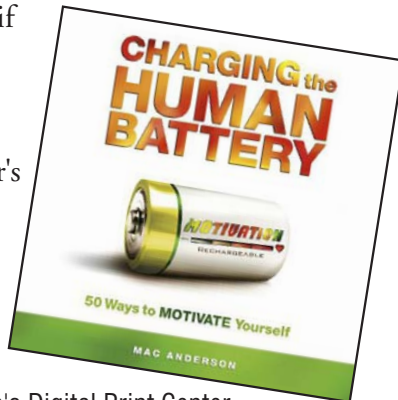


Charging the Human Battery

by Mac Anderson

From Mac Anderson, "I love stories that can engage our hearts and our souls! In Charging the Human Battery, I share in 50 Ways to Motivate Yourself. All the chapters are brief stories with high impact. My goal with this little book is to create many "a-ha moments" that can inspire, encourage and motivate you when you need it most!" Self-motivation is a subject that has always fascinated me. It can be the differentiator between being energized by life, rather than controlled by its circumstances. Charging the Human Battery is filled with stories and quotes that are designed to engage your brain and your heart, to think about life in a new way... because one idea, if you're ready for it, can change your life forever. Just remember... people are like sticks of dynamite; the power's on the inside but nothing happens until the fuse gets lit. See how you how high your life can soar.



Soft cover book available at Pierre's Digital Print Center

Allie's Cucumber Dip

From: Sharon Kendall

Summer is here and there will be plenty of vegetables for this refreshing dip. Perfect for any picnic!

Ingredients:

- 8 oz package cream cheese, room temperature
- 1 c skinless, seedless cucumbers, chopped small
- 1 tbsp mayonnaise
- 1 tbsp milk
- 1 tbsp onion, chopped fine

Directions

- Mix all ingredients together.
- Chill
- Serve with fresh vegetables, chips, or crackers.



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Summer Word Scramble

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