



Simple Joys

**Description**

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Daffodils are one of the first signs of Spring in Kansas. I was so happy to find some sprouting this past weekend. We are finally starting to get some **Spring weather** here in Kansas and that my friends is a simple joy. Bring on the **sunshine** and **flowers**. Iâ€™m also thankful for **Allegra (allergy medicine)**, because although I love the change in seasons, my nose doesnâ€™t always love it.



Iâ€™m loving the reality television show **The Voice** on NBC. I watched it on and off last season, but this year there are two new coaches. Latin singer, Shakira and pop sensation, Usher have joined judges Adam Levine and Blake Shelton. Evidently Cee Lo Green and Christina are taking some time off. My husband and I happened to catch the first show and now we are hooked. The banter between the coaches, especially Usher and Blake Shelton is almost more entertaining to watch than the singers. We canâ€™t wait to hear what their arguments are for contestants to choose them. I think youâ€™d need a background in debate to keep up with this group of coaches. Iâ€™m not a big fan of country music and didnâ€™t even know who Blake Shelton was before this show, but now I canâ€™t seem to get enough of him. Usher has a killer smile that melts my heart, Shakira is one tough cookie at 5â€™3 and Adam is just Adam. I love his music and he just tells it like it is. Adios American Idol, hello **The Voice**.



I love finding treasures at antique stores. The above picture is of a few of my finds from previous treasure hunting expeditions. The bust reminds me of Christopher Columbus. The brass owl is a bank and part of a set of five. I love old books and the stone statue looks just like my dog Fritz. I'm overjoyed to be going on another expedition in the West Bottoms of Kansas City. I will share a few of my favorite places with you soon.



I watched two interviews with Author and Research Professor, Brené Brown on **Oprah's Super Soul Sunday Show** which airs on OWN. You can watch the full episodes [here](#). I purchased her book *Daring Greatly* several months ago and like most of the books I own it's been sitting on my bookshelf waiting desperately to be read. Lately, *Daring Greatly* keeps presenting itself to me in different ways as if to say, would you just read me already. I'll be sure to share my insights after I've read it, which will be very soon.

For now, I wanted to leave you with a few thoughts from Brené. In her many years of research she has found that people who've gone through horrific things like losing a child miss the ordinary moments the most not the extraordinary ones. **Lean into moments of JOY!** Actively practice gratitude and be thankful for what you have now instead of worrying that you may not ever have it again. Pay attention to the ordinary moments.

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