



# The Good Stuff

**Quips and Tips on Life, Love, Work and Happiness**

by America's Top Humorista  
**Christine Holton Cashen, MAEd, CSP**

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***Dedicated to the BEST STUFF in my life –***

Husband Gregg, calm amidst chaos

Wondrous children, Donovan and Camille

Amazing parents, who always pushed me to go for it  
(without you I wouldn't be here... seriously!)



Cool Reader,

This is the spot where I'm supposed to explain exactly when that amazing light bulb moment occurred that inspired this book. Easy answer. It wasn't even my idea!

As a speaker, one of the most enjoyable parts of making presentations is the opportunity to chat with participants following my talks. Without fail people would say, "I wish my \_\_\_\_\_ (fill in the blank: husband, boss, friend, co-worker) was in attendance to hear your program. Do you have a book that I could take home?" So after much prodding and perfect storm connecting, I've finally put together some of my favorite creative and practical ideas to make life better.

Fast forward. So at long last I could respond, "Yes... I'm writing a book!" Then of course the obligatory follow-up question: "What's the title?" I was embarrassed to say that I didn't know. All I could say was that is was "really good stuff." And so the title was born.

My hope is that a read through (or even a quick browse or skim) will provide you with easy-to-implement ideas that will truly make your personal and professional life better and happier.

Now listen: we are all busy and picking up a huge text on happiness sounds good, but who has time for such a heavy read these days? ***The Good Stuff*** is the perfect quick read – with a huge impact. Big ideas laid out in an easy-to-digest format. Perfect, right?!

So, please continue on hip reader, and enjoy the good stuff....

Christine

PS... And of course, if you have "good stuff" to share, I'd love your feedback at [www.ChristineCashen.com](http://www.ChristineCashen.com)

# **The Good Stuff**

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# The Good Stuff



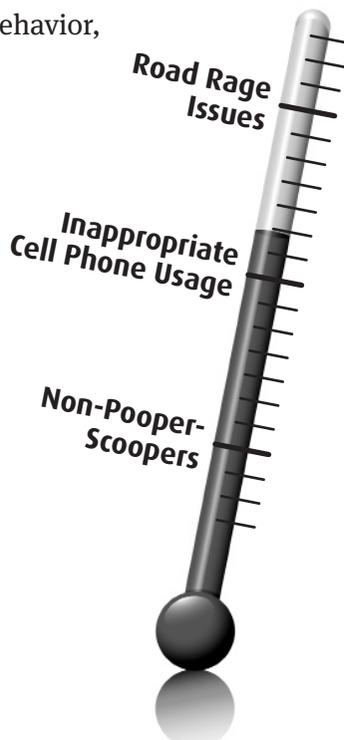
People Bug Me



# Rules Rules Rules

Don't you hate it when people don't know the rules? We all have rules for other people that they don't even know about – but they should! I'm okay and you're not! Isn't that what most people think? I try to have a good sense of humor, but it's hard because people bug me! It's amazing what some people consider “rules” while others simply have no idea they are breaking them. If the world just knew the “rules” for appropriate behavior, there would be far less stress, less conflict, and we'd all have happier and healthier relationships.

At almost every presentation I give, I do an informal poll asking what bugs people the most. Some of the top offenders include inappropriate cell phone use, road rage issues and non-pooper-scoopers.



# Humorista's Top 10 Socially Obvious Rules

(that aren't so obvious)

10

Always use your turn signal

9

If you aren't driving faster than me in the left lane, move over PRONTO!

8

If something in the fridge is empty, toss it!

7

Don't be a loud cell phone talker

6

Put your shopping cart back in the corral

5

Let people off the elevator before you get on

4

If I let you in while driving, give me the thank you wave

3

If you're within a 20 foot radius of my desk, don't e-mail me... walk over!

2

Don't be a grocery store express-lane violator

1

TP always over the top

## TP Issues – Your Way or Mine?

There are so many home vexations. Wouldn't home life be more tranquil if everyone put empty containers away, stopped slurping coffee and PUT THE SEAT DOWN! In fact, when I mention that toilet paper goes over the top, many people go wild in agreement. Of course there are always those bewildered few who look around like everyone else is crazy. They really don't care which way the paper goes on the roll. They're just happy that

someone replaced the cardboard tube. If you're a TP aficionado like myself, you may try to convert the TP minority to your "*right*" way of thinking by espousing the virtues of TP over the top. Try comments like, "*Look how easy it is to grab when it's over the top*" or, "*Look how easy it is to make a TP triangle for your guests when it's over the top.*" If all else fails, leave a copy of my poem, "*TP Goes Over the Top*" on their stash of Charmin.





TP goes  
over the top!

What is with this issue?  
The debate needs to stop.  
Everyone should know the rule by now.  
Toilet paper goes over the top!

