

select simpler...

respect the body...



Be Choosy! News, Events and Tips

Hello, hello! So much to **catch up** on! So much to **share**!

WHAT HAS BEEN WAKING ME UP AT 5 AM?

Tossing and turning, I knew I needed an alternative method to reach out. I *love* traveling town to town...but this may take a while. I discovered my solution at MyAudioBook.org. I can produce **Audio Workshops on specific topics!** Downloadable from my website to your computer.

Now, I sneak out of bed before the sun rises to sit in my brand new recording room. (Twenty-three hours a day it is a walk-in closet, but the other hour it has sound barrier insulation, and microphone and recording equipment on the floor next to my winter boots.)

I have produced TWO twenty-five minute workshops so far! Advance your journey at your own pace. Listen on commutes, power walks, laundry folding, or during some quiet time. I especially am tickled to offer **samples** to preview online. More subjects will be added this summer. Feel free to recommend subject matter!

[Listen to Samples Here!](#)

FACEBOOK FANS SKYROCKETED

The last *Be Choosy!* Newsletter catapulted Choose Wiser's Fan base from **nine** people (mostly family) to over **104 Fans** across the **nation!** I'm lovin' the real life discussions - from bug spray to toilet cleaner to current events. In **CW Fan Land** the more the merrier! Please leave comments and questions. (As of today I am baby-stepping to Tweeting. You can find me there too, and hold my hand as I continue to learn!)

"YOU MUST BE THE CHANGE YOU WISH TO SEE IN THE WORLD" -MAHATMA GANDHI

Robin Organ's relentless focus has created safer schools by greening and de-toxing our children's daily environment. Recently, her efforts evolved into a major achievement of reaching official non-profit organization status. She is a beautiful example of how one person **IS** making a difference.



I have utmost respect for Robin's dedication, and am excited to celebrate her in my **Inspirational People Making Change** Video Series.

[Watch Robin Here!](#)

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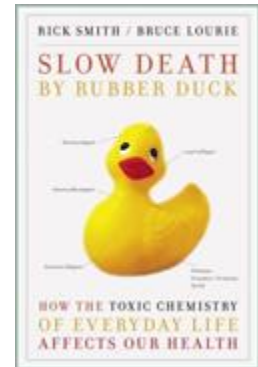


Have her actions improved your schools? Scan the list at www.projectgreenschools to see how far reaching one persons passions can extend.

SLOW DEATH BY RUBBER DUCK

In an attempt to extend my treadmill time, I started reading **Slow Death by Rubber Duck** by Rick Smith and Bruce Lourie while exercising.

Jogging and bouncing at a 3.5 mph, I immersed myself into the authors story of using their own bodies to research commonplace toxins. They ingested, slathered, ate, and inhaled the same way we do, but had the ability to biomonitor levels in their body (I have not discovered if they apply lip-gloss as often as I do.) The book is friendly and approachable. I appreciate their efforts to not focus on one overwhelming gloomy stastic after another.



The authors will be on a webinar (an interactive presentation over the phone and online) on Tuesday, April 6 at 5 p.m. Pacific/8 p.m. Eastern. The webinar is open to all and you can join in too at www.safecosmetics.org.

In the meantime, I am going to share discussion worthy points - like a online BookClub - from Slow Death by Rubber Duck over the next month on Facebook. Stay tuned!

FOOD FOCUS

Did you watch the premier of **Jamie Oliver's Food Revolution** last Friday?

My kids and I watched together curled up in a row of beanbags. Seeing the fresh food movement *on television* shifted me from evil mom – who does not have enough box tops for school contests – to a **hip cool mom** in my children's eyes. We talked during commercials about the episode. We **ewwww-ed** at the creative visual of a dumpster full of saturated fat depicting an elementary school's intake.

True, we laughed at the sensationalized drama and mood music, and I cringed at the unnecessary cussing sprinkled in here and there, but I am quiet pleased the subject matter is worthy of **prime time media**.

If you missed the first evening, you can [watch the full episodes here](#).

Until next time, **Congratulations** on your journey to choosing wiser, selecting simpler and respecting the body.

Take care,
Kristi Marsh