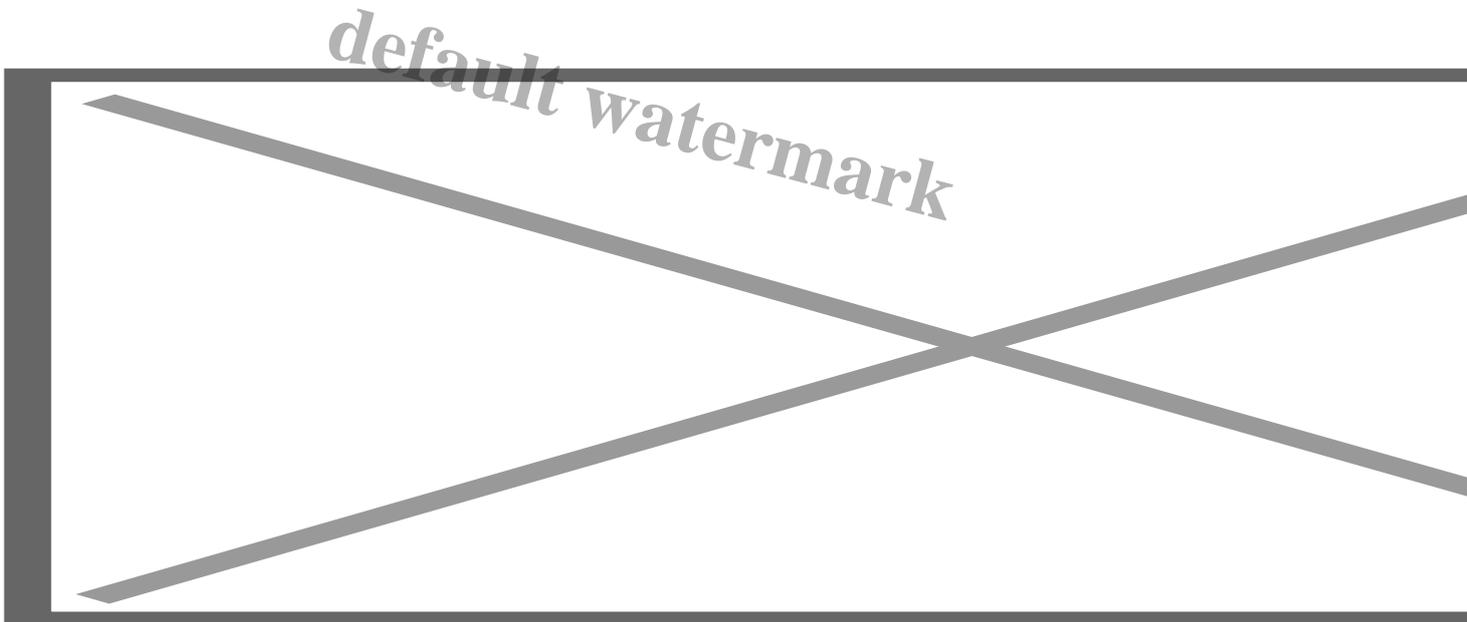




The Dose of Reality Makes Me Smile

Description



I recently started following the blog [The Dose of Reality](#) by Ashley and Lisa. These two ladies love to keep things real and not only make me **smile**, but laugh out loud. Their series on Pinterest Nightmares gives me a whole new perspective of Pinterest. If youâ€™ve been reading my blog, you know how I love Pinterest. Instead of feeling inadequate at DIY projects, creating a stylish wardrobe and all of the cooking I still havenâ€™t done, I can see what Iâ€™m not missing and focus on what good taste I have. Lisa and Ashley help me to see whatâ€™s right in my life and do all the work by sharing the not so beautiful things in this world. Some of my favorite recent Pinterest nightmare posts are: [SkyRest Travel Pillow](#), [Drop Crotch Pants](#), and Lisaâ€™s quest to find Ashley the perfect gift in [Happy Birthday Ashley](#).



Ashley describes herself as a stay-at-home mom to two children and an occasional nurse, but it turns out she would just rather play a nurse on television. She considers it a good day when she remembers to pick up both kids at school and also only raises her voice at bedtime. Her main goal in life is to surround herself with people who are real and tell it like it is.

Lisa is also married and the mother of two children. In her previous life before carpool ruled her every waking moment, she was a practicing physician in Internal Medicine. She now happily embraces her ancient minivan and wearing yoga pants as many waking hours as possible.

This is just a few things these two lovely ladies wrote about in their bio information and as you can see they have a great sense of humor about themselves and life. I asked them to answer the question, "What makes you smile?"

This is what's on Ashley and Lisa's smile list

1. husbands and children who listen the first time
2. discovering snack foods that are zero Weight Watchers points
3. thinking we ate the last of the M&Ms, but then finding a new bag in the pantry
4. shampoo that doesn't ask you to rinse and repeat, but just gets the job done the first time
5. raindrops on roses and whiskers on kittens
6. planning our reality TV viewing schedule each new season
7. invention of the DVR
8. someone who is not us cleaning our minivans
9. really comfy yoga pants

I love their list! I would have to put numbers 1,7 and 9 on my list as well. Are any of these on your list? Please leave a comment and check out [The Dose of Reality](#). It's guaranteed to make you smile. After all, laughter is the best medicine.

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