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Surviving Your Vacation: It's Not All Fun and Games

Topics Covered:

Jet Lag Jitters – Trouncing Tiredness in Its Tracks

Four Ways to Avoid Montezuma's Revenge

Money Matters – Keeping Your Eye on the Exchange Rates

Weathering Your Vacation Holiday – How to Be Prepared for Anything

How to Get the Most Out of Your Accumulated Flight Points When Traveling

Keep Circulating – The Importance of Keeping Your Blood Pumping During Air Travel

Road Trip – Ten Things to Do Before You Drive Off

Ten Things You Should Know When Tying the Knot During Vacation

Traveling With Your Baby – Ten Tips to Make it an Enjoyable Experience

Pros and Cons of All-Inclusive Vacation Holidays

Surviving Your Vacation: It's Not All Fun and Games

Jet Lag Jitters – Trouncing Tiredness in Its Tracks

One of the worst parts of air travel is dealing with jet lag. Most people attempt to avoid it like the plague, with little success. Hopefully, though, reading this article will help you stop jet lag before it starts.

Jet lag, simply defined, is fatigue and disorientation caused by extensive air travel that crosses a number of time zones. In addition to fatigue and disorientation, you can experience other symptoms with jet lag. One symptom you can experience is broken sleep once you reach your destination. Like a newborn baby, your body may confuse your days and nights. It could take days to readjust your body to the new time zone. If you're on a vacation, this could completely change your plans.

If you're traveling for business, this could make business impossible. Another symptom you could experience is confusion and fuzziness. This could make you less aware of your surroundings, which could cause safety issues in an unfamiliar location. You might also experience dehydration with jet lag. This can make you more susceptible to illness, which can ruin any vacation or business trip.

There are a number of tactics for dealing with jet lag. First, before you ever leave the airport is one of the most important times to deal with jet lag. Make sure everything you need to take care of is dealt with in the manner it should be. This can help improve your mood and emotions. Stress can only contribute to jet lag, as can exhaustion.

Being tired or having a hangover can make this worse. Be sure to get lots of exercise, too. This can help you to avoid sickness, and it can help your body adjust to the time changes you will be facing. If you do get ill, like with the flu or a cold, it might be a good idea to postpone the trip as long as possible. If you must, though, be sure to bring medications along to treat your illness, as it can be difficult to find those medications once you have reached your destination.

You may want to consider both which way you are flying and what time of day you are flying. There are a number of old tales that say it is better to fly east or west or that it is better to fly during the day or during the night. It is only a matter of personal preference as to which works best for you.

Drinking plenty of fluids is a good way to avoid dehydration. As dehydration sets in, the blood capacity is lessened, and the ability of your blood to carry oxygen is depressed. If dehydration continues long enough, it can cause a dip in blood pressure, along with dizziness, nausea, or fainting. Essentially these are the same symptoms as heat exhaustion. Continuing past this point may cause heat stroke. If heat stroke occurs during dehydration, the body temperature rises. During heat stroke, the body no longer sweats.

Serious consequences like seizure, coma, and death can be the result of untreated heat stroke because not only does the blood carry oxygen to muscles, it also carries it to the brain and other vital organs. Symptoms of dehydration include thirst, infrequent urination, fatigue, and dry skin. It is best to drink as many fluids as possible.

You might also consider some sleeping aids while you are traveling to prevent jet lag. If you must rely on medication, do so only under the advice of a doctor. Otherwise, try things like blindfolds, soothing music, ear plugs, or blow up pillows that airlines offer. You might even consider taking your shoes off on the plane for maximum comfort.

One final thing that can help you with jet lag is to get plenty of exercise before, during, and after the flight. Running and other exercise are the ways of helping the body cope with the stresses it is facing. Even if you have to do some simple plane exercises, you too can combat the jet lag. Some plane exercises include holding your carry on bag as close to your body as possible at a ninety degree angle.

