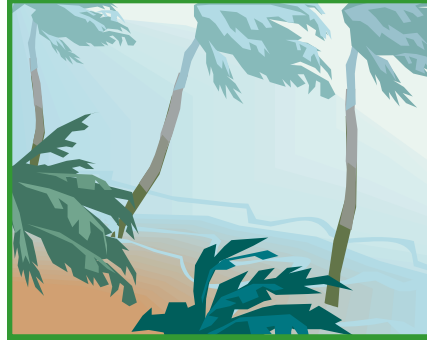


AFTER THE STORM

Some people weren't affected at all by the recent hurricane. Others were mildly impacted. Then there were those who were deeply inconvenienced, wrecked havoc upon, hurt or mortally wounded. People lost power for many hours and even days. There are those who still haven't had their power restored.

Many people prepared for days to be ready for when it arrived in their area. Some stocked up on supplies and physical barriers. Others had to evacuate and some are still evacuated. Others may not have a home to return to, or it could be uninhabitable or roads could be ruined and they need rescue by helicopter.



"The goal of life is living in agreement with nature."

-Zeno

"When all is said and done, the weather and love are the two elements about which one can never be sure."

-Alice Hoffman



KATRINA GREENE, MSW
SUCCESSFUL LIFE COACHING
WWW.SUCCESSFULLIFECOACHING.COM

631-567-0008



It has been a huge challenge affecting many.

So now in whatever stage of recovery we may be in, we need to begin the rebuilding process. For some it will mean a vigorous cleanup, for others it may mean repairing or rebuilding structures due to wind or water damage.

These days we have technology with a lot of advance warning. In previous times, we wouldn't have had days to prepare with supplies, sandbags, generators and food. We may have only had hours or one day at best.

We can be grateful for power, water and our neighborhood returning. We can also help out, or send our good wishes, donations to our neighbors or fellow citizens who remain deeply impacted by Hurricane Irene.

What was your Hurricane experience?

We would like to know how you are.

What did you do to prepare?

What might you do differently next time?

Did your family or workplace lose power?

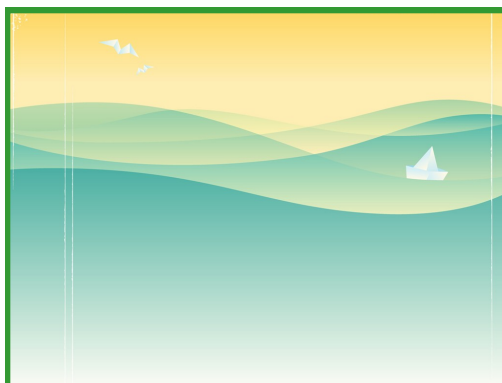
Although inconvenient, were there any positive aspects?

Is your recovery too large a job?

Do you know where to go for assistance?

Are there people in your life who were harder hit?

Do you know how to help or where to direct your energy?



"In all things of nature there is something of the marvelous."

-Aristotle