It's hard to make a change,  
but try it if you please.  
When TP is over the top,  
you can grab it with greater ease.

Your guests will really thank you,  
your company will be impressed—  
not scrambling underneath  
becoming all distressed.

Please do me a favor,  
at least give it a chance.  
You'll really like the change,  
and cleaner underpants!

# They Know Not What They Do

I remember dating a guy once (ONCE) who blew his nose into a cloth napkin. It was as if the record on the jukebox screeched to a halt (some of you younger readers have no idea what I'm talking about). Is there a rule against the cloth napkin nose blow? YES!!! Stunned, I looked at him and asked what he was doing and his big reply was, "*They wash them.*" What?! Are you kidding me? I was mortified. It was over. He told me I have way too many rules. Yes I do, and he didn't know any of them. NEXT!

What do we do in this world of rule breakers? NOTHING. They don't need fixing (well, okay some of them do). What we can control is our response to their annoying habits. Listen, all these little things that bug you can add up to big things.



This creates disharmony in the workplace, in your relationships and in your day-to-day activities. So here's what you can do to help manage the stress that these rule breakers create in your life. Since you don't know what people are going through, make something up. Create a story about the rule-breaker's past. Don't tell anyone the story... it's just for you!



## Make Up a Story

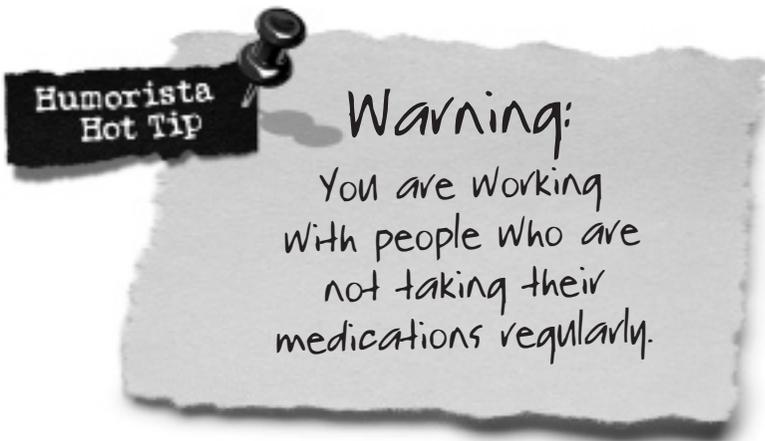
If people don't use their turn signals, don't get irritated. Instead say, *"Oh they didn't have enough money to get that option on their car!"* or *"Bummer, out of turn signal fluid!"*

## The Pace Car Approach

My family is familiar with the "story" idea. Last Christmas, my brother and I were driving, when some oblivious woman pulled in front of us and started going 10 mph below the speed limit. I was about to get crazy, when my brother looked at me and said, *"Pace Car."* Perfect!