Do a few bicep curls. That should give you a good workout. If you can, balance the bag on your ankles and do a few leg lifts. Try a simple walk around the cabin. It might be difficult, but if nothing else, it should help you to stretch your legs. You can also try placing the palms of your hands together. Push as hard as you can and hold the position as long as possible. Then try grabbing the nearest book. Hold your arms out flat with the book on top. Hold the position as long as you can. Rest for a few minutes and then repeat. Finally, stretch each muscle of your body any way you can. One important thing to note as you try your exercises is to be respectful of the passengers around you.

Four Ways to Avoid Montezuma's Revenge

Traveling to Mexico can be one of the most exhilarating experiences of your life. It is filled with a number of different sites that you can see nowhere else. It is truly a country that has it all. You can spend your time on pristine beaches. You can visit archaeological dig sites. You can soak up nature's beauty in countless locations. You can even spend your time enjoying the amenities of a four star resort. Many people though contract Montezuma's revenge, better known as traveler's diarrhea while in Mexico, and there are four good ways to prevent it.

First, it is important to know a bit about this medical condition. It affects up to fifty percent of all tourists who visit third world countries each year. It is caused by E. coli bacteria that will nest in your digestive tract. The most common symptoms of this condition include increased frequency, volume, and weight of stool, frequent loose stools (you can have anywhere from four to twelve watery bowel movements each day you are experiencing the condition), abdominal cramps, nausea, vomiting, fever, and bloating. Serious cases can lead to dehydration, which can result in hospitalization. There are many different treatments, but none are as effective as the course of time itself.

To prevent this medical condition, you can start by avoiding the water. You should not even consider drinking the tap water. It is interesting to note that citizens of the country are able to drink the tap water and use it for many different purposes because their digestive tracts are

attuned to the bacteria present in the water. Just because the locals have the ability to drink it and use it for various purposes does not mean you have the same ability. If you must drink tap water, be sure to boil it for a minimum of ten minutes before you drink it.

This should make it safe from bacteria. When you brush your teeth, be sure you avoid using tap water. Even a tiny amount can contain the bacteria that will make you sick. When you go to buy bottled water, be sure the seal has not been broken or tampered with in any way. If the bottles simply contain refilled tap water, you could still have real problems. Be sure that you do not eat any of the salads in the restaurants. Their leaves are washed with tap water, and even a minimal amount will set the bacteria in motion.

Another way to prevent this medical condition is to only eat fruits with a peel or fruits that you have washed yourself with bottled water. If you are served fresh fruit in a restaurant, it is not good enough to simply ask the waiter about how the fruit was washed. If you truly want to prevent this wretched medical condition, you must be sure to do everything yourself.

An additional way to prevent Montezuma's Revenge is to not eat food sold by street vendors. They may look very tempting, but these foods can make you sick faster than anything else. You have no idea how the food was washed or prepared. Moreover, you do not know the doneness of the meats you may be eating.

One final way to prevent this medical problem is to avoid places that will serve you rewarmed food. Bacteria form on food as it cools. As a result, the rewarming process does not kill the bacteria formed on the food, which can be a real problem. It certainly indicates you will get sick from the food.

Here are a few tips. Safe items while traveling include freshly prepared dishes served steaming hot, meats that have been cooked to order (be sure to order well done meat), fruits you have peeled or washed yourself, breads and baked goods, hot drinks like tea and coffee, bottled or boiled water, and other bottled or canned drinks. Don't forget to stay away from tap water, ice, uncooked vegetables or peeled fruits that you have not washed with bottled water yourself, cold salads, buffets, food sold by vendors on the street, and any food that has been rewarmed.

Visiting Mexico can be a wonderful experience. You'll stay healthy throughout your trip if you just follow these easy tips.

Money Matters – Keeping Your Eye on the Exchange Rates

Keeping an eye on currency exchange rates is essential when traveling if staying within a budget or if just not wasting money is of concern to you at all. What does exchange rate mean? Typically, using the US dollar as a guide, other currencies would be worth more or less than a dollar for exchange of value.

For instance, a Canadian dollar might be worth 85 percent of an American dollar, or 85 cents. Then when comparing a US dollar to the British pound, it a pound might be worth two US dollars. The fluctuating exchange rate means that, depending on market conditions, one day a

pound might be worth two dollars, and the next day a pound might be worth two and a half dollars, and the next day worth one dollar and ninety cents.

