

For those of us
that only know

SALT

and

PEPPER.

There are more ways than one
to spice up your meal.

#fakeittomakeit



Mrs
Dash

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that only know
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There are more ways than one
to spice up your meal.

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**Mrs
Dash**

Hugs for Life

The big relationship drought is connected to
emotional and physical health

By John Sanderson



The Baras family lives by the motto that four hugs a day are necessary for survival, 8 hugs for maintenance and 12 hugs a day for growth. At the top, Gal, middle row, left to right, Ronit, Tami and Eden with Nofit at the bottom.

Behappy Life Coaches, Ronit and Gal Baras, claim there is a drought in the area of relationships today, as damaging in the long term as the lack of water.

Based in the suburb of Wishart, they claim the cost of good health is nowhere near the cost of sickness, when it comes to busy people not getting their quota of relationships and hugs. For 17 years they have forged successful careers, while conducting workshops on relationship skills, helping at least ten participants to get a kick-depression medication in large wave-month period.

They also reported improved

UQ and special education teacher and both have conducted around 100 workshops, recently entitled "Be a Happy parent". They say that feedback from all parents who took the course has been nothing short of amazing and several schools have seen the potential and begun sponsoring them.

"We found coaching to be an excellent tool and a great alternative to medication, particularly when clients were able to give up pills after years of taking medication for depression. We encourage them to make the change with the help of their doctor or psychiatrist," said Ronit.

Usually good results are reported after

relationships with their children and partners.

Sickness and depression seem to have increased as hugs and relationships have decreased due to our hectic modern lives, the Baras say. Because most connect a health decline to overwork and getting older, many find themselves untreated. Gal and Ronit form a coaching team calling itself, Be Happy in LIFE.

Ronit is a lecturer in language at

just 3-4 sessions. Some report saving their marriages, and others a sense of wellbeing at finding the skills to get on better with partners and children. "A vital factor in this emotional intelligence is understanding yourself," Ronit said.

In 2005, Be Happy in LIFE published a book in USA and Canada and later in Australia focusing on relationships of teenagers with their families and friends. The book "Be Special, Be Yourself for Teenagers," gathered positive feedback from educators, parents and teenagers.

A 16-year old reader wrote: "I really love the book, we face peer pressure every day, so it's cool to read a book that goes against everything people look for. Be happy with yourself says you are the only person you will answer to, in the end. If you have enough determination, you can do anything. Be special be yourself is on my top 10 book list, I love it, there is really hope."

The "Be a Happy parent" program will help shift the focus from putting out fires, to giving skills to parents and children. "It is basically the difference between a proactive and a reactive approach," says Ronit.

"Hope is a great quality to have while the world is experiencing one of its worst relationship droughts in history, we can really fill up the reservoirs with a positive attitude," says Ronit.

For more information about Be Happy in LIFE phone for an old fashioned conversation 07 33432237 or 0427765014. www.behappyinlife.com



iguana or horse or

rk
will stick to your pets'
is a grooming regime, meal
times. Don't be afraid to
ter will also need to have
e police checks. And be

to get a great pet sitter, of
a reputable pet sitting service."
then. The dog will stay at home
luxury of her own home, being
ed, and spoiled by one of Louise's
Chances are the dog will have a
we will. ●

e info

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A PINCH OF THIS

and a smidge of whatever that is

IF IT'S
GREEN

it will taste good
with anything, right?

Discover the perfect blend to help give you the
impression that you know what you're doing.

#fakeittomakeit

Mrs
Dash

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#FakeIttoMakeIt

Mrs
Dash



IN YOUR MIND,
it seems logical to substitute

RED PEPPER
with BLACK.

Don't learn the hard way.
#fakeittomakeit

Mrs
Dash

et's build a smarter planet.

Admirals Club
For Gates 1-12
Dining and Shops

Gates 1-12

Admirals Club
For Gates 1-12
Dining and Shops

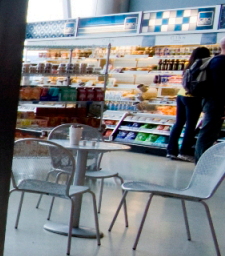
bm.com/smart

IN YOUR MIND.
Please remind to subscribe

RED PEPPER
with BLACK.

