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**"People are just about as happy as they make up their mind to be" Abraham Lincoln**

## **The Family a.k.a. The Comfort Zone**

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A long time ago somebody asked me if I wrote the newsletters myself and of course the answer was yes. Another question would be; what inspires me to write these newsletters? Maybe something I saw, that caught my attention or something I heard that made me think, the sources of my inspiration are very broad and varied.

Since elementary school in Social Studies class, we learn that the family is the nucleus of society; it has been the starting point of society from prehistoric to contemporary times.

Readers should take a minute now and reflect on their own family, and try to find the adjective that best represents them. Everyone may find unique similarities or differences between parents, siblings, grandparents, cousins, uncles or nephews, yet the one thing that holds true is that family ties are special.

It's the Sunday brunch with 20 people sitting at a table where everyone is speaking at the same time, and everybody is a political adviser or an expert psychologist; it's the get-togethers where all the cousins go outside to play in the garden, and their laughter fills the atmosphere with the best energy possible; it's the special moments in a corner of the house where the family's beloved and admired grandpa imparts some of his wisdom and advice; and it's the family recipes that a smiling grandma teaches the younger generations, knowing that her delicious oven-roasted chicken and her famous strawberry with Chantilly will be served in upcoming festivities, indulging the mouths of future generations.

Believing that there are no differences or problems within families is a utopian belief. On the contrary, the healthiest relationships are based on learning from each other's differences and respecting them, without trying to change the people before you.

This month, the subject of this article definitely has a personal connotation. Aside from being a coach, I am a mother, a daughter, a sister, an aunt; in this newsletter, I wanted to take the opportunity by writing these words to express my immense gratitude and loyalty to the family I have.

Happy New Year!