A currency will be either free floating or pegged. A pegged currency is fixed by the government relative to the value of another currency. For example, the Hong Kong dollar in the 1980's was fixed or pegged relative to the US dollar and always worth a set percentage of the currency it was pegged to. A free floating currency is allowed to fluctuate in value relative to all the other currencies on the foreign exchange market.

When discussing currency people also refer to the nominal exchange rate, and the real exchange rate. The nominal rate is the rate at which a currency of one country can be traded for the currency of another. The real rate is the rate at which goods and services of one country can be traded for the goods and services of another. If, for example, the price of a product increases by ten percent in the US and there is a ten percent appreciation in the Canadian economy against US currency, the price of the product would remain constant for Canadians despite the US price increase. This is of course assuming that no tariffs are involved.

As a practical matter exchange rates will change from country to country and can be used to make travel and tourism more attractive in certain countries at certain times, so if there are several countries you'd like to visit and you have a flexible schedule, keep an eye on the exchange rates. If a person is a visitor in New York City it is easy to see how people in other countries follow this rule.

At certain times the city of New York will be flooded with visitors from Germany, France, the UK, or Japan. The reason for this is quite simple. When the exchange rate favors the Japanese or the Europeans, then visiting America becomes much cheaper for them than at other times. If for instance, one thousand Euros, due to a favorable exchange rate, will purchase twelve hundred Euros in value, then they have a net twenty percent gain and a twenty percent cash incentive to visit the US.

In recent years this exchange rate has usually worked in favor of Europeans, but in years past it worked in favor of Americans. For instance, before the Euro became the standard currency of Europe, Italy used lira, Germany the deutsche mark, Switzerland the Swiss franc, Austria the schilling, and France the French franc.

In the early 1980's the exchange rate was five French francs to the dollar, two and a half Swiss francs to the dollar, one thousand lira to the dollar, and two and a half schillings to the dollar on average. The German mark was fluctuating, anywhere from 1.7 marks to the dollar to 2.5 marks to the dollar, so when the dollar was worth 2.5 marks Americans would be ahead to trade in their dollars for marks. When the rate was 1.7 they were better off not spending German marks.

Keeping an eye on exchange rates will always benefit the traveler. Even if you are just crossing the border to visit our neighbors to the North in Canada or the South in Mexico, knowing what the normal value of the other nation's currency is, and planning your trip for when the fluctuation is in your favor will increase spending power.

Weathering Your Vacation Holiday—How to Be Prepared for Anything

Your vacation is planned, you're packed, but do you have everything you'll need? If you were going on a road trip, it would be wise to download a map and directions to any destinations you aren't familiar with. Some overseas trips require a visa and immunizations. You can leave for your vacation with confidence and prepared for anything just by taking a few precautions and hints.

Don't over pack. Know what your route is, and what you'll be doing when you get to your destination. If you know there will be dressy events, bring a fancy outfit. If you know you'll be casual all the way, then why bother?

Know the climate of your destination. If you are going to the desert, is it necessary to carry an umbrella? It's probably not. If it's warm in the day and much cooler at night, consider layers that you can add or take off to adjust to the changing temperatures.

Do your packing around a main coordinating color. Neutral colors, black, or khaki are colors that you can dress up or down, add color, and accessorize for different days or unexpected events. Remember darker colors and prints are less likely to show dirt.

Choose your clothes carefully. Select several different layers and colors that will pack easily. Make sure these items can be washed and dried quickly. Avoid taking bulky sweaters and heavy coats if several layers will be enough. You can always add different belts, jewelry, or scarves to change the looks of an outfit.

Never take more than five or six changes of clothes. Make them interchangeable and durable and you will save space and have room for an article of clothing you might find while on vacation.

Packing for a child is similar to packing for an adult. One step you might want to consider is putting each outfit into a large zipper close bag so it's easy for your child to choose which outfit he or she wants to wear.

Let your child pack a small backpack with a few favorite toys and snacks that he can carry himself. Don't make it too heavy and let him or her know that they are responsible for keeping track of it. Slip in a few treats or surprises that will make your child happy during your trip. If your child will only go to sleep with a favorite toy in his hand, be sure you don't forget that!

