



Happy Monday, Villagers

Please [send along](#) your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our [website](#) for more information about our organization and programs.



Tuesday: [WATCH ANYTIME THROUGH 12/31-SAUSALITO GINGERBREAD HOUSE VIRTUAL TOUR](#). Starting at noon

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Online Chair Yoga

Praktikos

Deep Meditation



Chanting > Singing Bowls >> Inner Silence

Tonight 7:00 Sign-in starts 6:50 closes 7:05

For more information Email: Praktikos@outlook.com

Join Zoom Meeting

[https://us02web.zoom.us/j/81512576561?](https://us02web.zoom.us/j/81512576561?pwd=QmF4WjJCYy9KM2Rla252VnpRT2hvUT09&from=addon)[pwd=QmF4WjJCYy9KM2Rla252VnpRT2hvUT09&from=addon](https://us02web.zoom.us/j/81512576561?pwd=QmF4WjJCYy9KM2Rla252VnpRT2hvUT09&from=addon)



[What 2020's Biggest Fashion Trends Really Mean.](#)

"FASHION is *intrinsically linked* to CONSUMER and SOCIETAL ATTITUDES, it gives us a *true reflection* of how we LIVE OUR LIVES."

Are you familiar with the Skirt Length Theory of economics? It's the idea that shorter hemlines signal an upward market trajectory, while longer hemlines — like the ones many of us have been sporting for the past several seasons — are a harbinger of bad economy to come. According to [Investopedia](#), the theory was first put forward in 1925, just four years before the advent of the Great Depression, by an economist at the Wharton School of Business. It's since been largely disproven, and while you shouldn't redo your investment portfolio (should you have such a thing) based on the whims of fashion designers, to begin with, a lot can be gleaned about a period of time by looking at what those who lived through it were wearing

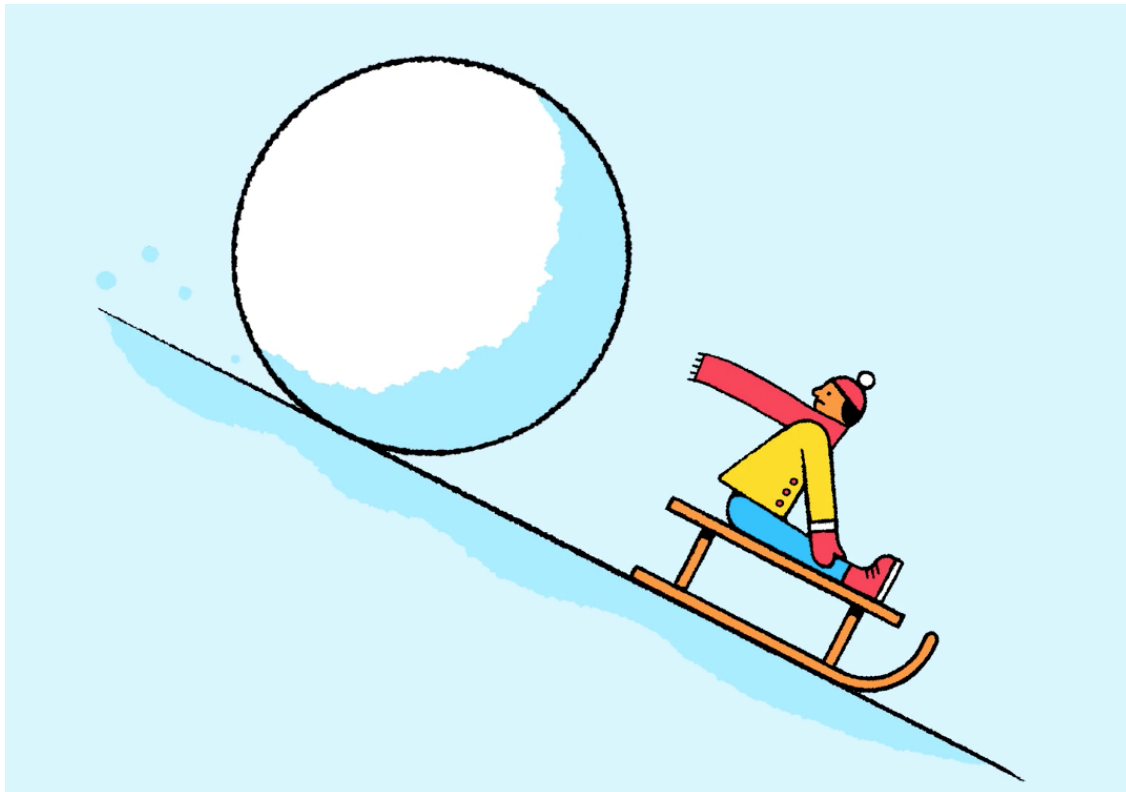
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Busyness)



If you're saying "I'm feeling bored," it's important to realize that boredom and feeling too busy are the same problem. Some people claim I'm being too ambitious trying to strike down chronic boredom and busyness at the same time. I'd argue that the only way to take them out is simultaneously





[Soothing Anxiety and Stress: Advice From the Year in Well](#)

Exercise, new news habits, even dipping your face into an icy plunge pool are among the steps you can take for a mellower new year.

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For information about emergency preparedness and COVID resources, visit the recently updated Sausalito Village [website](#).

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