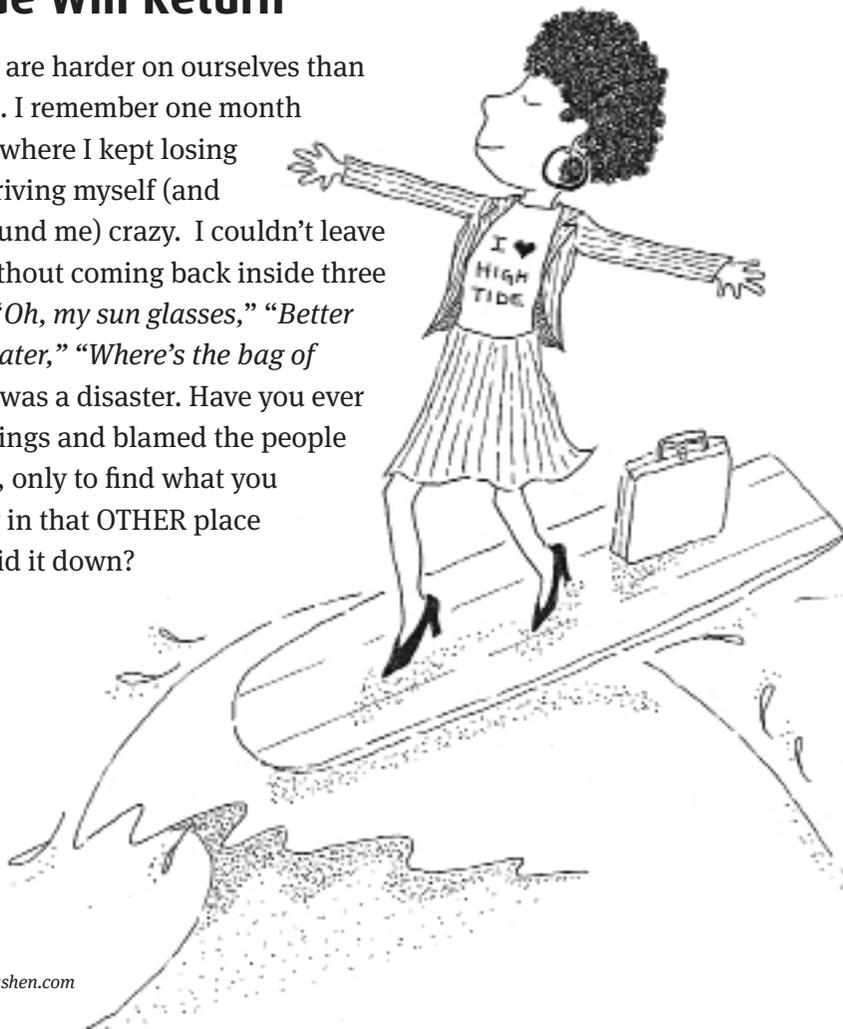
# Peace, Love & Understanding

Most people do NOT need your criticism and anger. They need your encouragement, support and prayers. I repeat: ENCOURAGEMENT, SUPPORT AND PRAYERS. It's tough out there for many people, so don't be too quick to judge. The bottom line is that hurt people want to hurt people. Loved people want to love people. Someone may have gotten in an accident recently, lost a loved one or been laid off. A rude customer service rep may have just gotten chewed out by his boss. And some people are just plain clueless of proper social behaviors. You just don't know! Now here's the bonus: if you give some stupid rule breaking person a break, maybe, just maybe, when you do something stupid, someone will give you a break when you need it most!

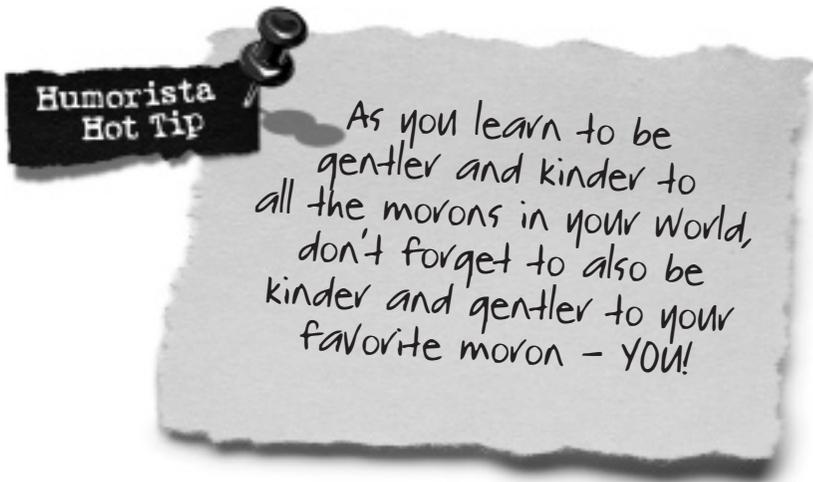


# High Tide Will Return

Typically, we are harder on ourselves than anybody else. I remember one month in particular where I kept losing things and driving myself (and everyone around me) crazy. I couldn't leave the house without coming back inside three more times. "Oh, my sun glasses," "Better bring some water," "Where's the bag of Cheerios?" It was a disaster. Have you ever misplaced things and blamed the people you live with, only to find what you were missing in that OTHER place where you laid it down?



During this bout of forgetfulness, I decided to phone a friend. “Mary – I think there’s something wrong with me, I’m misplacing, forgetting and losing things constantly and am losing my mind in the process.” She wisely replied, “Honey, it’s okay. You’re having a low-tide day.” What? A low-tide day? She continued, “You know – it’s when things float out with the tide. Don’t worry, Christine. In a few days, high tide will come in and bring everything back!” I love that! Have you ever had a low-tide day, week or month? Everything eventually floats back.



# Acknowledgements

Hugs to mom, dad and my brother for all the great support, laughter and providing a life full of material.

Special thanks to Saint Gregg, my hubby. You are the yang to my yin and the perfect partner for all my adventures. Much love to my kids for dragging me out of my office to play. It is a privilege to be your mom.

To all the Book Fairies who helped me birth this project: Mere words cannot convey enough thanks for my editor, Debbie Johnson. You were the driving force behind all aspects of this book. Not only are you smart and funny, you are a great friend and a really cool chick. The illustrations from one of the most talented women I know, Tami Evans Foster, are over the top fantastic – and so is she. Kudos to Alan Jazak and his Formation Studio crew for putting their *designs* on me. Also to Karen Rawlins, proofreader extraordinaire. And to Karla Sheppard – you have great eyes.