Always be prepared with any medications they might need. If you know your child is prone to asthma attacks, be sure to bring the inhaler or breathing treatment machine. If your child had allergies to anything, bring the antidote; it may save you worry and a trip to an unfamiliar emergency room.

Electronic toys should be picked with care. Choose the ones where the sound can be turned off or earphones can be used. If you are traveling with a preteen or teenager, you may want to pack their personal CD player, or iPod with their own choice of music to keep them happy.

Some basic packing tips to remember are, stuff socks in your extra pairs of shoes; underwear in side pockets or mesh bags and protect clothes from leaks by placing all toiletry items in plastic bags.

From experience, if you are on medications and you are flying, always pack your medications, a change of underwear, toothbrush, and paste, and make up in a carry on bag and take it with you. Once you've lost your luggage once, you'll know this is one of the most important tips I could give you.

Avoid packing important items such as travel documents, medication, keys, cameras, money, or other valuables in suitcases. On flights I've been on recently, I wasn't allowed to lock our suitcases because of security risks. That also leaves your suitcase open to anyone who might want to check it out.

Be prepared for anything that might come along on your vacation, it could be an unexpected cold spell, an unexpected earache or cold or maybe luggage that gets to your destination a day later than you do. It will save you several headaches if you've planned.

How to Get the Most Out of Your Accumulated Flight Points When Traveling

Frequent flier miles sound great in principle—travel with a certain airline and earn points that you can cash in later, or use a certain credit card to earn points without even traveling. What could be better than free airline ticket? Airlines, unfortunately, aren't so keen on your sudden desire to fly for free. Their goal is to sell seats not give them away, no matter how much they try to entice you into earning frequent flier miles. By being aware of some simple tricks of the trade, you can not only increase the amount of flight points you earn but also stretch them as far as possible.

First, earn the maximum amount of points every time you fly by choosing a specific program and following all of their rules and regulations. Be aware of their promotions and partner companies. You could earn miles by buying flowers at a specific florist or staying at a particular hotel. Keep updated by reading their websites and newsletters for promotions. Certain techniques can also earn you more miles.

For example, see if you can earn extra miles for business trips by paying for the flight with your own credit card and having your boss reimburse you. Or if your spouse flies less than you, he or she can use a free frequent-flier mile ticket while the paid ticket goes on your account, earning you more points faster. While you are actively earning miles, stay organized. Save receipts, and watch out for errors in your statements.

Know how many miles you have and how many you need to qualify for free trips or other perks that come along with a certain status as a frequent flier. Finally, don't waste your miles on cheap flights or by cashing them in on other purchases, such as magazine subscriptions or club memberships.

As wonderful as a promotion may seem, frequent flier miles are, essentially, cash, and you can bet that an airline wants to save itself money by having you spend your cash on something other than an airline ticket.

Do you figure that you'll never fly frequently enough to earn enough miles to be useful? You can actually earn points without even flying by using a credit card that offers frequent flier miles based on the amount you charge every month. While these credit cards sounds like great deals, getting the most out of them can be tricky. Many cards that offer miles also come with a hefty annual fee, so be sure that the cards are worth the fees before you use them.

For example, if a card charges fifty dollars annually, and it takes you four years to earn enough miles to purchase a ticket worth less than two hundred dollars, then your investment in the card did not save you any money. If you believe that you can receive worthwhile savings with a mileage credit card, then charge as much as you can—groceries, dinners, even monthly bills—but pay off your bill every month or you'll be losing money on the interest charged. If you go to a restaurant with friends or family, have them pay you for their meal in cash and charge the bill on your credit card.

Some restaurants will give you extra mileage when you pay with a specific mileage earning credit card, and some credit cards will give you extra mileage when you charge groceries and other items. Take advantage of these deals by checking your credit card's mailings, email newsletters, and website.

Finally, you've spent years earning thousands of frequent flier miles on everything from your credit cards to your business trips out of town, and now your ready to cash them in and live the high life. The first way to get the best flight with the nicest upgrades or advantages possible from your frequent flier miles is by purchasing tickets as early as possible—as much as a year in advance.

