



January 2010

## Clean Communication and Keen Creativity Monthly Tips

Topics: Family Communication, Deception Clues and More...

Happy 2010! How is the New Year going for you? To be honest, the first full week of the year was rather unproductive for me. I was having "re-entry" problems after a lovely vacation of sleeping in, eating too much and not lifting a pinky toe to exercise. So this is my week to get back on-track.

Since it's a new year, I want to "revamp" of a few things including the blog and newsletter. I'll be sending out a survey in a few weeks and would *really* appreciate a few moments of your time. I want to find out what you like -- and don't like -- about the newsletter, blog topics, etc.

I'll also be sending out a tip or two to make your Valentine's Day memorable with words from the heart. It's easy to do and extremely low-cost. Because heartfelt words can have more punch than dozens of roses and candy put together!

I'll be in touch soon -- Happy January Reading!

**[How Well Can You Detect a Lie?](#)** (December 8, 2009)

Non-verbal communication says a lot. Check out a Fox television show all about determining deception, and test your skills. Can you tell when someone is lying?

**[Family Communication Over the Holidays](#)** (December 11, 2009)

Family gatherings during the holidays offer unique communication challenges for all of us. Get some insight on the "why" behind differing viewpoints.

**[Authentic Communication](#)** (December 16, 2009)

Authentic communication means being your self and speaking your truth. Do you consider it rude to be honest when you're helping someone improve or making them aware of a problem?

**[Tips and Tools for Your 2010 Life Design](#)** (January 5, 2010)

Create 2010 the way you want it! Here are a few tips and tools for a happier, healthier New Year.

You can email me at [Newsletter@MichelleZavala.com](mailto:Newsletter@MichelleZavala.com), or click "Leave a Comment" at the top of each entry. If you'd like to share a post with others, just click on the links at the bottom of each entry. Thanks for Reading!

Wishing you a Refreshing and Productive Day,



Michelle I. Zavala, Professional Writer  
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*Dynamic Writing that Boosts Your Sales & Visibility!*

## About the Clean Communication and Keen Creativity Monthly Tips

The Clean Communication and Keen Creativity Monthly Tips eNewsletter is distributed during the first week of the month and offers communication and creativity/creative living tips. If you have a suggestion, feel free to email me at [Newsletter@MichelleZavala.com](mailto:Newsletter@MichelleZavala.com).

Visit <http://blog.MichelleZavala.com> to reach the blog directly, or you can access the blog from the "My Blog" navigation at [www.MichelleZavala.com](http://www.MichelleZavala.com).

Please forward this to colleagues or other business owners who would like to receive these monthly tips. To subscribe, click on the "Join my mailing list" link below or visit [www.MichelleZavala.com](http://www.MichelleZavala.com).

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