Don't let the hairs say
Blackboard get

Mrs. Dash



A collection of various spices and herbs is artfully arranged in a rectangular border around the central text on a rustic wooden plank background. The ingredients include cinnamon sticks, a bundle of dried herbs, peppercorns, nutmeg, dried red chilies, fresh basil, ground yellow and red spices, star anise, ground brown spices, cardamom, saffron, and other dried botanicals.

When you haven't read
ALL THE DIRECTIONS
and dinner didn't go
quite as planned.

Don't lose your mind and definitely
don't lose the flavor. #fakeittomakeit

Mrs
Dash



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**Mrs
Dash**

Mrs. Dash
Food/Beverages

BE THE CHEF
you were always meant to be.
#fakeittomakeit

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PEOPLE

10k likes

Tomas Jasovsky, Martin Halik and 32 others like this



+29

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ABOUT

i For those who can't make an exciting meal, there's Mrs. Dash. A perfect blend to give any meal exactly what it needs.

 www.mrsdash.com/

✓ Suggest Edits

APPS



The Long Con

PHOTOS



Mrs. Dash
October 23

Not everyone is in favor of your cooking skills, but at least you can [#fakeittomakeit](#) with Mrs.Dash.



Like · Comment · Share

👍 45 people like this.

Top Comments ▾

 Write a comment...

Mrs. Dash
October 23

You have one chance to prove your girlfriend skills in a single meal. What do you do? Share your thoughts on instagram with [#fakeittomakeit](#).

Like · Comment · Share

 45 people like this.

Top Comments ▾

 Write a comment...

Mrs. Dash
October 23

Why order take-out again when there's an artisan chef in the house?
#fakeittomakeit

Like · Comment · Share

👍 45 people like this.

Top Comments ▾

 Write a comment...

Mrs. Dash shared a link
October 23

If you are the person in the family trusted only to bring a nicely prepared dish of canned cranberry sauce on Thanksgiving, surprise them with something new this year.



Buffalo Potato Wedges | Mrs. Dash

<http://www.mrstdash.com/recipes/buffalo-potato-wedges>

If you like hot flavors, then you'll love this recipe. Mrs. Dash® Extra Spicy Seasoning Blend ensures spicy flavor with each bite of these buffalo wedges. Feel free to switch to Mrs. Dash® Original Seasoning Blend for a milder version of this appetizer.

Like · Comment · Share

 45 people like this.

Top Comments ▾

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Mrs. Dash
Food/Beverages

BE THE CHEF
you were always meant to be.

#fakeittomakeit

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THE LONG CON

1. SNEAK IT

Take a photo of your friends and family enjoying your "gourmet" dinner.

2. CAPTION IT

Write a witty caption that tells your story.

3. SUBMIT and SHARE

Enter for a chance to win a gift card to your favorite grocery store and share the fun on Facebook.



Write a comment...

SUBMIT AND SHARE





Create Page



Mrs. Dash
Food/Beverages

BE THE CHEF
you were *always* meant to be.

#fakeittomakeit

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Day 17: My wife still suspects nothing. Little does she realize there is an Italian chef in the house. My spaghetti never fails to please.





Donna Doll shared an image from **Mrs. Dash.**

16 hrs · 🌐



Won a \$50 gift card to Publix for this thanks to Mrs. Dash!



Like · Comment · Share

👍 Deb Jarz and 26 others like this.

💬 View 1 more comment



Barbara Roy Stein glad for you

8 hrs · Like



Lori Hewins Warner very nice!

