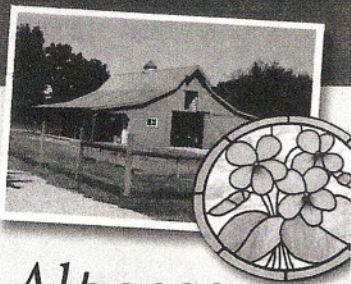


WhiteViolet FarmAlpacas

A ministry of the Sisters of Providence of Saint Mary-of-the-Woods, IN



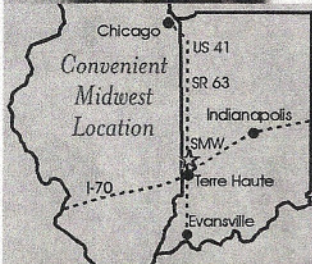
Alpacas for Sale

Superior herdsires, quality breeding females and premium fiber are available. Well-known and respected bloodlines run through our herd.

Alpaca sales help support programs of eco-justice education, organic agriculture and fiber. Established in 1998, we are part of sustainable agriculture programs at White Violet Center for Eco-Justice.

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www.WhiteViolet.org
Contact: Chad Beck, alpaca manager
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Saint Mary-of-the-Woods, IN 47876
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Whole Living
2/11

in balance UNCOMMON WISDOM

A COUNSELOR RESPONDS

If you're not happy in a relationship, you have three options: Change it, accept it, or leave it. You can't change another person's behavior, but you can adjust your response

KIM OLVER is the author of *Secrets of Happy Couples*.

to it. You also have to decide which problems you're willing to live with. Leaving, for me, is a last resort. Ask yourself, If this person never changes, would I still want to be in the relationship?

To determine whether it's time to move on, think about what you most want to happen. Is this something you can control? If the other person were doing exactly what you wanted, how would you feel?

Then ask yourself if you can change the way you perceive what's happening. For instance, do you have to take it personally when your husband leaves his dirty socks lying around, or can you just chalk it up to one of his bad habits? (And we all have them.) Does your partner's teasing signify aggression—or playful affection?

If you've tried everything and you remain dissatisfied, angry, and frustrated, then it may be time to move on. But we can only do so when we're conscious of why—and when we realize that we can't wait for everyone else to change for us to be satisfied in our relationships or our lives.

A MEMOIRIST RESPONDS

My first tip for knowing when it's time to move on? When your husband tells you he wants out. (Kidding. Sort of.) I was washing

STACY MORRISON is the author of *Falling Apart in One Piece*.

salad greens in our Brooklyn home one evening when Chris said he wanted to end our marriage. Just like that. I begged him to help me understand, to tell me why. The hardest part was realizing that knowing why wasn't going to help me move on. And once I could separate myself and see the situation from his perspective just a bit, I began to be able to let go.

One thing that helped me move on was living by small moments, which my young son made easier to do. I also started paying attention to pieces of good luck, like getting a cab in the rain. But I cried a lot too. Tears come with the territory.

I tell other people going through a divorce or a breakup that you have to choose a different prize than the one you want most at first, which is to be right. And the crappy consolation prize is to be wronged, and people often pick that one too. But really, what's the reward in that?

I truly believe that my divorce was the best thing that happened to me. We tend to look at loss as being a mistake, as bad luck. But it doesn't have to be. You have to experience your whole life, not just the good stuff. And during the hardest times, you stumble across gifts of tremendous beauty.

BEST/WORST ADVICE I EVER GOT

Exercise guru Denise Austin's new book is *Get Energy! Empower Your Body, Love Your Life* (Center Street).

THE BEST "My mom always told me you should have a sense of humor about yourself. If you don't, you're going to be depleted at the end of the day. But if you can laugh, you'll have more fun and energy for the good things in life."

THE WORST "Earlier in my career I really wanted to be on the cover of a fitness magazine. Someone told me I'd have to get a boob job. Thank God I passed on that advice and kept myself 100 percent natural—and have still appeared on the covers of many magazines over the years."