wrinkles, and spots. You will then get a color print-out with the various trouble spots color coded exactly as they appear on your face! The procedure is fast and painless but it is quite shocking to see your skin as it really is. The various conditions will be explained to you and, based on what the skinscan shows, and your own skincare goals and budget (treatments can be pricey), your skin practitioner will create a "skinscription," a plan of treatments and products that, over time, will improve your skin. The treatments include glycolic and beta treatments, microdermabrasion, and even BOTOX therapy and fillers such as Restalyne.

A microdermabrasion treatment was suggested for my skin. While this is a quick treatment that could easily be done on a lunch hour, I worried that it might leave my skin red and irritated. My Skin Practitioner explained that unlike at-home scrubs that may

contain unevenly sized crystals and therefore leave the skin surface raw and bumpy, this treatment would be using special, uniformly-sized, smooth aluminum oxide crystals that polish the skin, removing dead skin cells and surface roughness. Of course it helps it helps when the person doing the microdermabrasion is an expert! When I looked in the mirror I could honestly see visible results. My skin was soft, clear and glowing! I didn't even bother to apply powder or foundation but that evening and for several weeks afterwards, people commented on how great my skin looked -- and it really did! Treatments at Skinklinic could really be habit forming but if so, it's a good thing. After my treatment is was handed a printed card with my own, personal, "skinscription" including suggested future treatments and products that I could use at home. I was never pressured to purchase anything, but if you are going to invest in treatments, maintaining the effects at home makes sense. Skinklinic has it's own line called Skinklinic RESULTS -- 21 cleansers, moisturizers, toners, and specialty items divided into three distinct categories: essentials that increase skin's performance and vitality, replacements for things that time and sun took away, and removals that take away imperfections. A few, including a sun screen, are reviewed in my Advice Sisters Summer 2005 What Works Beauty review . *For tips on exfoliating, read on*

3. GET THE LOOK: How To Exfoliate by Paula Moynahan M.D., Practice Director, Skinklinic

Exfoliation of face and body, when done correctly, helps to improve the texture, color and appearance of your skin, It is also an essential step prior to applying any kind of self-tanner, popular during the summer months (and beyond). If you are going to exfoliate, it is important to know your skin type so you can choose a treatment that is appropriate for your skin's specific needs. If you aren't sure what your skin type is, consider having your skin type properly evaluated. Skinklinic offers an advanced imaging system called skinscan that assess skin conditions such as bacteria, pores and spots. *Alison's Note: If you can't make it to skinklinic, here is a brief description of major skin types: Normal skin is not too oily or dry and blemishes are uncommon. It is firm and smooth with small pores and a healthy appearance. Oily skin is often shiny and coarse in texture and may have recurring blackheads and enlarged pores. It may also have patches of flakiness around the nose where excess oils have dried. Sensitive skin may have broken capillaries, and vessels beneath the surface of the skin that distinguish this skin type. Sensitive skin should not be over stimulated because it is extremely sensitive. Dry skin may occur due to sun exposure and aging. It loses its ability to produce moisture and natural oils. Though it may look smooth with fine pores and few blackheads or blemishes, dry skin may also have a tight, leathery appearance. Combination skin is easy to see -- it has an oily T-zone across the forehead, nose and chin, but a normal to dry area around the cheeks and throat. Another combination pattern you may see is skin that is oily along the chin, jaw line and at the temples, but normal to dry skin everywhere else. Acne- prone skin is usually oily and distinguished by blackheads and pimples. Acne is not just an affliction of young people , it can develop in men and women at any age. Mature Skin- A loose crepey, appearance, and lines distinguish this skin type. which is due to aging processes. Cells don't regenerate quickly. Skin loses its elasticity.

Choose the right exfoliator: A natural fruit acid, like a glycolic, works to uncover smoother, softer, more glowing skin (the perfect base for any application). Glycolic acid helps dissolve the "glue" that holds the skin cells together and this leads to exfoliation. This type of natural skin exfoliator can be used for the face and all over the body. Glycolic products will help you complement the professional treatments you receive or to give you a quick fix, at home. skinklinic features several different products including

three strengths of Glycolic (1, 2, 3,) a body softener, and supers wipes . Another option is the type of microdermabrasion treatment I described, above. This uses smooth aluminum oxide crystals that polish the skin, removing dead skin cells and surface roughness. Removing undesirable dead skin allows for more effective absorption of your moisturizer and primes your body for self-tanners.

