

USA \$8.95 • CAN \$11.95 • UK £5.99
Publisher's Price Higher in Other Countries

Self-Help

Who among us has not heard the phrase "Seize the day!"? Well, personally, I don't want to *seize* anything, but I *do* want to squeeze the juice out of every moment of every day. I would love my days and yours to be filled to the brim with delight, joy, love, and good humor. Often life takes on a life of its own, with constant demands and expectations that make us forget what we're really here to do with the time we've been given.

This little book of fun, insightful "mind bytes" may very well give you the ability to stop feeling like you need to act like you've been "seized by life" or look like you're "seizing up." Savor the messages, share them, and discover wonderful ways to plump up your life and soul!



Loretta LaRoche is an internationally renowned author and stress-management consultant who advocates humor, optimism, and resiliency as coping mechanisms. She's a favorite with viewers of her six PBS specials, as well as on the lecture circuit. Website: www.LorettaLaroche.com

Please visit:

Hay House USA: www.hayhouse.com®; Hay House Australia: www.hayhouse.com.au
Hay House UK: www.hayhouse.co.uk; Hay House South Africa: orders@psdprom.co.za
Hay House India: www.hayhouseindia.co.in

Tune in to **HayHouseRadio.com**™
for the best in inspirational talk radio
featuring top Hay House authors!

ISBN 978-1-4019-0890-4
ISBN 1-4019-0890-X



Cover design: Jenny Richards

Squeeze

the DAY

Loretta
LaRoche

H
LIFE
Styles

Squeeze
the

DAY

365 Ways to Bring JOY and JUICE into Your Life

Loretta LaRoche

The best-selling author of *Life Is Short—Wear Your Party Pants*

Other Hay House Titles
by Loretta LaRoche

The Best of Loretta LaRoche
(4-CD set)

***Kick up Your Heels . . . Before You're Too Short
to Wear Them***
(book, available October 2006)

Life Is Short—Wear Your Party Pants
(available as a book, 2-CD set, and a DVD)

The Wise and Witty Stress Solution Kit

All of the above are available at your local bookstore,
or may be ordered by visiting:

Hay House USA: **www.hayhouse.com®**
Hay House Australia: **www.hayhouse.com.au**
Hay House UK: **www.hayhouse.co.uk**
Hay House South Africa: **orders@psdprom.co.za**
Hay House India: **www.hayhouseindia.co.in**

Squeeze the DAY

365 Ways to Bring JOY and JUICE into Your Life

Loretta LaRoche



HAY HOUSE, INC.
Carlsbad, California
London • Sydney • Johannesburg
Vancouver • Hong Kong • Mumbai

Copyright © 2006 by Loretta LaRoche

Published and distributed in the United States by: Hay House, Inc.: www.hayhouse.com • **Published and distributed in Australia by:** Hay House Australia Pty. Ltd.: www.hayhouse.com.au • **Published and distributed in the United Kingdom by:** Hay House UK, Ltd.: www.hayhouse.co.uk • **Published and distributed in the Republic of South Africa by:** Hay House SA (Pty), Ltd.: orders@psdprom.co.za • **Distributed in Canada by:** Raincoast: www.raincoast.com • **Published in India by:** Hay House Publications (India) Pvt. Ltd.: www.hayhouseindia.co.in • **Distributed in India by:** Media Star: booksdivision@mediastar.co.in

Editorial supervision: Jill Kramer • *Design:* Amy Gingery

All rights reserved. No part of this book may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use—other than for “fair use” as brief quotations embodied in articles and reviews—without prior written permission of the publisher. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

Library of Congress Control Number: 2005937306

ISBN 13: 978-1-4019-0890-4 • **ISBN 10:** 1-4019-0890-X

09 08 07 06 4 3 2 1
1st printing, April 2006

Printed in the United States of America



*Every woman needs some great male
friends in her life, and I'm lucky enough
to have them in Gregg, Ken, and Scott.*

*To the many laughs we've had,
and the loving friendship we share. . . .*



Introduction

As a stress-management consultant over the last 20 years, I've seen the levels of stress and anxiety in people escalate to the point where it feels that everything including breathing is now stressful. It has become so much a part of the American culture that a huge industry of products and practitioners has emerged to handle the “stress epidemic.” We even have experts who work on relieving stress in children and pets.

