



Me Time and Magazines

Description

This post is part of a social shopper marketing insight campaign with Pollinate Media Group® and PEOPLE StyleWatch® and Real Simple® but all my opinions are my own. #PMedia #NewYearMeTime <http://my-disclosur.es/OBsstV>.



Reading magazines is a simple joy for me and one of my favorite ways to spend â€œme timeâ€. My husband will vouch for this and jokes that there needs to be a magazine free isle at the checkout lanes for people like me who have an addiction to magazines. Recently in the checkout line at Walmart I picked up several magazines. One of my favorite magazines is *Real Simple* and I love *People*, *People StyleWatch* and many others. I always have a stack piled up by my favorite chair in my hearth room. You can currently get a digital [\\$1.00 off coupon](#) on one of these magazines and more at Walmart.

Magazines are one of my go to sources for inspiration. As you know I love Pinterest, but Iâ€™m on my computer most of the day and I love the feel of holding a magazine in my hand and looking at all the glossy pictures. I often tear out recipes I want to make, craft ideas, and decorating ideas. Itâ€™s important for me to unplug from technology from time to time. For years Iâ€™ve kept binders with all of my ideas. Iâ€™ve collected so many ideas that itâ€™s now time for me to go through and purge some of them.

The January issue of *Real Simple Magazine* is all about LETTING GO. My word for this year is [release](#) so I couldnâ€™t wait to carve out â€œme timeâ€ to dive in and read the articles. The thing I love about magazines is they offer quick tips and information in a condensed format. I get easily distracted and it can take me several weeks to get through a book, but I can read a magazine in an hour or less. I found the article on â€œFive Ways to Banish Guiltâ€ particularly helpful and itâ€™s something I need to release. Five Experts share their best guilt-busting tips.

- 1.Excorsie your regrets-Write regret on a piece of paper and burn or bury it in your backyard.
- 2.Apologize better-The apology should be about the person you hurt. Itâ€™s crucial to show the impact of your actions.
- 3.Make sure thereâ€™s a victim- Is there a reasonable basis for me to feel guilty?
- 4.Expect less of yourself- Do the best you can.
- 5.Transform guilt into motivation- Use those feelings to motivate you to be a better person.

Iâ€™ve also found a lot of great recipes in *Real Simple* and most of them are fairly easy. I made this [bourbon apple cake](#) in the Fall which was from the magazine.



BOURBON APPLE CAKE

I found a recipe for steak with cauliflower puree and crispy quinoa I'd like to try. I want to incorporate quinoa into my diet this year. If you aren't familiar with quinoa, it's high in fiber and protein and is gluten-free. It's not a grain, it's a relative of spinach and beets. If you follow me on [Facebook](#) and [Instagram](#), I recently shared some quinoa chips I love. I love my carbs so I'm always looking for good sources of protein other than meat and dairy.



Another one of my goals is to simplify the dinner hour and I loved *Real Simple*'s article on "How To Not Make Dinner". The suggestion from a reader that really stuck with me and that I plan on using is to have an Odds & Ends Night. Set out a platter of odd and end items such as: raw fruits, veggies and dips, cheeses, a fresh baguette, summer sausage, shrimp cocktail and any other items your family would enjoy. You could serve a cocktail or sparkling juice for the kids and designate it as a special night. It's little traditions like this that I think children remember the most. It's a way to turn a mundane dinner into a little celebration. The bonus is you don't have to cook! It can also be a great way to clean out your refrigerator of excess condiments.

I'm not picky when it comes to magazines. I have a variety of interests and it's also the reason why I write a lifestyle blog. I love recipes, home decor, entertaining, entertainment news, fashion and style. I'm not one to follow all the trends, but I like to stay updated. I try to incorporate the trends that work for my body type and age. I'm already looking forward to Spring and the February issue of *PEOPLE StyleWatch* shares the trends for Spring.

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Some of the **Spring trends** Iâ€™m loving are: extra-natural makeup, white shirts, block heels, suede, dark denim, nude nails and 70s accessories. I donâ€™t wear much makeup and I love nude nail polish. I also love layering necklaces and was inspired by seeing it done in magazines. Iâ€™m a very visual person and like to see a picture of something rather than have someone describe it.

If you love magazines as much as I do. You can **save a \$1.00 on an issue of *People, InStyle, PEOPLE StyleWatch, All You or Real Simple* magazine at Walmart. Get your coupon [HERE](#).** The Walmart digital coupon is available 1/14/15 to 2/16/15 (while supplies last). to access the coupon you must be a member/subscriber to Walmart.com. I hope you enjoy your "come time" and are inspired! Are any of the magazines I mentioned some of your favorites?

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