



## Friends . . . Friends . . . Friends . . . (and Why!)

*(Source: Anonymous Forward)*

**In kindergarten**, your idea of a good friend was the person who let you have the red crayon when all that was left was the ugly black one.

**In first grade**, your idea of a good friend was the person who went to the bathroom with you and held your hand as you walked through the scary halls.

**In second grade**, your idea of a good friend was the person who helped you stand up to the class bully.

**In third grade**, your idea of a good friend was the person who shared their lunch with you when you forgot yours on the bus.

**In fourth grade**, your idea of a good friend was the person who was willing to switch square dancing partners in gym, so you wouldn't have to be stuck do-si-do-ing with Bad-Breath Bob or Bitter Betty.

**In fifth grade**, your idea of a good friend was the person who saved a seat at the back of the bus for you.

**In sixth grade**, your idea of a good friend was the person who went up to your new crush, and asked them to dance with you, so that if they said no you wouldn't have to be embarrassed.

**In seventh grade**, your idea of a good friend was the person who let you copy the social studies homework from the night before.

**In eighth grade**, your idea of a good friend was the person who helped you pack up your stuffed animals and old baseball but didn't laugh at you when you finished and burst into tears.

*Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, [Your Present: A Half-Hour of Peace](#), clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in *The Los Angeles Times*, NBC, ABC, CBS-TV, *Town & Country*, *The American Pain Society*, *Hazelden* and *The Susan G. Komen Breast Cancer Foundation*, listeners include *The Mayo Clinic*, *Memorial Sloan-Kettering*, *The Betty Ford Center*, *V.A. Hospitals* and *Canyon Ranch (#1 Spa--Conde Nast Traveler)*. Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order *Your Present: A Half-Hour of Peace* and enjoy more of Susie Mantell's stress-relief tips at [www.relaxintuit.com](http://www.relaxintuit.com)*

CONTINUED



**Friends ... Friends ... Friends ... (and Why!)**  
Source: Anonymous Forward

**In ninth grade**, your idea of a good friend was the person who would go to a party thrown by a senior, so you wouldn't wind up being the only freshman there.

**In tenth grade**, your idea of a good friend was the person who changed his/her schedule, so you would have someone to sit with at lunch.

**In eleventh grade**, your idea of a good friend was the person who gave you rides in their new car, convinced your parents that you shouldn't be grounded, consoled you when you broke up with Bob or Betty, and found you a date to the prom.

**In twelfth grade**, your idea of a good friend was the person who helped you pick out a college/university, assured you that you would get into that college/university, and helped you deal with your parents, who were having a hard time adjusting to the idea of letting you go...

**At graduation**, your idea of a good friend was the person who was crying on the inside, but still managed the biggest smile one could give, as they warmly congratulated you.

**The summer after twelfth grade**, your idea of a good friend was the person who helped you clean up the bottles from that party, helped you sneak out of the house when you just couldn't deal with your parents, assured you that now that you and Bob or Betty were back together, that you could make it through anything, helped you pack up for university and silently hugged you as you looked through blurry eyes at 18 years of memories you were leaving behind, and finally, on those last days of childhood, went out of their way to give you reassurance that you would make it in college as well as you had these past 18 years, and most importantly, sent you off to college knowing you were loved.

**Now...**your idea of a good friend is the person who gives you the better of the two choices, holds your hand when you're scared, helps you fight off those who try to take advantage of you, thinks of you at times when you are not there, reminds you of what you have forgotten, helps you put the past behind but understands when you need to hold on to it a little longer, stays with you so that you have confidence, goes out of their way to make time for you, helps you clear up your mistakes, helps you deal with pressure from others, smiles for you when they are sad, helps you become a better person, and most importantly, loves you!

*Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, **Your Present: A Half-Hour of Peace**, clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in *The Los Angeles Times*, NBC, ABC, CBS-TV, *Town & Country*, *The American Pain Society*, *Hazelden* and *The Susan G. Komen Breast Cancer Foundation*, listeners include *The Mayo Clinic*, *Memorial Sloan-Kettering*, *The Betty Ford Center*, *V.A. Hospitals* and *Canyon Ranch* (#1 Spa--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order **Your Present: A Half-Hour of Peace** and enjoy more of Susie Mantell's stress-relief tips at [www.relaxintuit.com](http://www.relaxintuit.com)*

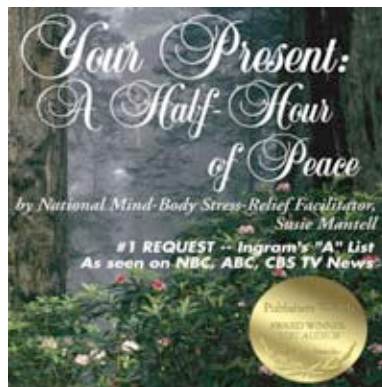
CONTINUED



Friends ... Friends ... Friends ... (and Why!)  
Source: Anonymous Forward

No matter where we go or who we become, we should never forget those who helped us get there. There's never a wrong time to pick up a phone or send a message telling your friends how much you miss them or how much you love them. If you love someone, tell them. Say what you mean. Never be afraid to express affection. Take this opportunity to tell someone what they mean to you. Seize the day, and have no regrets. Most importantly, stay close to your friends, for they have helped make you the person that you are today, and they're are what it's all about anyway. Perhaps you found this article today for a reason... (Author Unknown)

*Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, Your Present: A Half-Hour of Peace, clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch (#1 Spa--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order Your Present: A Half-Hour of Peace and enjoy more of Susie Mantell's stress-relief tips at [www.relaxintuit.com](http://www.relaxintuit.com)*



## END OF THIS TIP##