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Five, 50-Second Family-Wise Habits to Adopt for A Happier Family

Introduction

Did you know that we need 4 hugs a day for survival, 8 hugs for maintenance and 12 hugs a day for growth? Did you know that if a man holds eye contact with a woman for more than 8 seconds, she understands it to mean that he would like to spend more time with her?

Our guest today, Marnie Swedberg, is the author of Minute Memoirs, and she is here to share five easy, inspiring and doable strategies to help us connect meaningfully with our families in the minutes we have.

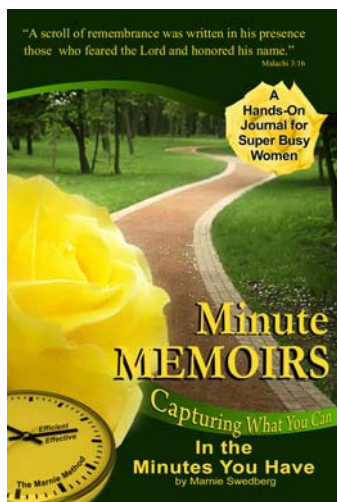
Marnie's 5 Favorite 50-Second Strategies

- Hugs help, and only take minute.
- Send Tweet-style texts.
- Take techno-breaks.
- Meet 'n greets, family-style
- Meal-time minute memoirs.

Extro

To learn more about Marnie's stress-busting strategies for super busy women, visit www.Marnie.com and request the online Time Management Seminar [a \$29 value] free today from Marnie.com.

Marnie Swedberg ~ www.Marnie.com



Minute Memoirs

Capturing What You Can
In the Minutes You Have

A 171-page shared journal for families who care, but don't have time to prepare a full autobiography.

