



Relax, Renew And Restore

(NAPSA)—For nearly half of American women, the daily task of juggling the demands of home, family and career is a constant challenge.

To reward busy individuals with more room for living, lifestyle expert and best-selling author Stacy DeBroff has teamed up with Kimberly-Clark, makers of trusted brands such as Kleenex® Facial Tissue, Cottonelle® Toilet Paper and Huggies® Diapers, to offer simple solutions to make life at home happier, healthier and more fulfilling.

Some of DeBroff's tips to balance busy lives and enjoy every-day moments include:

Relax: Take Time Out for Yourself

- Reward yourself in quick and easy ways every day. Even something as small as changing scents can give you a fresh perspective on the day. Change the perfume you wear for an instant mood pleaser or try scented candles in the kitchen.

- Set the stage for some R&R. Curl up with a good book or tune in to a DVD that's certifiably "chick-flick" material. Go ahead, let the waterworks flow! Keep a box of Kleenex brand tissue nearby for those inevitable tearjerkers.

Renew: Redesign Your Life

- Simple style solutions can infuse personality into your kitchen. Viva® towels Designer Prints complement your home's decor with patterns and elegant borders. Choose the Viva design that matches your style and makes everyone feel welcome.

- Renew your outlook when potty training begins and focus on



Leading a balanced life is all about making smart choices and planning ahead.

everything your child does right, from making it to the potty on time to even the littlest successes along the way. Load on the rewards and praise for a job well done.

Restore: Find the Balance and Live

- Be realistic. We can't get everything done in one day. Give your to-do list a hard second look. Prioritize the most pressing chores, then push back tasks that can wait until tomorrow. Spending time with your family is more important than a trip to the post office.

- Don't sweat the small stuff. Keep a healthy perspective and cherish your role as a woman and a mom. Remember that femininity is all about self-expression and self-esteem. Poise® products help us take back our lives and feel self-empowered and confident to take on everyday challenges.

These practical, time-saving tips will help take the stress out of daily routines, leaving more time to connect with family and friends.

To learn more about Stacy DeBroff's simple solutions to relax, renew and restore, visit www.RoomADayGiveaway.com.