



# A Taste of Enchantment - November 2003



*“Bringing delight, meaning and good feelings  
about ourselves into our lives everyday!”*

Produced by Dr. Barbara Becker Holstein, Psychologist, Steps-to-Happiness Coach, and Originator  
of *THE ENCHANTED SELF*®



... to the monthly publication of The Enchanted Self's newsletter! The following is what you will find in this month's issue.

- *Quote of the Month*
- *Article:* Nonpareil
- *Blessing of the Month*
- *Recipe for Enchantment*
- *E-group:* Connect with others like you!
- *Sharin'g Enchantment!*
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## Quote of the Month

"Remember, that above all, you are the secret ingredient in creating a life that is filled with positive actions and experienced as joyful ... I wish you wonderful adventures, pleasures beyond counting, and most of all I wish that every day of your life, ... being YOU is the most fabulous adventure of all.

– From Dr. Barbara's book, *Recipes for Enchantment*, The Secret Ingredient is YOU! pages 165-66. To order this book go to [www.1stbooks.com](http://www.1stbooks.com) or of course, [www.enchantedself.com/ordering.htm](http://www.enchantedself.com/ordering.htm)

## Nonpareil

*by Guest Writer, Emily Deherty*

I should have expected it. My mother's California cousin was, after all, turning 83 and entitled to review her accumulated miseries and try to organize the life around her as best she could. The new directive was clear: "Forget the florist I told you about last year. PLEASE do not waste your money sending me any flowers because no one makes nice arrangements any more. And, by the way, last year you promised to send me some Fall leaves and you never did..." I winced and resolved again.

The birthday was in a week. Whatever could I send that might cheer her up, soothe the emotional arthritis and perhaps make her feel special for a moment or two? My mother's long absence crept up on me; I had resolved to mend the generational fences now that she was gone, but I was faltering. What should it be?

A new family snapshot? NO, better for Christmas.

More drawings of the famous ducklings in Boston's Public Gardens? No—done that at least once.

Homemade cookies? NO, no time. And they might be a crumbled disappointment if they did not survive shipping.

Well, when all else fails, there's always chocolate!

I could not find the name of the store anywhere. All I could remember was that it was someplace on the North Shore; my telephone inquiries left the operators convinced of my permanent confusion. Frustrated, I picked up the phone again and left another anxious message for the late-life friend who had once given me a box of them, Chocolate Meltaways, the most delicious chocolate that my experienced palate had ever tasted! Two days passed no response. She must

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phone: 877-B-JOYFUL fax: 732-531-1201 web: [www.enchantedself.com](http://www.enchantedself.com) e-mail: [encself@aol.com](mailto:encself@aol.com)

be away. I fretted and attempted to inspire myself with Hershey's. I Googled "meltaways" and found at least a hundred unfamiliar vendors. What if I chose one with a charming name and the chocolates were not elegant enough for impeccable taste?

The next morning, thankfully, there was a voice mail message at work: the store, the number and encouragement for me to order a box for myself, as well! Time being of the essence, I cringed when naturally, the store could not ship before the upcoming holiday, nor could they guarantee deliver on The Day. Better late than never, I rationalized, adding two more Hershey kisses to my fervent prayers, and addressed the card with anticipatory apologies!

The Day came and went. I tried for a cherry telephone call, but there was no answer. I left a well-intentioned message that I would try back over the weekend and moved on.

My daughter greeted me the next evening when we returned from a late party: "Mom! Call her! Now! She's called twice. You have to call her tonight because she won't be home tomorrow." Warily, I reached for my best manners and the phone. It answered on the first ring, her voice startling me with its vibrance: "Did you know that my dear father used to send me chocolates but only if I had been very, very good – from that very same shop? I still have the card! They used to send chocolates to the White House, and now they can even get to California!"

Our mutual delight at this luscious coincidence illuminated the 3000 wireless miles that separated us. Her joy was unmistakable. It was the first time in several years of halting conversations that I had heard her reminisce with such fondness. The conversation closed with what I am sure was a giggle.

NONPAREIL, I thought. Unequaled. In some mysterious way, love had bridged the miles and the generations, even better than a table at Schrafft's!