I appreciate that the traditional models of stress management can be helpful—things like meditation, exercise, and cognitive behavioral therapy. But it's equally, if not more, important to focus on filling our days with fun, fantasy, and fantastic thoughts that can lift our spirits and bring us joy. When we stop obsessing over what's wrong in

our lives and instead pay attention to our strengths, talents, and the wonders around us, everyday stresses become much more manageable. As I always love to remind people: “If you think the worst and get the worst, you suffer twice; if you think the best and get the worst, you only suffer once.”


In the course of my work, I’ve found that it’s often the quick, funny thoughts that people can easily digest and remember that are the most helpful. So I’ve compiled this book of one (hopefully) memorable thought for every day of the year. Read through it with an open mind. You may laugh at some, delight in others, or be stimulated to change some of your irrational behaviors. (And believe me, I know it’s hard to admit it, but we all have them, including me. How do you think I know so much about this stuff?) Most important, I hope that you’ll enjoy reading this book as much as I did writing it!

— **Loretta LaRoche**



1

We live in a world of excess, in which how much we own defines who we are. I'd rather *be* "too much" than buy too much. It's so much easier. I'll never have to have a yard sale to get rid of myself. . . .



If life hands you lemons, you could become bitter, too—or you could make lemonade—but frankly, I'd rather just throw them out and get something I really want instead.

3

**You could torture yourself with an
exhausting thousand-mile journey
of self-discovery . . . but why not take
a jet plane instead and have fun
sooner rather than later?**

4

**In order to be fully alive, you first
have to be awake and aware, otherwise
you're simply sleepwalking.**

5



Be fully present with your friends, family, and co-workers. Nobody wants to talk to someone who's mentally practicing for the future while pretending to listen.

6

**When your life begins to resemble
a B movie, change direction,
and think like a master filmmaker.
You just may win an Oscar.**



7

Keep passion in your life. The
fire from it will keep your soul
from turning to ashes and your
mind from turning to mush.



If you're always trying to be right about everything you do and say, you'll soon find that you have no one around you who's interested in how right you are.

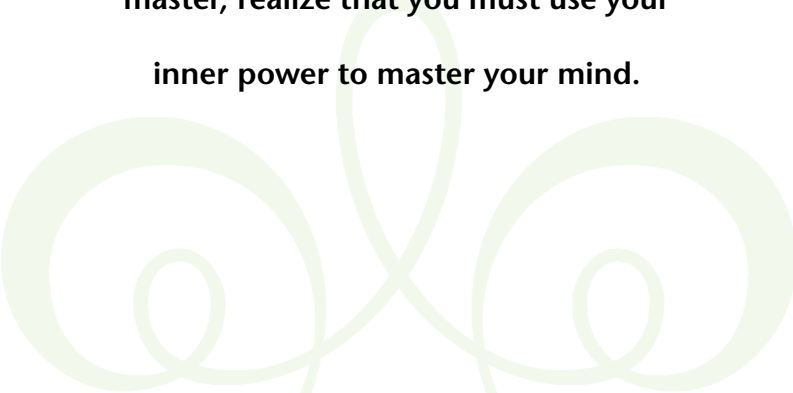


Challenge your brain in new and creative ways. It will help stop you from doing the same thing day after day like Bill Murray in *Groundhog Day*.

Put on some music and dance with wild abandon. It will free you to become more at ease with your body and all the wonderful movements it can make.

Try to make a difference in the life of someone who's less fortunate than you, because one day you may take their place and they may take yours.

When your mind tries to become your master, realize that you must use your inner power to master your mind.



Every day be grateful for what
you're capable of instead of what
you can't or didn't do. It will
give you much more peace.

Know that if you allow others to be themselves, then you can stop focusing on trying to clone yourself.

Be grateful for “breakthroughs.”

They can help keep you free from
breakdowns, burnouts, and all other
types of ups and downs.

**There's nothing like enthusiasm.
It fills the air with bubbles of joy
just like the ones we loved as children,
streaming out of bottles filled with
magical, soapy water.**

If you can laugh every day,
especially at yourself, you've
found the best joke in the world.

Many of us have analyzed our lives to the extent that we begin to display “analysis paralysis.” Sometimes it’s better to leave something unexamined. The problem might just go away on its own.

When you thank others for what
they've done on your behalf,
you're sending them a blessing
and the gift of respect.

Doesn't it seem as if instead of talking to one another, all we do is leave messages for one another to *avoid* talking? We're so attached to our home answering machines, cell-phone voice mail, and e-mail that nobody actually talks to each other. Why don't we just send ourselves messages and then delete them and get it over with?

