

... continued from Page D16

5. **ADD** a small, desktop fountain to your office. Watching the movement of the water and hearing the tinkling helps bring the outdoors in.
6. **LOOK** at photos of nature. Everywhere I go, I snap pictures of nature scenes that inspire me. When I'm feeling blue, I check out the green.
7. **COLLECT** reminders of the outdoors to showcase indoors. Turkeys are leaving their beautiful feathers in yards as they peck at the autumn seeds. Pinecones and acorns are dropping as squirrels stash treasures for winter. Make a fall arrangement to touch and admire.
8. **PAINT** a pumpkin with glitter and glamour. We'll have the second full moon of the month on Oct. 31. Bring on the sparkle!
9. **PLACE** a pot of mums on your patio, porch, or balcony to admire through a window.
10. **BUY** any book from my website at <https://www.CynthiaBrian.com/online-store> and besides the extra seeds and goodies you will receive, I will send you a free musical CD to help you relax and re-balance.

... continued on Page D18



Take pictures of relaxing scenes. This is fall at my friend's home.

ARRIVING SOON IN LAMORINDA



VANGUARD PROPERTIES

For more information, contact
REGIONAL DIRECTOR RON MINTZ

e: ron@vanguardproperties.com

p: 925.872.0968 DRE# 01095341