

## I'm back!

Written by Gayle Nobel

Thursday, 23 December 2010 15:21 - Last Updated Thursday, 23 December 2010 15:39

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Hi Everyone,

I did not leave the planet as some of you may have thought. I did leave the country for a bit but have been back for awhile. I have many, many excuses for letting the blog go and could write you a long list. BUT, before you reach for your mouse, don't worry, I'm not planning on it.

I got extremely sidetracked but have missed writing very much. Over the next few blog posts, I hope to share some of the lessons I have learned and wisdom gained over the last few months. It has been a time of extreme lows followed by extreme highs in my life. I am still trying to come back to center and regain balance. Oops, remember I said in "Breathe"; there's no such thing as balance, but rather, it's all about harmony. So trying to feel that sense of harmony again.

Sometime soon, I will also be resuming my E-letter , "Living with Attitude" again in a shorter, revamped format.

For now, I would like to wish all of you a Merry Christmas, belated Happy Hanukah, or if you celebrate neither, Happy New Year.

I am very grateful for my readers. Thank you for your overwhelmingly positive response to my latest book-baby, "Breathe". Knowing my stories and tools have made a difference for you means the world to me. I hope you are continuing to use "Breathe" to help you love and live well with life and all it's challenges, opportunities, and gifts. I know it helped me through a crises this fall.

What does it mean when an author goes to her own book for inspiration? Guess I still have some lessons to learn!

I recently did a Blog Talk Radio Interview and was asked to comment on the challenges we face with our special kiddos during the holiday season. I think this is one of my best interviews

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yet. I confess to feeling peaceful and completely relaxed. This is a "first" for me during an interview! The interviewer did an excellent job too.

I invite you to listen in [HERE](#) . It's a bit long, so make a cup of tea or listen in small nibbles. Hopefully, there is something useful and inspiring there for you.

Stay tuned because I am back to blogging again.

Wishing you all the best,

Gayle