

You're The One Newsletter

LAUGHTER IN THE LAND DOWN UNDER! Issue 2 Vol 17 February 2025

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COMING SOON TO THIS SPACE!

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What's New With Karen

Welcome to February 2025. I've always loved Summer and this one has been amazing in Melbourne with some fabulous hot days and sunshine. I've also just celebrated my birthday on a hot Australia Day 26th January and I was soo spoilt with love by family, friends, loved ones! I'm a great believer live every day and squeeze the juice out of life daily, and health and happiness are the main blessings in life. We have much to be grateful for - especially in Australia, a wonderful diverse multicultural country, where we can all be proud to call home. So I had a huge smile on my face when I read in the paper and watched the News on our Aussie Icons -Meat Pies (fave dish), the Ute (fave car), and especially Paul Hogan (our true Aussie Icon). We truly have a unique 'fair go' attitude, we have great 'senses of humour' and we all collectively have a 'BS' detector 'it has to pass the pub test'!! We are peace loving, we love to travel, and we are hard working, and also give others a hand up if needed. But perhaps the best thing we possess is our unique sense of humour and positivity and optimism - our ability we have to laugh at life. Our brilliant Aussie Author Kathy Lette describes our sense of humour as 'a shock absorber to the brain'. Laughter is the best medicine, and lowering of blood pressure boosts our immunity. So my theme this month is to take life more lightly, have a good laugh, and go on with joy in our spirit - that way health and happiness will flourish and you will be spreading a bit of joy out to the world which so desperately needs it at this time. Wishing you health and happiness and laughter in bucket loads. Love Karen XXX

A CHEERFUL HEART IS GOOD MEDICINE.

*"Laughter is and always will be the best form of therapy."
- Audrey Hepburn -*

Yours sincerely,

karen vella

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Sir Les Patterson - Our Wonderful Aussie Icon!
Love Karen at YTO Life Coaching



In celebration of the Late Dame Edna - from Moonee Ponds - aka Barry Humphries
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Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.

Offer Expires: 28th February 2025

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