

Hannah's Giveaway



We all know how difficult it is to keep your kids properly warm during the winter months when they play outside. If you bundle them up too much they get hot and you end up finding scarves and gloves strewn about the yard. And of course the clothing is never of high enough quality to withstand leaf pile jumping and snow angels. Well, Ibex Outdoor Clothing has come up with a solution to this problem by introducing a new kids line of active wear. It's warm and comfortable and - best of all - durable. Korben can't get enough of his Shak shirt from there and Ibex has kindly offered to give away one to my readers. How awesome is that?! Just leave a comment on [my blog](#) and you are entered to win.

And don't forget to enter the Zone Challenge, Week 3 giveaway too!

[enter the GIVEAWAY!](#)

Bonnie Bytes



Fear of the unknown and unexpected usually brings about a negative response. You never know when disaster may strike, but you can certainly prepare yourself internally to handle it as nobly as possible. We are not always going to be paragons of logic and stoicism, but we can all aspire to better ourselves. If we can shift fear to compassion, we are better able to address the situation and not add to the confusion. You may just contribute to the resolution, in fact. Remember, it's far better to prepare than repair.

[See what Bonnie has to say this week!](#)

H.E.L.P.



Hannah's FREE Downloads are back and they are better than ever! From stocking your pantry to raising your kids, Hannah has the H.E.L.P. you need--Hannah's Essential Living Plans. This program comes with everything you need to get in control and stay in control. All you have to do is supply the binder, and you can use these downloads to create your very own control center. And the best part of all? It's totally FREE! Make sure you check it out and share it with some friends.

[find out more](#)

Dear kri,

Every Sunday after church, we stop by a doughnut store on our way home. It's become a tradition. As a matter of fact, when the kids get up and get dressed on Sunday morning, I'm pretty sure their goal is a little less church and a little more Boston Cream. On this particular Sunday, as we were waiting in line, a woman stepped in line behind us and was quite visibly irritated at having to wait. She shuffled back and forth, grumbled under her breath, shook her head, and, well, you get the picture.

I turned around and asked her, "Are you in a hurry?" She responded, "No, it's just that it's so crowded and it used to not be this crowded. This whole town is getting too crowded! I'm just really irritated with all the people and I've got places to go." The whole time, she spoke with arms folded and brows furrowed. "You're welcome to go ahead of us," I said. "We have all the time in the world." I saw her soften when I said this and she looked at me for the first time since she had walked in the store. "No," she said. "It's okay, I can wait." "Please," I replied. "It would really be a blessing to me to let you go ahead of us." She stood there, looked at me in a very puzzled way and said, "Thank you," and stepped up to the counter to give her order.

I didn't really think that much about it. To me, that's just how people should behave, with common courtesy. But Klara walked up to me, pulled in real tight and whispered, "That was a really nice thing to do." I bent down and said, "That's our job. People should always be a little bit happier after they have crossed your path." Klara nodded, taking it all in.

It's easy as a mom to get caught up in doing the right thing for our benefit. We exercise to stay in shape. We cross off things on our to-do list so we won't get stressed out. We clean up the house so it feels more peaceful to us. But the truth of the matter is this: our children are always watching us. We can preach to them until we're blue in the face, but they will learn what we live, not what we talk about. In everything you do and in everything you say, remember that you're not doing it for yourself. You're doing it for those little eyes and ears that are picking it all up and modeling it in their own lives. If there were ever a better reason for right living, then I sure haven't found it. There is so much power in a simple act of kindness. It's so much more than just that. It's a single moment that turns into a lifelong lesson.

Stay happy and healthy and I look forward to our paths crossing again.

Hannah

Skin Deep



Your skin is the largest organ that you have, and it operates like a readout of your health. When you're healthy, it glows. When you are not healthy, it is dull and washed out. Winter is often a difficult time to keep your skin's radiance but you can make your skin beautiful by treating it with quality care. Check out these easy steps to glowing, younger looking skin.

[read the article](#)

Chocolate Mousse Cake

If you haven't tried this cake recipe, you've been missing out. It's absolutely delicious. I mean, can you ever really go wrong with chocolate mousse? I don't think so! In fact, Karis refuses to have any other cake on his birthday and couldn't believe it when his brother Korben chose devil's food cake when he turned 8 recently (and secretly, I kind of agreed). Trust me, your family will love it too!



[get the recipe](#)

Hannah's Blog - A Simple Act of Kindness



Haiti has been on my mind a lot lately. The recent destruction there is completely heartbreaking. I donated money to Haiti relief through World Vision and if you can donate financially, please do. But I've also decided that we can all pledge to do acts of kindness in honor of all those who are suffering in Haiti. Every time you show love to another, that love continues and affects our whole world. As busy moms, you and I can't fly over there and volunteer our time and services, but we can show love in other ways. For the rest of the month, I want to challenge you to donate with kindness. Give love without hesitation, lend a hand when one is needed, help another and you find that you help the whole world. I think you'll find that it will eventually become a habit - a wonderful, enriching habit.

[check out Hannah's blog for more](#)

Quote of the Week

"If you haven't any charity in your heart, you have the worst kind of heart trouble."

--Bob Hope