* Alison's Note: Home exfoliation is coming into it's own, and glycolics, along with microdermabrasion kits and scrubs are readily available these days. While Skinklinic believes that natural skin exfoliator such as glycolic products work best, you may want to try an at-home machine or scrub. If you do, please note that you must know your skin type, and select products that can do the most good, without doing a great deal of damage to your skin. Select only products that appear to have small, uniform pieces of material that help to exfoliate gently. Anything that feels harsh and irritating when you gently massage it on your skin (eg. The back of your hand) is going to feel the same way on other parts of your body! And, harsh scrubbing is the surest way to sabotage your results. Be very careful when exfoliating face or body. Rub for only 20-30 seconds and massage that product onto your skin very, very gently, with a uniform, circular motion. Be aware that while they might appear to work faster and more effectively, ragged loofas or a super-scratchy body scrub can cause skin trauma, irritation, and flare acne or folliculitis. It is better to do less exfoliation than to end up with red, raw, skin!

Skinklinic was founded in September 2001, offering an integrated system of medically-directed treatments and products that provide measurable, visible benefits, provided in a low-key, spa-like setting. Medically-trained Skin Practitioners, who are also registered nurses, nurse practitioners, physician assistants, and MDs, are skilled in both the art and the science of treating skin. Skinklinic is privately held and headquartered in New York City. Visit: or in person: NEW YORK - 800b 5th Avenue NYC/ 212 521 3100 LAS VEGAS - Mandalay Place, Suite 111, 3930 Las Vegas Blvd. South, Las Vegas, NV/ 702 632 3300 GREENWICH - 44-48 West Putnam Avenue, Greenwich, CT/ 203 622 5100

4. RELATIONSHIP ADVICE TIP FOR SUMMER: Keep Your Cool:

Avoid synthetic fabrics or too-tight clothes and wear natural fabrics that breathe, and that are appropriate for the temperature (eg. cotton, tencel, linen, silk, wool). Wear layers and remove them as necessary.

Use an antiperspirant, not just under your arms but lightly sprayed on the palms of your hands (if you tend to sweat there). Re-apply as necessary.

Breathe deeply. Deep, cleansing breaths will calm you and automatically relax your body.

Smile. Force your face into a big grin. Your smile will remain for a few seconds--at least long enough to get you in the mood to look and feel friendly and confident.

Focus on the present. Don't worry about what will happen next. Nothing shows confidence like being prepared, especially if you are facing a challenge such as making a presentation or going on a job interview.

***Would you like your own "Advice Sisters?" private, personal advice supplied by email, chat room or phone by Advice Sister Alison? For more information visit: <http://www.advicesisters.net/getpersonaladvice3.html>**

5. SHOPPING TIP - The Thrill of the Thrifting:

With the right attitude, a little savvy, and a lot of patience, you never know what kind of treasure you may score in a thrift shop! Here are some tips if you're ready to give thrifting a try. First, resist the urge to go hunting for bargains when you're very hungry, tired, or in need at the last minute, because you will end up making bad decisions. Take an energy bar or a bag of trail mix or other high-energy snack food, and bring a bottle of water. Take breaks or you will burn out quickly.

Do not expect solicitous sales help, restrooms, cafes, customer service, or even dressing room. If you are going to try clothes on, wear a body suit or be prepared to be in public in your underwear, or take an educated guess as to whether something will fit you. Be prepared to return the items if they don't fit, assuming you can return them at all.

Expect a higher-than-average number of damaged goods. Items will be sold "as is" which means you pick up the tab for cleaning and tailoring. Look carefully for damages (stains, holes and tears, missing buttons or broken zippers). Never assume a garment is a regular size. You may be holding a mismarked garment or an irregular. Thrift shops do not clean donated items, so you will have to clean them before you wear your new items.

Know what the return policy is before you buy. Some shops may have restrictions or mark items final sale. If you don't love it, don't buy it because you may not be able to return it.

If you are tempted to purchase electronic items, be aware that most are there because they are obsolete, or have malfunctioned. Also remember that it is sometimes hard to get servicing for older electronics, and the parts and labor may be more costly than for newer equipment. This is one area where you might be better off buying new. Test electronic items in the store before you buy. If you buy used, ask if there is still be a valid warranty on the product and be sure to get any instruction guides that go with the item.