Also, try and schedule your flight for the middle of the week—Tuesday, Wednesday, or Thursday—rather than on Saturday or Sunday when more people are flying, and try to book midday flights, which are less popular than morning or early evening. Finally, call the airline rather than use the Internet to book your flight. All of these methods are more likely to lead to you receiving the awards and deals that you want to get from your hard-earned frequent fliers.

Keep Circulating – The Importance of Keeping Your Blood Pumping During Air Travel

Extended air travel can mean making it to a far away destination faster than you ever could by any other method of travel. However, it can also mean long exposure to uncomfortable seats, boredom, and worse, problems with circulation.

Good circulation is important for a number of reasons. Your lymph system must have good circulation at all times. The lymph is a fluid in addition to blood that is contained in each tissue in your body. The lymph system is a network of vessels and nodes that transmit the fluid to each place in your body. These nodes are essentially factories for the production of white blood

cells. You might have heard that you have swollen lymph nodes when you are ill. This is because your body is working overtime to produce what it needs.

The lymph system does not have a pump. It only relies on the movement of our muscles to keep pressure within the system. This means you have to move around all of the time to keep your circulation up. Lymph fluid does a number of things to improve your health. First, it helps to finish the circulation of the blood. As your vessels get smaller, components are squeezed through small gaps. This helps to carry food to the cells. The lymph vessels collect the leftovers and take it back into the blood system.

The blood system is then able to transfer it to your kidneys and your liver to be passed out of your body. Lymph fluid also moves white blood cells to the necessary locations in the body. Any area of damage, inflammation, or illness needs white blood cells for its very survival. The only way to do this is through the transfer of lymph fluid. The only way to transfer lymph fluid, for any reason is movement.

Movement during air travel can be very, very difficult. The negative effects of not moving around for a long period of time can be very bad for you. As a result, most airlines offer a bit of advice on this matter during the preflight talk with the passengers. You might try a few simple exercises at frequent intervals during the flight to keep your blood circulating. This can help reduce stiffness, discomfort, and fatigue.

It can also help lower your risk of more serious conditions like venous thrombosis, which is a blood clot. Blood clots can go straight to your heart, causing a heart attack, which can result in death. You can start your exercises by holding your carry on bag as close to your body as possible at a ninety degree angle. Do a few bicep curls. That should give you a good workout. If you can, balance the bag on your ankles and do a few leg lifts.

Try a simple walk around the cabin. It might be difficult, but if nothing else, it should help you to stretch your legs. You can also try placing the palms of your hands together. Push as hard as you can and hold the position as long as possible. Then try grabbing the nearest book. Hold your arms out flat with the book on top. Hold the position as long as you can. Rest for a few minutes and then repeat. Finally, stretch each muscle of your body any way you can. One important thing to note as you try your exercises is to be respectful of the passengers around you. They do not need to be subjected to an elbow in the face on an hourly basis.

Besides movement, there are a few other ways to keep your body healthy during air travel. First, drink plenty. Try to avoid smoking and alcohol, as both of these can change the way your circulation systems work. Also, avoid crossing your legs while you are seated. It can stop the circulation of your legs. You might also want to wear loose-fitting comfortable clothes while on the plane.

Certain garments can reduce or restrict the circulation you are trying so hard to keep pumping. Compression stockings can help prevent swelling and may even help increase circulation to that area of your body. You should only purchase these, though, from a reputable medical facility, as they can be dangerous if used wrong.

They will also need to be measured to fit your legs. In any case, discuss this idea with your doctor first.

Road Trip – Ten Things to Do Before You Drive Off

Road trips are great fun for all. The freedom you feel being on the road, the camaraderie you feel with your car mates, and the simple joy you get from visiting places you've never seen before are all great things about being on a trip. Before you head out, though, there are a number of things you should consider.

First, look at the maps and plan your route carefully. Planning is the first good step, but researching those routes another part of this step. The research can help you decide if you need to plan a back-up route. For example, if you intend to drive on a certain interstate for a long period of time, and that interstate is under extensive construction, it might be important to plan another route in case you need a quicker way that is not currently under construction. From there, you might jot down some notes about your route so that you are not trying to look at a large road map while driving. This can be both cumbersome and dangerous.

