

And so it feels like life just kicked it into fourth gear with the start of fall season. Why is that you think? Here's a theory: The holidays are fast-approaching (?), we start to feel the frenzy, and stress hits. The more stressed we are, the less likely we are to be focused on the present and live in the moment. Our perception of time flies. There. Makes sense?

May I make a couple of suggestions? First, let's take in a breath, people. A few, actually. We've been through a lot lately, and some of life is a blur. Beware of the warp speed the anticipation of the holidays throws us into. Let's not let the crazy hustle rob us of valuable time to enjoy what's really important.

Fall is about enjoying less humidity and cooler breezes and red and rust-colored leaves (okay, in South Florida, maybe on the door wreath). So, suggestion number two: Take some time to go somewhere where you can experience the beauty of the changing of the leaves. It's quite a site. For info on peak dates and destinations to view this wonderful spectacle, click Fall Leaves.

Lastly, a reminder to all of us that this time of year is about kick-starting a season packed full of nostalgic memories and traditions. And for that, I will always be thankful.

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"And all at once, summer collapsed into fall."
-Oscar Wilde

"If a year was tucked inside of a clock, then autumn would be the magic hour"
–V. Erickson

"Everyone must take time to sit and watch the leaves turn."

-E. Lawrence


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Blue Ridge Pkwy, Montebello, VA – October 18, 2018

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