6 hrs · Like



Terry Lee Guyette Vauiso Yay . Love you

4 hrs · Like



Edward Harrington congrats

1 hr · Like

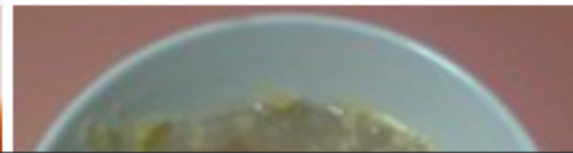
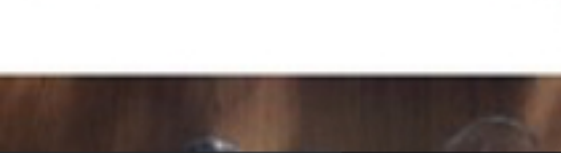
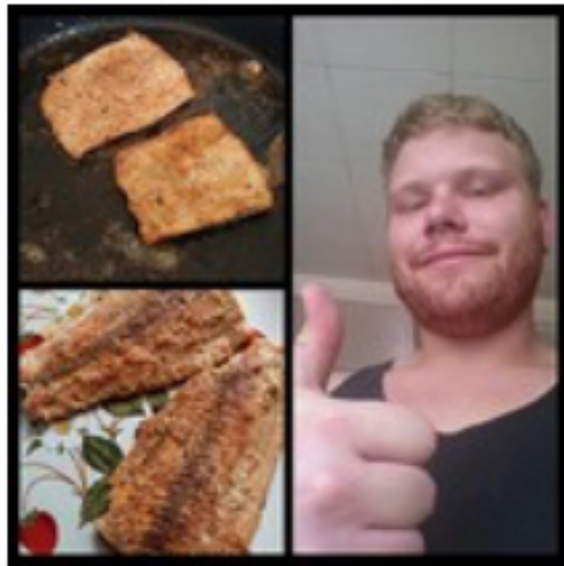
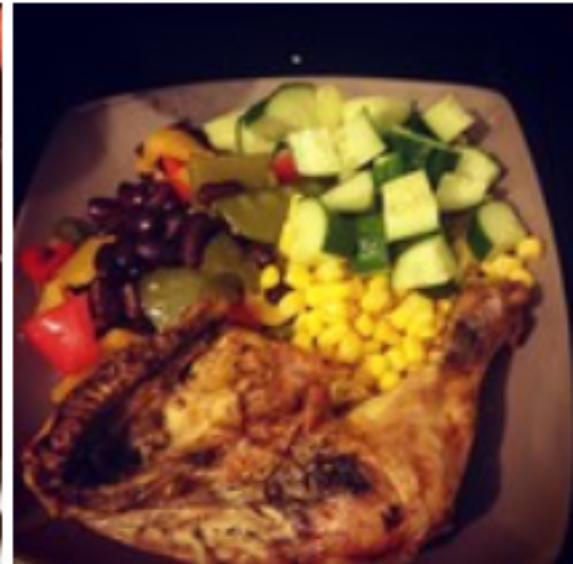


Write a comment...





#FAKEITTOMAKEIT





PHOTO



trapskater313

+ Follow



● **trapskater313** Looking forward to this date night. For once my cooking skills were spot on. #fakeittomakeit





PHOTO



sophias_daddy

+ Follow



♥ 28 likes

🕒 51w

💬 **sophias_daddy** I feel like I should have someone over for this, but...nah. This omelet is going to be all to myself. #fakeittomakeit





Search



Amy



Follow



Mrs. Dash

www.mrsdash.com

An online community of people who may not be the best chefs, but know how to find a little success inside and outside the kitchen. Brought to you by Mrs. Dash.

64
Boards

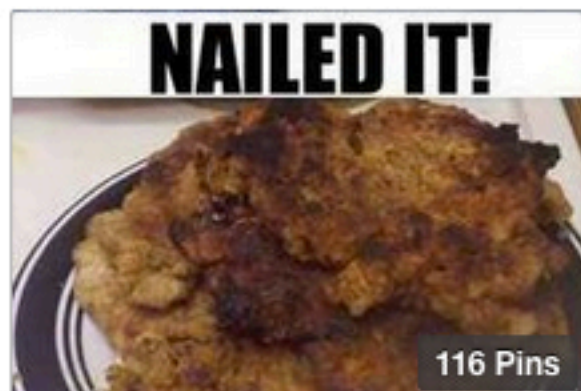
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Nailed It

