THE PEAK OF SUCCESS NEWSLETTER

Soar to Your Peak with Us!

SEPTEMBER 2009

"Say Goodbye"
By Amy Remmele

Every year we Western New Yorkers are faced with saying goodbye to something we love, SUMMER! It's the one thing we are revered for – those Western New York summers. Most of us love, or at least appreciate, the four seasons. But how can you not just love and revel in our summers.

After suffering through the October storm last year, just when we started to recover from the shock, we had to settle into a long winter. I remember many days having to remind myself, "It's okay, we will have a beautiful warm summer. I will be able to sit out on the deck and rejuvenate." And did my dreams come true or what? There's the rub! While I have truly enjoyed every breath of this WNY summer, the greater it gets the harder it becomes to say "goodbye."

ISTHERE A TOPIC YOU WOULD LIKE TO READ ABOUT?
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It really makes one think about all the things in life that are like WNY summers. How many things are there that we know we have to let go of and the better they get the harder it is to let go? So, sometimes we may find ourselves holding back or gritting our teeth when something is really wonderful for fear that the "goodbye phase" will be all the more painful. I wrote a column in October of 2005 about "Grieving Ahead of Time." It was about the tendency some people have to start grieving the loss of a loved during difficult times just to avoid the pain when the end comes. This directly addresses that age old question, "Is it better to have loved and lost or never to have loved at all." For me, there is no contest. Choose love every time. Love and caring and involvement usually bring with them great joy and fulfillment. They always bring with them pain and loss. But that's just life.

PEAK TIP

When seeking to lift a temporary blue mood, remember accomplishments you have made, including clear achievements at work, but also successes in such areas as raising children, keeping a spouse happy, or community service.

So, when I found myself stepping out on the deck the other day to enjoy the sun and air, I said to myself, "Breathe it in deep. It will be over far too soon." So, stop and enjoy each and every moment. Take it all in and file it

somewhere sacred in your memory banks. Keep it close and handy because one of these mornings you will hear that there was 19 inches of snow overnight and you will need the strength of those "summer loves" to keep you going.

PEAK TIP

Every day, and every opportunity you get, store away beautiful, meaningful and pleasant images and recollections. They will later be places in the mind to go for restoration, relaxation and simply enjoyment**.**

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