Second, make some guesses (educated ones) of travel times along your route. There are many new Internet websites that can help you do this. Estimating travel time can help you decide where you might be when so you have a better idea of when you'll be able to stop for gas, to use the facilities, and when you'll want to eat. You may want to plan your stops that involve food with major towns, as many of the rural towns across America do not have restaurants.

Third, have the mechanic check out your car. You want to be sure all of the belts, hoses, and fluid levels are within good driving parameters. It is also a good idea to have the oil changed. This can help to keep you from serious problems while you are on the road. Don't wait until a few days before you leave for your trip to do this, because it can take some serious time to get the appointment, and if you do have a problem, it may take extra time to get things fixed. You may want to do a little driving around your town, too, to be sure that whatever the shop has fixed remains repaired. You'd hate to get stranded twelve miles into your trip.

Fourth, be sure your car is prepared for the season you'll be traveling in. For example, if you intend to visit a snowy region in the winter you may need snow chains and extra anti-freeze in your car. If you intend to visit the desert in the summer, your air conditioning system may need more coolant fluid. It is important to take into account both the weather you will be driving in and the weather at your destination.

Fifth, if you have a wheel lock instead of a hubcap, be sure you know where your key is. A flat tire is one of the most common problems people encounter on the road. It can be impossible to change if you have a wheel lock and no key. It can be fairly standard maintenance if you know where your key is.

Sixth, have your car cleaned. You probably plan to be in your car for a long period of time, and both you and your passengers will feel better in a clean car. Don't forget that you won't only be traveling in your car while you're trying to get to your destination, you'll probably be traveling in

your car once you reach your destination as well. Having a clean car can make that a bit nicer.

Seventh, pack an extensive emergency kit in your vehicle. You want to be sure to include things like motion sickness pills, pain relievers, and bandages. It might even be a good idea to include those new instant ice and cold packs. These chemically activated products can be really helpful when you're nowhere near an emergency clinic.

Eighth, find some entertainment to take along. You have a number of choices in this arena. You can listen to old radio shows on cassette or CD. You can take along some of your favorite tunes to jam to as you're flying down the highway. You can even watch DVDs on a portable player if that's what you're into. If you want to go a bit old fashioned, you can have a sing along or tell stories. Anything to make the time pass will be helpful to you.

The ninth tip for preparing for a road trip is to check your vehicle licensing and insurance information. Be sure both you and your vehicle are properly licensed before you set out. This can save you a lot of hassle if you get stopped on the road. You should also have your insurance information handy in case you are in an accident. A one eight hundred number might be helpful to you in that situation.

The final tip for preparing for a road trip is to fill the car with gas before you pack and leave so the fumes won't bother your passengers. While you're at it, it is a good idea to go ahead and check the tire pressure. It can change the gas mileage on your car throughout the trip.

Ten Things You Should Know When Tying the Knot During Vacation

Being in love and on vacation can be over stimulating even to those who are most sensible. When your body and mind gets a chance to relax, you might feel the urge to do something crazy, like getting married. Whether you've known your partner for a few weeks or a few years, when you get married during vacation, you're still married when you return home and all the fun is over.

Getting married in another state or in another country, remains valid no matter where your home is. But like any betrothed couple, you need to know what you're getting into. If you're on vacation with your partner and decide to tie the knot, be sure it's something you both really want to do. If you meet someone while on vacation and decide to marry before really getting a chance to know each other, this can be a problem. Before any partnership becomes legal and binding with a marriage license, check out these ten tips to ensure you are not making a mistake.

1. Respect. This comes first and foremost in any relationship. Does your potential spouse respect you? Partners, who bad mouth each other to their friends or acquaintances, have no respect for each other. Partners need to be appreciated and respected.

2. Pay attention. Do you pay attention to each other? When one partner allows the mind to wander while one is speaking, or is constantly interrupting, this is not listening. You have to listen to one another as a part of communication.