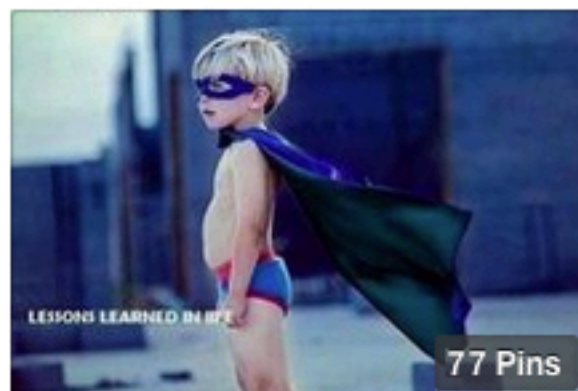


116 Pins



Edit

Total Confidence Makeover



77 Pins

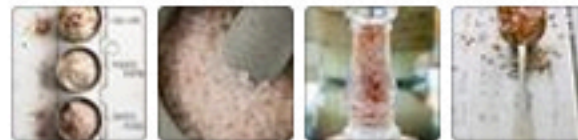


Edit

Spice of Life

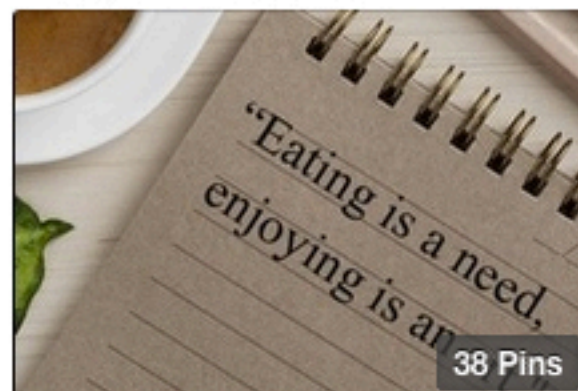


350 Pins



Follow

Recipe for Success



38 Pins



Follow

Total Confidence Makeover

17 Pins • 0 Followers

 Mrs. Dash

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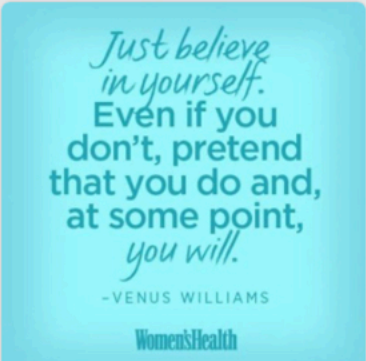


from From up North

Inspirational & Motivational Quotes

Don't ever doubt.

Pinned from fromupnorth.com



Just believe in yourself. #fakeittomakeit

Pinned by pinner



from etsy.com

Inspirational Graphic Art - Girl's Room - Digital Printable File

Yep, yep, yep. #fakeittomakeit

Pinned from etsy.com



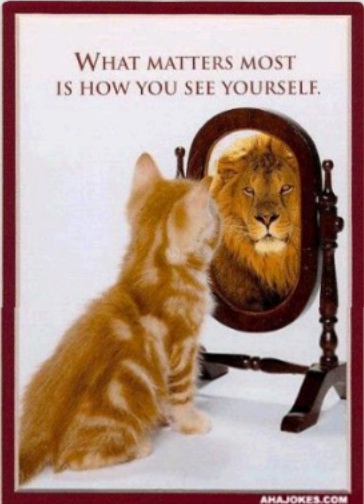
That's the plan. #fakeittomakeit

Pinned from weheartit.com



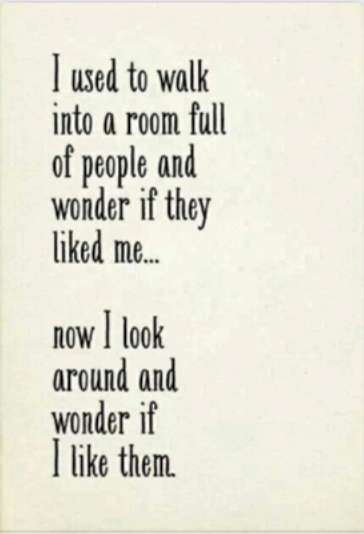
It's all about the struggle. #fakeittomakeit

Pinned by pinner



This would be a great poster for anyone's room. #fakeittomakeit

Pinned from piccsy.com



Stay positive. #fakeittomakeit

Pinned by pinner



It only takes a few minutes.

Pinned from bustle.com



Fearless.

Pinned by pinner



from Fab.com

Fake It Until You Make It

Awesome print. #fakeittomakeit

Pinned from fab.com

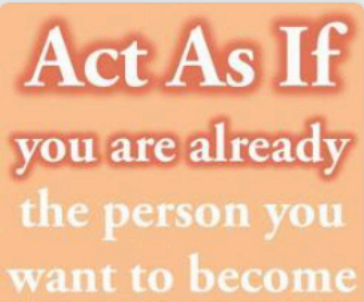


from Money Saving Mo...

When you feel awkward and out of place

When you feel awkward and out of place just remember you can #fakeittomakeit

Pinned from moneysavingmom.com



How does that person act? What do they eat? What exercise do they do? Once you have the answers to these questions... do exactly the same things.

