

July 2010



Clean Communication and Keen Creativity Monthly Tips

A well-read life, writer's block and a rant on social media/texting etiquette...

It's summertime! A much-needed week at the beach helped me rest and get new perspective. Now, when things get busy, I just remember the sights, smells and sounds of the waves coming in, waves going out, waves coming in, waves going out...

It was a relaxing, healing time. The rhythm of the waves was soothing, just as my breathing was. That rhythm reminded me to take a break during my workday, when stress is high and deadlines loom. Meditation, prayer, deep breathing -- Walking away from my desk is the smartest thing I can do to take care of myself and improve my productivity.

These blog posts are a continuation of last month's entries on writing and reading. Oh, and I added a rant about etiquette. Let me know what you think!

I hope you have a fantastic Fourth! Enjoy yourself and be safe!

[Social media and texting etiquette \(A rant\)](#) (June 22, 2010)

Are you so distracted by your tweets and texts that you can't concentrate on the person in front of you? If so, please read this.

[Writer's block and bad first drafts](#) (June 3, 2010)

Bad first drafts are the perfect remedy for your fictitious writer's block.

[Creating your own well-read life](#) (June 1, 2010)

Living a well-read life is quite do-able, with a little help and some organization tips.

Wishing you a Refreshing and Productive Day,

Michelle I. Zavala, Professional Writer

MichelleZavala.com, Inc.

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.

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.

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.

Contact Information

Michelle I. Zavala
210.646.9001

www.MichelleZavala.com

Newsletter@MichelleZavala.com

SKYPE: Michelle.I.Zavala

TWITTER: <http://twitter.com/MIZavala>

FACEBOOK: <http://www.facebook.com/Michelle.I.Zavala>

LINKED IN: <http://www.linkedin.com/in/MichelleZavala>