3. Being right. No one loves a know-it-all. Someone who has to be right all the time or have the last word is not an easy person to live with. Everyone makes mistakes once in a while and people should admit when they don't know all the answers. There's nothing wrong with it, it's only human.

4. Following through. When you say you're going to do something, then do it. Actions speak louder than words and no one wants to be around somebody who is all talk. If you talk the talk, then walk the walk, or step out of the way. When you follow through on what you say you're going to do, then your partner would be able to trust you and believe in you more.

5. Sexual intimacy. Losing interest in sex can kill a marriage quickly. If you're not interested in sex before marriage, you won't be interested in sex after getting married. When spouses are denied sex from their partners, they become most likely to roam and quench their thirst somewhere else.

6. Teasing. Teasing is okay in moderation or during play, but when the teasing becomes consistent and hurtful, it's time to stop. If your partner teases you by saying hurtful things to you and then tells you that you don't have a sense of humor or tells you that you're too sensitive, that's a red light. When something hurts, it hurts. When you tell your partner to stop, they should stop, if not, it's time to reconsider your relationship.

7. Lying. No healthy relationship should harbor lies and deceit. Any dishonesty can create a lack of trust in your relationship and all relationships should be built on trust. If your partner truly loves you, they would not lie to you or keep any secrets from you.

8. Hygiene. When couples come together in very intimate moments and share themselves with each other, they make themselves wanted by having good hygiene. Taking baths or showers on a regular basis, washing and maintaining healthy hair and shaving and cleaning all of the important parts of the body is good hygiene. Brushing your teeth on a regular basis and using mouthwash welcomes intimate kisses and closeness.

Partners, who hardly bathe, don't brush their teeth or pick their nose as a past time, should be reconsidered. What can seem cute or bearable now won't be a few years from now after the two of you marry and have a few kids together. Never try to change a person to suit your needs; it won't happen, no matter how much you want it to.

9. Anger. Having outbursts of anger or temper a tantrum is not something you want to live with. Everyone gets angry, but if your partner is the type of person who is easily set off and gets destructive, they can also become violent.

Traveling With Your Baby – Ten Tips to Make it an Enjoyable Experience

For the Family

Getting ready for a family vacation with a baby? Many things can make the trip a more

enjoyable experience, depending on the age of the child. Of course, if the baby is still in diapers then having a good supply of diapers and baby wipes is a necessity. Bottled water for drinking and for rinsing out cups is a plus. Snacks, the healthy sugar free variety, are also a necessity, and pillows and blankets to make the child comfortable during the long ride.

If your baby is old enough to pay attention, then travel games, coloring books, and toys that are quiet enough to avoid driving you crazy can be helpful. Also a travel DVD player that plugs into the car's cigarette lighter for power will allow the child to watch a favorite video, keeping him or her occupied and more comfortable.

Read along books for children are handy as well. These books have recordings the children listen to while looking at the pictures and the words underneath, teaching reading skills at a very young age. Possibly the most important tip would be making a schedule and setting realistic driving times each day. Adults can handle longer spans of time in the car than children can, and especially babies. Try not to spend more than eight hours a day driving, and have rest stops every couple of hours to stretch legs, and get outside in the fresh air.

Jill is a mother of two who has fond memories of traveling with her children as babies and toddlers. She tells many stories of trips to the lake, the park, the beach and even to Disneyland, bringing her small children along and says that the experience wouldn't have been nearly as enjoyable for her or her husband if the children had stayed home. She does however, recommend thoughtful planning.

"Story books were great. I read to the kids while my husband drove, and that kept them occupied. It also often makes them sleepy and led them to frequent nap times." Jill also recommends coloring books so that the kids can amuse themselves. Ditto for the sugar free snacks. You won't want to get the children running in overdrive on a sugar rush. But children do get hungry frequently, so keeping a good supply of crackers, fruit snacks and other things the kids enjoy will make the trip more enjoyable.

It helps travelers, that so many rest stops these days, have baby changing stations in both men's and women's rest rooms. This allows both parents to handle the child changing chores, and eases traveling tensions.