How would a fit, healthy, happy person behave? If you want to be that, you have to act the part. #fakeittomakeit

Pinned from sparkpeople.com



1. She knows how to make an entrance.
2. She values a good night's sleep.
3. She never snoozes through her morning workout.
4. She's a master at highlighting her assets.
5. She discreetly downplays her flaws.
6. She embraces the power of a good smile.
7. She knows nails can serve as a window to the soul.
8. She comes equipped with the proper hair tools.
9. She has serious dance moves.
10. She leans into her good side for photos.
11. She has perfected her selfie pose.
12. She has a signature face mask.
13. She's savvy enough to only own smudge-proof mascara.
14. She smells delicious all the time.
15. She can talk her way out of anything.
16. She knows how to apply herself.
17. And she also knows to reapply when necessary.
18. If all else fails, she knows how to pick herself up again.

POPSUGAR

from POPSUGAR Beauty

19 Secrets of the Girl Who Always Has It Together

Fake it 'till you make it! #fakeittomakeit

Pinned from popsugar.com



Walk like you have three men walking behind you.

Pinned by pinner



Think. Act. Be. #fakeittomakeit

Pinned by pinner



from Redbook

50 Simple Little Ways to Feel Sexy

The little things can make a big difference. #fakeittomakeit

Pinned from redbookmag.com

Nailed It

16 Pins • 0 Followers



Mrs. Dash

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This girl has a blog where she tries everything she sees on Pinterest. HILARIOUS! #fakeittomakeit

Pinned from pinterest.com



Check out these unbelievable food fails! #4 will CRACK you up! #fakeittomakeit

Pinned from likes.monofuka.com



Definitely.

Pinned from craftfail.com



from BuzzFeed

37 People Who Are Worse At Cooking Than You

Most amazing kitchen fails. Makes me feel good about my life. #fakeittomakeit

Pinned from buzzfeed.com



from BuzzFeed Comm...

Community Post: 17 Pinterest Fails

Genius. Definitely nailed it. #fakeittomakeit

Pinned from buzzfeed.com



Some of the most disturbing food fails.

Pinned from tastemag.co.za

Found a sweet new recipe for chicken on Pinterest...



photo: Rock Recipes

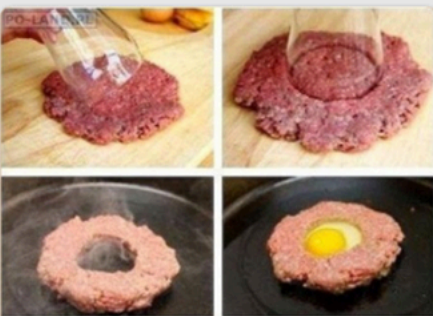


from BuzzFeed Comm...

Community Post: 31 Horrendous Pinterest Fail Monstrosities

31 Horrendous Cooking Fail Monstrosities

Pinned from buzzfeed.com



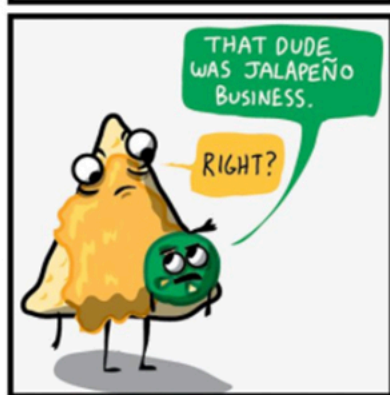
NAILED IT

from BuzzFeed

28 People Who Definitely Totally Nailed It

Should you be on this list? #fakeittomakeit

Pinned from buzzfeed.com



Cute comic! #fakeittomakeit

Pinned from lolzbeans.com



You mean that's not how you're supposed to make cranberry sauce?

Pinned from realfoodliz.com

Food fails are the best because you can eat the evidence

CRAFT FAIL

So freaking true! #fakeittomakeit

Pinned from craftfail.com



This lamb is definitely faking it. #fakeittomakeit

Pinned by pinner



from etsy.com

Bad Cook sign

We need this in our kitchens. #fakeittomakeit

Pinned from etsy.com

CAULIFLOWER CRUST PIZZA



NAILED IT.



Don't you wish you had these skills? #fakeittomakeit

Pinned by pinner



How do you even...? Oh well, #fakeittomakeit

Pinned from thehive.com



This girl has a blog where she tries everything she sees on Pinterest. HILARIOUS! #fakeittomakeit

Pinned from pinterest.com