

Title:

Changing The Dreaded Commute

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380

Summary:

How do you change something that you have become so accustomed to dreading and turn it into a positive experience?

So you ask, "What will I do about it?" The answer is complicated by what is realistic to do and what you want to do.

Keywords:

commute, stress, relax, advice, health, travel, car, techniques, weight,

Article Body:

How do you change something that you have become so accustomed to dreading and turn it into a positive experience?

So you ask, "What will I do about it?" The answer is complicated by what is realistic to do and what you want to do.

Attitude, or perception, is everything. Without a good attitude, everything is harder - paying attention, listening, and understanding.

A change in attitude might have you view your commute as something that you chose to undertake rather than a chore.

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