Jill's friend and neighbor Sally also remembers traveling with very small children, and offers this advice: "Baby wipes. Have lots and lots of baby wipes. You never know when you'll need them. And be sure that you make rest stops every hour or two. The kids will get a bit cranky and stopping for fifteen minutes can make a world of difference. Also, be sure to bring animal crackers, graham crackers or some other sort of snack, and bottles of water or fruit juice to wash it down with. Keeping a child fed with keep a child happy."

Traveling with a very young child can be a challenge. If you have friends with older children, ask them what they did to ease the stress of the rip with traveling with the children in earlier years. It always helps to learn from someone else's experiences. Also, ask your own parents what they did when you were a baby, and how they handled traveling situations. It also doesn't hurt to check out the local public library for parenting magazines and books. Being a parent is a very responsible job and learning from others is only wise.

However, traveling with your baby or other young child will provide you with a great deal of enjoyment. If you take a camera or video camcorder you'll be able to record the trip for future memories, and have stories to tell for years to come. So enjoy traveling with your baby, but be sure to plan ahead.

Pros and Cons of All-Inclusive Vacation Holidays

All-inclusive vacations are appealing to families and people on a certain budget. Included in an all-inclusive package will be a round-trip airfare from a departure destination, transport between airport and your hotel, your hotel fee and all meals and drinks. This is a good deal if you have teenagers because you don't have to worry about keeping them fed. All-inclusive packages will also normally include a couple of extras, such as a free tour or two, and on-sight recreation.

All-inclusive means that once you get to your destination, you don't have to spend any money except on souvenirs of your trip unless you go outside your resort. These vacations are a no hassle way of taking a vacation and being able to relax and enjoy it without figuring out how much your accommodations will cost and finding the right place to stay. Prices vary and depend on the time you plan to spend at the resort and what amenities you want or expect.

There are many advantages of an all-inclusive vacation package. The buffet-style food gives you a huge choice in what you want to eat, is easily available and will allow you to sample different varieties of food you normally wouldn't try. The service is always helpful and you will find many activities included in the package. The all-inclusive trip that we took included two tours of our choice as well as snorkeling and other water activities. Many sights have pools, tennis courts, or golf courses. These activities are free and part of the package.

One of the best advantages in buy an all-inclusive package to a major theme park such as Disney World is they have so many activities that are included. For instance, water parks, miniature golf, canoeing, biking, and horseback riding. The best part is they have free shuttles back and forth between the different areas so you don't have to worry about transportation. No need for the extra expense of renting a car.

If your family includes older children, you might enjoy an all-inclusive package such as a skiing adventure in the Rockies, or a trip to a "dude" ranch in Arizona. No matter what your tastes are, you can find an all-inclusive vacation to make everyone happy.

There are a few cons to an all-inclusive vacation. You should explore your destination on-line and sometimes that still doesn't tell the whole story. We booked an all-inclusive vacation in Cancun that sounded like heaven. The resort was found on a reef just off a major island and not on the "strip" of hotels in the heart of Cancun. Sounds perfect right? When you are booking your all-inclusive vacation, be sure you know exactly what all-inclusive means. Some resorts offer low prices but you are subjected to sales pitches to buy time-shares.

What you thought would be an ideal vacation could turn into a nightmare when you realize that in some places, though it advertises no tipping, the workers still expect it. If they aren't tipped,

your service will be affected. At least we found this to be true at the resort we stayed at. At our resort, there were tip jars everywhere and tips were absolutely expected. Some resorts ban all tipping and you need to find out ahead of time which type of resort you are going to.

Another downside to taking an all-inclusive vacation is that if you go off the resort you will pay for everything you do. In our case, our resort was small and had limited-access to other activities. What we thought would be a vacation to get away from it all, instead turned in to a vacation that was restrictive and more costly than we expected. For instance, the all-inclusive package included only one round-trip ferry ride to the mainland.

That means, they got us to the resort and would get us back to the mainland for our trip home, and all other visits or excursions off our resort was our responsibility to pay for. The resort was beautiful, but we were expected to tip, we had to sit through a sales presentation, and it was restrictive on that particular resort.

All-inclusive has a nice sound to it, but be sure that where you are going is all-inclusive. Research on the Internet or ask for friends or family members recommendations.

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