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# lisa wysocky's success tips newsletter

THE NEWSLETTER FOR PERSONAL AND EQUESTRIAN SUCCESS

## Idea of the Month:

"Along with success comes a reputation for wisdom."  
Euripides

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Dear Lisa,

Many thanks to those who watched the *Front of the Class* movie! As the co-author of the book, my part was very small, however, I received over 900 movie related emails and my web site was inundated with hits. I never again will underestimate the power of television! Then came the task of sorting through all the emails and phone calls, which quickly became quite overwhelming. As the holidays are now here, life could become overwhelming for many of you as well. Here are a few tips that might help get you through the next few weeks with style and good humor:



1. Realize you are not going to get everything done, and that's okay. Prioritize by making a quick list of the absolutely "have to do's" and forget the rest.
2. Choose to find your spouse's annoying great Uncle Fred eccentric and remind yourself that he isn't going to be in your presence forever. While you are together, ask him about the holidays of his childhood, or to tell stories that his parents handed down to him. You may even find yourself having a good time.
3. Relax, go with the flow, and decide to laugh about the little glitches of the day.

Those three simple tips can change your holiday from one of frustration to one filled with joy.

### Finding Patience

This is the time of year when patience runs thin. There are so many demands on our time and attention that even the strongest of us occasionally snap at friends and loved ones, or say or do things we quickly regret. Following are a few ideas that will help you stay cool, calm and collected:

1. Count to ten before responding to anything or anyone that makes you tense.
2. Delegate everything you possibly can to others, kids included.
3. Look at a situation from the other person's point of view before making any decisions.
4. Take a few quiet minutes for yourself several times a day, even if it means locking yourself in the bathroom.

--From [Success Within: How to Create the Greatest Moments of Your Life](#)

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## Fast Facts

1. In a study of 200,000 ostriches over a period of eighty years, no one reported a single case where an ostrich buried its head in the sand, or attempted to do so.
2. Electric Christmas tree lights were first used in 1895. The idea for them came from an American, Ralph E. Morris. The new lights proved safer than the traditional candles.
3. A United States penny is made up of 97.5 percent zinc and 2.5 percent copper.
4. The world's oldest jockey was Levi Burlingame, who rode professionally until he was eighty.

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## Your Horse and You



Any change in your horse's location, such as a weekend show or trail ride, or a move to a new barn, can cause stress. Here are a few things you can do to help keep the stress of change to a minimum for your horse:

1. Use the same feed bucket, grooming tools, blankets, etc. on the road that you do at home. The familiar smells will help your horse feel more comfortable.
2. Sprinkle electrolytes into your horse's water a few days before a move, or a trip, then continue with the electrolytes a few days after you either return home or settle into a new location. The electrolytes will help mask the taste of different water and also help keep your horse's system balance.
3. Through trial and error find what kind of music relaxes your horse and play it during stressful times.

--From [MyHorse, My Partner: Teamwork on the Ground](#)

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## Thank You!

Thanks to everyone who voted for Lisa for Homebased 100's Most Innovative Business of the Year. We are thrilled to announce that Lisa won an Honorable Mention. This is especially notable as there were thousands of entries. Each entry was judged on the innovativeness of the business model, the passion of the entry essay, and the number of votes. Thanks to you, Lisa placed in the top one half of one percent of entries. Thank you!

On an ongoing basis, we appreciate you:

1. Stopping by [lisawysucky.com](http://lisawysucky.com). Informative/educational content added regularly.
2. Forwarding this newsletter to friends by clicking the "Forward Email" link (bottom left of page).
3. Writing a review of Lisa's books on Amazon.com. Here are the direct links:  
[MyHorse, My Partner book](#)  
[MyHorse, My Partner DVD](#)  
[Success Within](#)  
[HorseCountry](#)
4. Reviewing and rating Lisa's Electronic Press Kit and *My Horse, My Partner* video trailer on [YouTube](#).
5. [Viewing Lisa's Facebook page](#). If you are a member of Facebook, add Lisa as a Facebook friend.
6. Visiting [Lisa's blog](#).

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## Ask Lisa

I have a hard time getting my daughter (age 13) to do her barn chores. Any ideas?

I like to offer people the same if/then choices I offer horses. If your daughter doesn't do her barn chores, then she doesn't get to ride. In winter weather, when she may not ride anyway, then another option, such as not going to the movies with her friends, can be given. Same thing with her room: If she doesn't maintain certain standards of cleanliness that you both agree to, then her cell phone is taken away until the room is restored to order. If we are to succeed in any of our life goals, we all need to learn responsibility and consequences. It can be a tough lesson to learn, but once your daughter understands that having a horse is a privilege that should be treasured, when she understands that not every thirteen-year-old girl is lucky enough to have her own room, or even a home to live in, she will start to become more responsible.

If you have a question you'd like to ask Lisa, email it to: [lisainfo@comcast.net](mailto:lisainfo@comcast.net).

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## Upcoming Events: Signings and Podcasts



### Mark your Calendars!

In 2009 we will begin a series of podcasts featuring many of the country music stars featured in Lisa's book, [HorseCountry](#).  
Dates: the fourth Tuesday of each month with the exception of December  
Time: 8:00-9:00 pm central  
Line up: January 27th guest is [Trent Willmon](#) and February 24th guest is [Todd Fritsch](#). More artists announced as they are confirmed.

Each podcast is free to listen in and can be accessed by dialing a special number that we will give you in the news section of Lisa's website after January 1 and also in the January edition of this newsletter. Listeners will have the opportunity to email Lisa and her guest questions before and during the podcast. To email questions to Lisa, Trent or Todd, send it to [lisainfo@comcast.net](mailto:lisainfo@comcast.net). For those who can't tune in, each podcast will be archived in the [Freebies](#) section of Lisa's web site sometime after the event. *This is your opportunity to interact directly with the stars of country music and to learn their thoughts on horses and horse training!*

Our featured book event is January 9, [Bainbridge Island Library](#), Bainbridge Island, WA, 6:00 p.m. Join Lisa and her agent, [Sharlene Martin](#), as they talk books, the book business, and how the book [Front of the Class](#) became a Hallmark Hall of Fame television movie.

If you are interested in bringing Lisa to your barn, office, NARHA or EGALA center, staff training, or having her keynote your event, please send an email to [lisainfo@comcast.net](mailto:lisainfo@comcast.net).

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## Front of the Class: DVD Available Soon

Brad Cohen and Lisa Wysocky's book [Front of the Class: How Tourette Syndrome Made Me the Teacher I Never Had](#), aired as a Hallmark Hall of Fame movie December 7th on CBS and got rave reviews! If you missed it, don't panic. The movie will air again (we'll send you the date as soon as we know) and a DVD will be available sometime late in January.

Additionally, a trade paperback version of [Front of the Class](#) is now in stores and online everywhere.

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Until next month . . . enjoy every moment,

Sincerely,

Lisa Wysocky  
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