

THE HOTTEST HAIRSTYLES, CUTS & COLORS

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**COLOR  
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HOT NEW COLORS  
FOR SPRING

**RETRO  
ACTIVE  
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*old is new....AGAIN!*

**MAKING  
WAVES**

*texture for today's  
woman*

*find your new  
Hairstyle  
in our ultimate*

***Hair Gallery***

APR / MAY  
2004

**150**

**HOT HAIRSTYLES**

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Hello again!  
as I write this I am in a jet about 40,000  
feet over Georgia heading to a photoshoot  
in south Florida.

Looking down at all of the twinkling lights  
and little towns reminds me how vast the  
pool of great hairdressing talent is in this  
country.

Hairdressing is a part of the fashion indus-  
try, but unlike the clothing industry, that  
tends to congregate in NY and LA., we are  
fortunate to have a highly trained and cre-  
ative pool of hair designers that can be  
found in just about any moderately  
populated area.

With all of this talent spread around  
chances are you can get a great cut, color  
and style without having to travel too far.  
So when you are ready to make that Spring  
change, a little research should find a  
talented stylist in your area.

Wishing you a great Spring!

*Nina Laroux*



PHOTO BY TOM CARSON

HAIR BY: Lisa Marie Paul  
Jamison Shaw Hairdressers  
Atlanta, GA

MAKE-UP: Betty Mekonnen

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HAIR.BEAUTY.STYLE

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The  
**Superwoman**  
Juggling Act

*By Dr. Yvonne Thomas, Ph.D.*

Hair by Monica McMasters for The B Street Salon, Savannah, GA

**I**n this fast-paced and advanced technology-world we live in, it seems that life is now MORE COMPLICATED than ever before. Along with all the roles and tasks in which we participate, there are also e-mails, voice-mails, cell phones, the internet, etc. to stay on top of. It is a considerable "Superwoman juggling act" at times trying to keep up with, let alone have TIME for, all parts of one's life. However, there ARE some steps you can take to gain more control over YOUR juggling act and not "drop many of the balls."

First, make a "pie chart" to indicate the areas of your life that you want to put time, attention, and effort towards.

Examples of these areas can include significant other, friends, work, your family-of-origin (parents, siblings, etc.), your children, your physical and emotional health, religion/spirituality, hobbies, etc. Don't forget "me" time, as well. Note the percentages of your time each area TYPICALLY receives, and what

you would LIKE each area to optimally get. Use this pie chart as an ongoing tool and REMINDER to keep you structured and concretely aware of all the key areas of your life.

Also, LIVE YOUR LIFE in accordance with the PRIORITY and VALUE you've given each part. Think about if you were at the end of your life looking back, what areas would you have wished you had devoted more time and attention to. Once you are at the end of your life, it's too LATE to change these things, so GRAB THE OPPORTUNITY NOW to make your life what you want it to be and have the least regrets possible.

Additionally, remember that nothing is perfect, so tailor your self-expectations to a realistic HUMAN level when creating your daily "to-do" list, and do NOT expect to complete everything, let alone to do it all flawlessly! Being perfect ISN'T what matters;

being BALANCED with a WELL-ROUNDED, MEANINGFUL, FULFILLED LIFE is.

Other ways to achieve this include saying "no" and drawing boundaries that you back up by having your ACTIONS match your words. This is CRITICAL for helping you to respect yourself by valuing and preserving all the areas of your life that matter to you.

Also, try to be REALISTIC with TIME. Consider how long it will likely take to complete a task, to drive and stay somewhere, etc. Since there are ONLY twenty-four hours in a day, people can UNDERESTIMATE how long it make ACTUALLY take to do things and don't adequately plan for traffic, unexpected interruptions, etc.

Finally, recognize the "WEAR AND TEAR" effects on you of being the non-stop Superwoman. Most likely, if you are one of these women, you probably don't have or take much time to determine if you may be paying a very high price for your constant juggling. Although you may accomplish more in a day than most people, perhaps you are not getting the sleep,

exercise, nutrition, and unwind-time that we all really need. The lack of having these FOUNDATIONAL elements in place can cause both physical and emotional difficulties. Negative PHYSICAL consequences can include suffering from over- or under-eating, not being physically fit and healthy, being tired or even exhausted too often, looking more haggard and older than you really are, and/or frequently getting sick since you are chronically worn out. Negative EMOTIONAL consequences can include being depressed, anxious, and/or stressed, low self-esteem, irritability, impatience, and lack of closeness in relationships with people, including with your SIGNIFICANT OTHER AND YOUR CHILDREN, since you don't have the TIME to have a QUALITY relationship with those in your life.

The bottom line is juggling LESS rather than more can make you a much more calm, efficient, productive, lovable and loving HEALTHY woman who can look and feel great

## "GRAB THE OPPORTUNITY NOW"

*"to make your life what you want it to be and have the least regrets possible."*