[Note: Nonpareils are the crunchy white candy dots that sometimes coat chocolate wafers, making them into snowcaps.]

Emily Doherty, frequent contributor to The Enchanted Self® publications, including RECIPES FOR ENCHANTMENT: The Secret Ingredient is YOU! If you wish to contact Emily, email her at [rdoherty@monmouth.com](mailto:rdoherty@monmouth.com)

## Play-date Recipe for Enchantment

Reading Emily's story just confers how wonderful positive action can be! We see that so often once we make the effort to move outside of ourselves, as Emily made an effort with her aunt, the universe comes to our support and even furthers the good surprises.

Here is a simple recipe for you that will definitely move you into positive action and who knows, the universe may come and play with you so that the outcome is as delightful as Emily's was!

Reach out to one relative or friend  
At least a generation away from you,  
Find a special occasion  
Give her a treat,  
Chocolates if you must!  
Then wait, let all simmer  
And enjoy the delicious response.



## Blessing of the Month

"I wish for you that if you could be in touch with the celestial angels, you would hear them sing in harmony with you, your very own song."

– Again, from Dr. Barbara's book, Recipes for Enchantment, The Secret Ingredient is YOU! page 166. To order this book go to [www.1stbooks.com](http://www.1stbooks.com) or of course, [www.enchantedself.com/ordering.htm](http://www.enchantedself.com/ordering.htm)

## Recipe for Enchantment #32



2 distant relatives  
1 cup hesitation  
1 momentous occasion  
1 tsp. urgency  
3 Tb. generational healing  
1 lb. chocolate

Mix well. Pack carefully with hope and anticipation. Entrust to the positive energies of the Universe. Wait patiently.

This recipe was submitted by Emily Doherty, who has also written this month's special article above. You must read the story to fully understand her list of ingredients! Enjoy!

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## Join the E-group

Find out "what's right with you—not what's wrong!" Chat with others at <http://groups.yahoo.com/group/encself>. Membership is free and you will have access to our on-line calendar, message board, chat room, and more. It's a great way to connect with others who are exploring, creating and sharing their own positive and satisfying lives.



## Sharing Enchantment

Share your positive stories and questions about enchantment with us and other Enchanted Self readers around the globe! Our mid-month newsletter focuses on YOU and reaches a subscriber list of almost 700 people from the US, Canada, Australia, the United Kingdom, and many other countries! Please send stories, comments, and questions to [DrBarbara@enchantedself.com](mailto:DrBarbara@enchantedself.com).



## Announcements

### Ladies Home Journal

I had the privilege of being quoted in the Ladies Home Journal's November issue. If you have a copy, you can learn more about my thoughts on page 190 in an article entitled On the One Hand ... But On the Other ... It is an article focusing on decision making and learning how to do it with confidence.

### The Latest Audio Shows on LadybugLive.com!

Jeanne Munchnek, Journalist, Writing about women.  
To listen to the show go to the link below:  
<http://ia-connections.com/audio/live/enchant34.ram>

Deborah Harper, Director TBS Professional Center  
An Online Community for Medical Health Professionals  
Visit her at <http://www.tbsprocenter.org> or  
<http://www.the-bright-side.org>  
To listen to the show go to the link below:  
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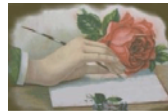


## How to Order

How about some autographed copies of 'Recipes for Enchantment' with a free copy of The Enchanted Self's paper newsletter and a bookmark? Perhaps you would be interested in my first book, 'The Enchanted Self', which is also available on audio tape? Here's how to order:

- Web: [www.enchantedself.com/ordering.htm](http://www.enchantedself.com/ordering.htm)
- Call Toll Free: 1-877-B-JOYFUL
- Amazon: [www.amazon.com](http://www.amazon.com)
- Barnes & Noble: [www.bn.com](http://www.bn.com)
- 1stBooks: [www.1stbooks.com](http://www.1stbooks.com)

Tip: When shopping online use keywords "recipes for enchantment" and "enchanted self" to locate the books.



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*Have an "enchanting" month.  
I wish you all many enchanted moments!*

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