

Brought to  
you by

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TASTY  
TEMPTATIONS!



DATING TIPS &  
GREAT IDEAS!



INSPIRING LEADER  
OF THE MONTH

# AUGUST NEWSLETTER



A new  
kind of  
website...

This newsletter and [www.HelloBeautifulLadies.com](http://www.HelloBeautifulLadies.com) was created to share stories of wonderful, amazing beautiful ladies (that means you) **at any stage** in life. These stories may be heartbreaking or inspiring, either way- you need your soul sisters from Hello Beautiful Ladies to help you **mend, recover and move on.** **As we build our community of sisterhood, I invite you to share the site with your Facebook friends and forward this newsletter to your tribe.**

I was thrown back into the world of **finding a new career** and a new relationship in the middle of my life after being in an **abusive relationship for years** and what a rollercoaster ride it has been. A little crazy, sometimes scary, and lots and lots of lessons learned. I share those lessons, not just from my experiences, but from the adventures of friends, acquaintances, bloggers and those who are **seeking the same path towards love, new life, transformation and happiness.**

*I want my legacy to  
be that I helped  
people & made a  
difference in this  
world.*

-Andrea Swensen

# What makes us so fun?

*(and how do I get free stuff!)*

Hello Beautiful Ladies encourages you to participate and interact on the website as often as possible!  
www.HelloBeautifulLadies.com

Please join us by *sharing photos of your life events*, **before and after photos** under the photo share section.

Tasty Temptations - *share your fun drink recipe* with us along with a photo or video. If you are selected for the book or if your drink is shared on the site, you'll receive a **FREE "Hello Beautiful T-Shirt"** and will be featured on the site and could be featured in our "Tasty Temptations" Book.

## **DAILY GIVEAWAYS throughout August!**

Simply follow the Hello Beautiful Ladies [Facebook page](#) and join any one of our ongoing giveaways!



Blog baby blog, please share your thoughts and opinions. This is a site where we share, empower and grow strong!

Help us grow our **Rock Star Referral list**. If you know a business that has superior performance and customer service

*Where business & pleasure make love.*



Rebuilding yourself and your life can be scary!

New people, new scenery and new ideas about who you are. In this newsletter we'll have fun while also tackling hot topics like divorce, dating, self worth and career changes.

please share them with us on through the “*contact Andrea page*” so we can spread the word and help grow their business.

**Book of the Month**, please share your good reads with us as we share thoughts each month in our online book club and reviews.

Don't forget to spread the abundance and donate to one of the **charitable organizations** listed on the site.

## Success Starts With Gratitude...

Expressing Gratitude is so simple and healing. We should all do it on an everyday basis. The power of positivity and gratitude has health benefits. Here's a suggestion before you go to sleep each night take out a journal, or a piece of paper and write down several things you are grateful for. It could be three things that happened that day or that week or simply something that has been on your mind.

- ***What are you most grateful for?***
- ***Be specific, and then ask yourself***
- ***Why am I grateful for it?***

This exercise is a reflection on why you are thankful for that thing, event, or person in your life. Studies show that doing this exercise will boost your immune system and it helps you sleep longer. If you just count your blessings in your head, and you don't write them down, the effects are not the same. There's a lot of power in the written word, and power in being reflective and intentional about your gratitude. I often post the 3 items on my mirror so that I



can see them and reflect on them again in the morning as I get ready for the day. Gratitude is such a powerful tool, because it allows us to reflect on how blessed we are.

*Please visit <http://www.hellobeautifuladies.com/ask-andrea/> for more information about gratitude!*

## Thoughts to live by...



## DATING TIP OF THE MONTH



Don't Do It - **Do not spend thousands of dollars on dating sites** like Salt Lake Singles, Denver Singles, Austin Singles ETC. or the company called “It’s Just Lunch”. I did and thought these sites would find men for me that were more compatible and had similarities to my life style. What I found, was that I wasted a lot of time and money. These sites supposedly compile detailed intake summaries of your likes, dislikes, lifestyle and what you are looking for. Then they completely disregard all that information and set you up with whomever is available. I told them they were simply using me as bait that they had no regard for any of my requests or specifications and requested a refund which I did not receive. At that point, I asked to be removed from their lists. I spent nearly \$10,000 on these sites. What a nightmare - So very disappointing. There are plenty of free dating sites or low cost sites and after all you are the best judge of character and what suits you.

