Read and Feed....

The promise of summer is always so enticing. In our minds we picture lazy days on the beach or in a hammock, reading our favorite book and basking in the lovely prospect of time stretched out endlessly in front of us. The reality is not always so picturesque. Somehow that summer “vacation” shrinks to a few paltry 3-day weekends that get eaten up by a myriad of chores and to-do’s. Many educators work through the summer and take little time to recharge and rejuvenate.

So this summer, take some time to read and feed…..not your stomach- your soul! I know, it’s all sounding a little new-agey here, but let’s face it, you work hard, really hard, and more than likely could use a little escape into a good book, and okay, a good sandwich. Blogger Justine Musk states, “Reading isn’t just about feeding your brain the ‘proper’ intellectual nutrients. It’s a way to map the truth of who you are through discovering what sparks the fire of your imagination, what draws you back over and over. Reading is brain food, but it also serves as soul food.”

No truer words here, people. So make yourself a list of some books you’ve been wanting to read (or check out the Challenge List on the right) and get to feeding your brain….and your soul. You’ll come back lighter, more focused and raring to go!

Have a great summer!

- Leslie & Delta

Great sites to get yourself motivated:

http://www.huffingtonpost.com/cindy-tansin/reading-to-feed-the-soul_b_5395017.html
http://lisalarter.com/six-amazing-books/
http://justinemusk.com/2014/07/18/how-reading-is-food-for-the-soul-not-just-your-brain/