Ed Primeau (Primeau Productions), you have been there from the beginning, and I appreciate your friendship more than you know.

Even if my book bud Bobbe White got her TWO books out before I typed my first word, I am forever grateful for the push needed to get this book off of my mind and into print.

I have had many great teachers, supporters and friends along the way (you know who you are dahlings), but let me give an extra shout out to: Barbara Braunstein, Carole and Howard Greisdorf, Hapi Kendall and my CMU crew Doc Allen, Betty Wagner and Dan Eversole. Cheers to my Dallas book club babes, Twin Covens neighbors, NSA-NT and our family angel, Stacie Powdermaker.

Hugs to a few folks who have provided great ideas and unbridled enthusiasm: the *GiveaGeta* guy, Jim Cantoni; *Watchdog Nation* author, Dave Leiber; Earth People's Anna Clark; Lisa Rowe from *The Perfect Image* and Tim Durkin.

Special thanks to those people who spread joy by going through life with a sense of humor – that would be you Steve at the Flower Mound Post Office. Also, those who BOOGIE every day, like Mohamed Adatia and his beautiful family at the Highland Village Nestle Tollhouse Café – you rock!

I can't forget the amazing audiences and event planners who have allowed me to share my good stuff on stage for over 15 years. And thanks to you Cool Reader for picking up ***The Good Stuff!*** Your questions, letters and book-group invitations (I can attend via Skype) are always welcome. Drop me a line at [Christine@ChristineCashen.com](mailto:Christine@ChristineCashen.com) and tell me your "good stuff"!

—Christine

# About the Author

Christine Cashen delivers a fast-paced, hilarious program with useful content that makes her a sought after speaker worldwide. For more than 15 years, she has jazzed an amazing variety of audiences throughout the United States, Canada, South Africa and Australia. Christine is an authority on sparking innovative ideas to handle conflict, reduce stress and energize employees.

Before hitting the speaking scene, Christine was a university admissions officer, corporate trainer and broadcaster. Hey – she even votes. She holds a Bachelors Degree in Communication and a Masters Degree in Adult Education. Christine is a member of the National Speakers Association and is a Certified Speaking Professional (CSP), an earned designation held by fewer than 10% of the speakers on the planet.

What makes Christine unique is the “*real*” factor. She combines a down-to-earth attitude with a colorful artistic streak. Comments from audience members such as “*I feel like I’ve known her forever,*” “*We must take her back to our workplace,*” and “*It felt as if Christine was speaking directly to me,*” are a testament to her effectiveness and style.

Christine has been featured as a creativity expert in *HOW Designs at Work* magazine and is a co-author of the book *Mission Possible, Volume Eight*. She has also developed the A Dynamic Speaker series of learning resources: *Get What You Want With What You’ve Got DVD*, *The Fun Factor DVD*, *Why Can’t Everybody Just Get Along CD* and *Got Humor Video*. Christine resides in Dallas with her husband, their two children and Murphy, the chocolate lab.

For more information on bulk educational product purchases or to hire Christine for your next event, call 800.706.0152.

# The Good Stuff

By Christine Holton Cashen, MAEd, CSP

Christine Cashen, America's Top Humorista and internationally acclaimed speaker, delivers an action-packed, content-rich read that will energize your life and totally crack you up.

**The Good Stuff** is jammed with practical ideas that are hilarious and relevant! Bad boss? Crazy kids? Stressed-out? She's got you covered – and then some. So if you're looking for the holy grail – that magic pill that will transform you for the better... *fu-getta-bout-it!*

If you need quick, common-sense ideas to help maintain your sanity and a huge dose of humor to boot, pick this book up NOW. Smart people everywhere are doing it!

*"Tens of thousands of women have laughed their way to health (yep, physical AND mental) by listening to Christine speak. Now, tens of millions of women can do the same by reading her book!"*

–Dianne Dunkelmann, Founder, Speaking of Womens Health and [www.CleverCrazes.com](http://www.CleverCrazes.com)

*"Laughter, mixed with common sense and wisdom, is a tonic for the soul, and nobody dispenses it better – in person or in this book – than Christine Cashen."*

–Beecher Hunter, President, Life Care Centers of America

*"Funny! Insightful! I may steal from it!"*

–John Hoberg, Writer/Producer, *Better Off Ted, My Name is Earl*

Christine Cashen, MAEd, CSP has dazzled audiences for over 15 years with class, humor and wit, providing down-to-earth, real-life strategies. She holds a Bachelors Degree in Speech Communication and a Masters Degree in Adult Education. A member of the National Speakers Association and a Certified Speaking Professional (CSP), Christine resides in Dallas, TX and has yet to say, *"Bless Your Heart."*



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D.C. Murphy Publishing

\$21.95



ISBN 978-1-61658-980-6



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