Be sure to have fun sifting through the junk to find the jewels and have patience! If your search is not successful one day, it may be, next time." You will live to shop another day

***from: You Are The Product - How To Sell Yourself to Employers, by Alison Blackman Dunham <http://www.advicesisters.net/ebooks3.html>**

6. BEAUTY TIP: Do-It-Yourself Project: Bourjois-Style Makeup Cakes:

Bourjois Cosmetics are coveted for their little, round cakes of eye and cheek color, in adorable, purse-sized, color-coded, mirrored compacts. Bourjois is sharing their recipe for pink blush cakes! These may look good enough to eat, but they're just for your face, of course! I haven't tried this recipe, but if you do, email me at: and tell me how they turned out! Send a digital photo of your masterpiece and I'll include it in the next issue of the Enews!

Ingredients: 1 tablespoons of talc, 1 tablespoon of mother-of-pearl, 1 tablespoon of pink pigment, 250 ml. of water, 1 drop of rose perfume (optional)

In a mixing bowl, mix the talc, mother-of-pearl and pigments until you obtain an even, colored powder. Add the water gradually, mixing with a whisk until the mixture is smooth and lump-free. Line a small, round blush-sized mold with a square of damp muslin. Put a teaspoon of mixture into the round mold could, pack down using a stamp that is the same size and shape (little round block). Remove the excess mixture with your finger if necessary. Put the cakes in the over and bake for 50 minutes at 140 degrees centigrade (thermometer 4) Take the cakes out of the oven, and let them cool. After they have completely cooled, your cheeks can enjoy them right away! If you're not up to making your own, shop for Bourjois Cosmetics at: www.sephora.com

7. THE ADVICE SISTERS BOOK CLUB**Write it Right by Dawn Josephson and Lauren Hidden**

Text messaging, instant messaging, and Email has contributed to quick communication in our society. We are writing something all the time, from thank-you notes to project reports, and beyond. Everyone does it but few do it well. And how many times have you written an email, only to find that it contains a glaring mistake (or several) only after you've clicked the "send" button? Even though I'm a professional writer, I too, am guilty of poor self-editing. That's why my book club suggestion for this Enews is a slim "how-to" called: Write it Right. The Ground Rules for Self-Editing Like The Pros (Cameo Publications, 2005) Self-editing experts Dawn Josephson and Lauren Hidden provide a simple, five-step process for self-editing that is highly effective. They also discuss how to overcome the most common writing challenges that plague writers. The advice could be as dry as a fifth grade grammar book, but the authors have risen to the challenge and present their words in a fast-paced fashion. The 144-page book could take you less than an hour to read, but several weeks to months to master the suggested editing process. This book is a must-have, whether you simply send emails to keep in touch, or write and edit more significant works. Buy the book online at [Barnes&Noble](http://Barnes&Noble.com) or Amazon.com.

How To Survive Your Husband's Midlife Crisis by Gay Courter & Pat Gaudette

Another "How-To" that recently arrived in my mailbox is How To Survive Your Husband's Midlife Crisis by Gay Courter & Pat Gaudette, founders of the Midlife Wives Club www.midlifewivesclub.com (Perigee Books; 1st edition, 2003) . There are many books that have been written on menopause and mid-life issues for women, but this book provides an understanding of what a male midlife crisis is like including why it happens, and what you can do about it to help yourself, and that special someone close to you, to get through it. There is a lot of helpful information in this 255-page book. My only real complaint is that the book paints what I think is an overly-pessimistic view of the future for couples dealing with a male midlife crisis. Many of the stories, if not all, are

taken from postings by women who have sought support on the bulletin board on the author's website. Those who post are often already separated or divorced (or clearly heading that way) because their husband/significant other, has "strayed." It is important to note that while many relationships definitely are strained or completely destroyed by male midlife issues, plenty of other couples for through a midlife crisis (his and/or hers) without going "crazy" or having affairs or wrecking their relationships. Still, the book has many good qualities and information that can help a neophyte to figure out what to do next. I particularly liked the comparison of "his depression" vs. "her depression." This is an easy, quick read that can help women and the men that they love to recognize the symptoms of a male midlife crisis, cope with the threat (or reality) of the situation, identify problems, deal with bad behavior (eg. thrill-seeking, financial irresponsibility, substance abuse, verbal or physical hostility), and figure out the next steps to take, including how to forgive and move forward again.

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