Say what you mean and mean what you say. It allows you to be true to yourself, and you'll be less likely to feel guilty. And haven't we all had enough guilt? . . . the gift that keeps on giving.

Imagination is like a family. It can bring you fun, laughter, creative ideas, and helpful solutions. But it can also take you to places like hell and back. Make sure yours is working *for you and not against you.*

The world is filled with amazing places to visit. Don't limit yourself to the same destination all the time. Even taking a different road home from the office will broaden your horizons.

Try to remove the word *boring* from your vocabulary. You're actually admitting that you have very few assets to amuse yourself. Don't lose touch with your ability to access your inner muse.



Whenever you begin criticizing yourself, stop and ask, “What’s the point?” If there is a point and you can do something about it, do it. If you’re being self-critical over something ridiculous like the fact that you’re “too short,” then move on, and just think tall.

About the Author

Loretta LaRoche is an internationally renowned author and stress-management consultant who advocates humor, optimism, and resiliency as coping mechanisms. She uses her wit and wisdom to help people learn how to take stress and turn it into strengths, and how to see themselves as the survivors of their own lives—that is, to find the “bless in the mess.” Loretta is a favorite with viewers of her six PBS specials, as well as on the lecture circuit, where she presents an average of 100 talks per year. She lives in Plymouth, Massachusetts.

Website: www.lorettalaroche.com

Hay House Titles of Related Interest

Everyday Positive Thinking

by Louise L. Hay and Friends

Everyday Wisdom

by Dr. Wayne W. Dyer

Everything I've Ever Done That Worked

by Lesley Garner

The Gift of Peace

by Ben Stein

Never Mind Success . . . Go for Greatness!

by Tavis Smiley


101 Ways to Jump-Start Your Intuition

by John Holland



All of the above are available at your local bookstore,
or may be ordered by contacting:
Hay House (see next page).






We hope you enjoyed this Hay House Lifestyles book.
If you'd like to receive a free catalog featuring additional
Hay House books and products, or if you'd like information
about the Hay Foundation, please contact:



Hay House, Inc.
P.O. Box 5100
Carlsbad, CA 92018-5100

(760) 431-7695 or (800) 654-5126
(760) 431-6948 (fax) or (800) 650-5115 (fax)
www.hayhouse.com® • www.hayfoundation.org



Published and distributed in Australia by:
Hay House Australia Pty. Ltd. • 18/36 Ralph St. • Alexandria NSW
2015 • *Phone:* 612-9669-4299 • *Fax:* 612-9669-4144 •
www.hayhouse.com.au

Published and distributed in the United Kingdom by:
Hay House UK, Ltd. • Unit 62, Canalot Studios • 222 Kensal
Rd., London W10 5BN • *Phone:* 44-20-8962-1230 •
Fax: 44-20-8962-1239 • www.hayhouse.co.uk

Published and distributed in the Republic of South Africa by:

Hay House SA (Pty), Ltd., P.O. Box 990, Witkoppen 2068 •
Phone/Fax: 27-11-706-6612 • orders@psdprom.co.za

Published in India by:

Hay House Publications (India) Pvt. Ltd., 3 Hampton
Court, A-Wing, 123 Wodehouse Rd., Colaba, Mumbai
400005 • Phone: 91 (22) 22150557 or 22180533 •
Fax: 91 (22) 22839619 • www.hayhouseindia.co.in

Distributed in India by:

Media Star, 7 Vaswani Mansion, 120 Dinshaw
Vachha Rd., Churchgate, Mumbai 400020 • Phone:
91 (22) 22815538-39-40 • Fax: 91 (22) 22839619 •
booksdivision@mediastar.co.in

Distributed in Canada by:

Raincoast • 9050 Shaughnessy St., Vancouver, B.C.
V6P 6E5 • Phone: (604) 323-7100 • Fax: (604) 323-2600 •
www.raincoast.com



Tune in to **HayHouseRadio.com™** for the best in
inspirational talk radio featuring top Hay House authors!
And, sign up via the Hay House USA Website to receive the
Hay House online newsletter and stay informed about what's
going on with your favorite authors. You'll receive bimonthly
announcements about: Discounts and Offers, Special Events,
Product Highlights, Free Excerpts, Giveaways, and more!
www.hayhouse.com®

