



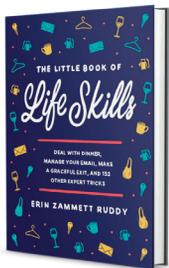
My Yay! List

Fun finds that made me say *yay!*



Nice-price tech

With everything from school to workouts now virtual, the Surface Go 2 laptop has been a lifesaver for my family of five. From \$400, microsoft.com



Awesome advice

The Little Book of Life Skills by Erin Zammett Ruddy backs up my relentless need to make my bed! \$20, bookstores

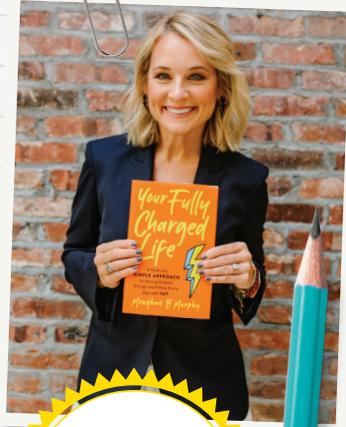


Yay to the yum!

Better than a box of chocolates: gluten-free macarons! Use code YAY10 to save 10%. \$40, danasbakery.com

Love thy cashier

I spelled out my name into the phone excruciatingly slowly: “M-U-R-P-H-Y.” It was eight minutes into what should have been a two-minute call to renew my kids’ prescriptions. As I slogged through each name, it was clear that the clerk was getting frustrated and my bad mood was getting the best of me. When it finally came time to give my credit card number, I needed a chill pill more than my three kids needed those vitamins. But this man didn’t deserve my rage, so I downshifted and said, “You know, you have a really cool voice,” because his was as rich and smooth as cough syrup. “You could be a radio DJ!” He was quiet, but I swear I heard relief tinged with surprise. I found out that Dave was in fact a retired radio announcer who had taken a job at the pharmacy to stay busy. We chatted for a few extra minutes, and after hanging up, I felt like myself again, out of the tantrum I almost got caught in. Sure that call lasted way too long, but thanks to those final minutes, I made a buddy I’d see in person at the store later. My challenge to you this month: See every seemingly mundane interaction as an opportunity—a chance to form a connection or strengthen a bond, to see and be seen, to share your humanity with another person and register theirs. Let these interactions take on more meaning and unleash a current of positive energy. I promise you’ll come away feeling calm, happier, and loved.



IT'S HERE!

For more on the power of love, pick up my new book, *Your Fully Charged Life*, out now.

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