

Don’t know about you, but the nonstop stream of medicine ads is driving me up a wall. And if you do happen to have the condition they’re talking about, hearing those side effects over and over is enough to scare the life out of you. Half the time you’re sitting there thinking, “I didn’t have that symptom… but now I think I do.”

It would be nice if commercials actually made us feel good. There’s the occasional Publix holiday ad, those are nice, but that’s it. Imagine, though, if for every medicine ad, we also got a 30-second reminder about the simple things that make life better and don’t cost a penny.

They already try to give us those little “moment of zen” clips on TV sometimes, but if you blink, you miss them. So I’m thinking: Ads for the Soul.

Here’s how mine would go:

Picture soft instrumental café music in the background.
A quiet Miami morning, sun pouring in. You’re holding your cafecito (Colada Joe, obviously) and a *tostada Cubana* (you know, the kind that cracks perfectly when you bite it).
A family member smiling across the room. A dog giving you that classic side-eye, LOL, because he knows you just dipped your toast in the coffee and didn’t give him a bite. Palm fronds rustling outside, Miami-style.

Then the voiceover: “Sometimes the best moments in life aren’t the big ones… they’re the tiny, familiar ones. A deep breath. A kind word. A taste of home before *la locura del día.* Take a moment. Let the world wait. This one’s for you.”

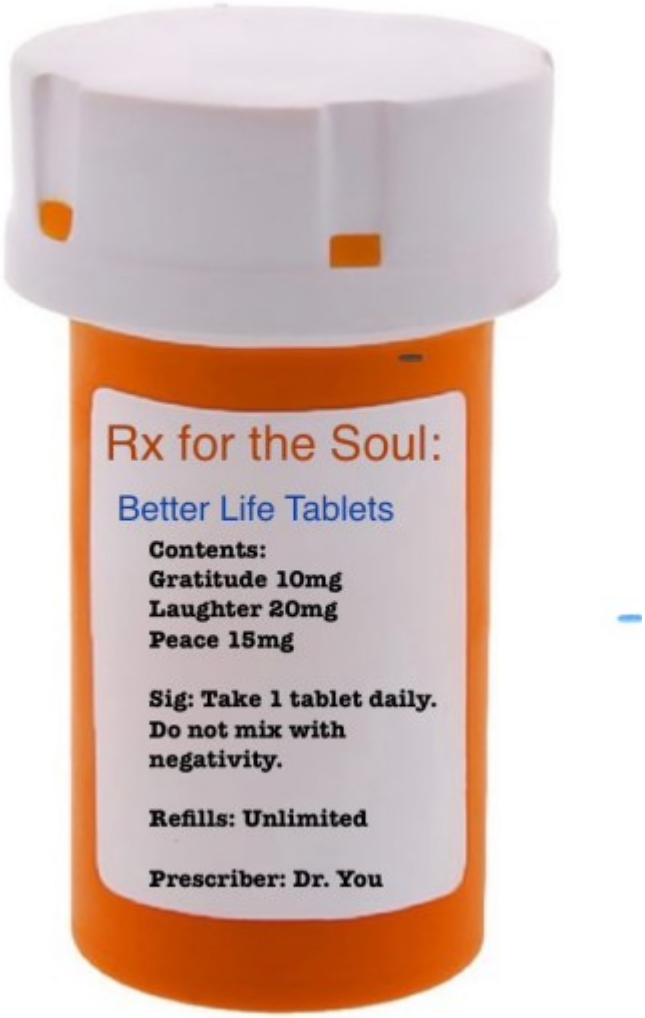
Kinda cheesy, you say? Maybe, but so much better than the scary ads. No disclaimers, no side effects, just great vibes.

Anywho, today I’m just grateful for those real-life quiet moments that make me slow down a bit and actually breathe, and remind me that happiness really does live in the little things.

What would your Ad for the Soul look like? And what are you thankful for today?

Until next Thursday's post…si Dios quiere.

"Yeah, sure, that's what I want to do — take a sleeping pill that will give me diarrhea."
-Unknown



#719

Share this:

- Share on Facebook (Opens in new window) Facebook
- Share on X (Opens in new window) X
- Share on Pinterest (Opens in new window) Pinterest
- Print (Opens in new window) Print