*Read more about this in my “Dating Do’s and Don’ts” Ebook*

<http://www.hellobeautifulldadies.com/category/breakover-coaching/>



## Inspiring leader of the month:

### *Anne Marie Edwards, Podiatrist and Surgeon*

Dr. Edwards has been with Intermountain Healthcare for the past 14 years. She is not only dedicated to providing the best foot and ankle care possible for her patients but is also involved with resident training. Her educational background includes graduating from Temple University School of Podiatric Medicine with her residency at the Veterans Administration Medical Center, Salt Lake City, Utah. She has been recognized as a national speaker, has served on many national committees representing not only podiatric medicine but also an advocate for residency training. Dr. Edwards has a special interest in the treatment of the various medical issues with the diabetic foot. She also established a non-profit organization with other physicians that travels to Tonga to perform limb salvage operations and do educational services to decrease the amount of amputations in Tonga. She also enjoys caring for all ages from infant to the geriatric foot. She is bilingual in Spanish. She is board certified by the American Board of Podiatric Surgery and the American Board of Podiatric Orthopedics and Podiatric Medicine. Dr. Edwards is a world traveler with her family: the more remote the better! She enjoys reading, knitting, hiking, skiing, and watching lacrosse games with her family.

*\*You can read more about Anne Marie <http://www.hellobeautifulldadies.com/category/andreas-rockstar-business-referrals/>*

# Low Cal Key Lime Pie

*Remember: Email YOUR favorite recipe to us! If your recipe is selected for the newsletter, you will receive a **FREE Hello Beautiful T-shirt.***

You can use either a traditional piecrust recipe, or if you don't mind the extra calories, I love the graham cracker pie crust and if you are really calorie conscious you can make the pie without a crust all together.

## **Pie Filling:**

1 TBSP of plain gelatin

¼ cup cold water

1 cup low-fat cottage cheese, small curd

12 ounces of the low-fat cream cheese

2 ½ TBSP of sugar (I find that powdered sugar dissolves and blends better)

2 tsps. of Stevia extract

½ cup of lime juice

¼ cup of hot water



## **Topping:**

½ cup of heavy cream (you can use redid whip or cool whip if you like. If you choose to use low fat cool whip then let it sit for a while until soft and then spread on the top.

If you choose the ½ cup of heavy cream then use ¼ to 1/3 cup of powdered sugar (depends upon how sweet you want the topping to be.

## **Instructions:**

Sprinkle the gelatin onto the cold water, stir and set aside. Place the remaining ingredients except the hot water into a blender and blend until smooth, no lumps. Next add the hot water to the gelatin stir and then add to the items in the blender and blend again until smooth. Taste the filling and add sweetness according to your tastes.

Pour the mixture onto the cooled pie crust or if not crust into a glass pan.

Beat the cream cheese along with the heavy cream and the sugar until smooth and stiff peaks. If you are using Reddi whip or cool whip you would simply spread that on the top.

Refrigerate for at least 1 hour before serving. [Enjoy!](#)

## SNEAK PEAK TIME!

*“Where creativity meets comfort.”*

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Our sassy and creative fashion designer [Victoria Wynn](#), has been attracting all eyes on the *Hello Beautiful Ladies* athletic apparel line causing powerful women far and wide to get on the back order list! Love any or all of these? Get them before they're gone!

[CLICK HERE FOR THE FULL LINE!](#)



## How To Negotiate **CREATIVELY & Fairly** At Work



**TIP #1.** Deal with one issue at a time— “I hear you but that’s not what we’re dealing with.”

**TIP #2.** Pick your strategy— 4 choices: Argue it out right now, let it go, forget it, put it on hold

**TIP #3.** Don’t resolve it prematurely. It is okay to sleep on it. The easiest solution is not always best. Don’t give in to avoid conflict.

**TIP #4.** Don’t resort to name calling or accusations, this usually means you’re losing the argument.

**TIP #5.** Make it easy for your opponent to give you what you want—go out of your way to allow your opponent to save face. For example: “What would be your opinion if I moved forward with my ideas?”

**TIP #6.** Agree to disagree—especially values and religion. Don’t attempt to convert the other person just as you would not them to convert you.

**TIP #7.** Take the individual seriously, but don't take the controversy seriously or yourself personally.

**IN THE NEXT ISSUE:** “How to get the career you always wanted”, fall beauty tips, new recipe, more dating advice and of course... brand new athletic wear with cellulite smoothing technology

*Remember to take a look at our [NEW hand made jewelry](http://www.hellobeautifuladies.com) at [www.hellobeautifuladies.com](http://www.hellobeautifuladies.com)*