



THE WITTMANN AGENCY

## Love Letters To Bookworms | Liebesbriefe an Bücherwürmer

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### Global Online Marketing For Modern Publishing Entrepreneurs

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Reading time 2 min 38 sec

## Happy Monday, my bestie!

"I'm going to my beautician and after that getting my hair cut on Wednesday and having an appointment at my dentist and then later the day getting my teeth cleaned on Friday," I warned people at the end of June 2020.

"I probably won't be reachable that week." Like I was having surgery and preparing for an overnight stay in the hospital.

Blimey! I don't know how four appointments manage to make a week so unavailable, so unmanageable but somehow they do.

You know what? Worth it. With a few bumps.

**Bump 1: I found out that I still clench my jaw and grinding my teeth. Not aware I'm still doing it.**

I thought I was an ace at stress management. Um, think again.

"Look at your stiffness in the jaw joint," Mandy the hygienist said. She'd taken a closer look and checked my teeth and jaw for signs of teeth grinding. "You're wearing your teeth down."

She didn't say "tooth nubs" but I know that's where it's going if I don't start wearing my \*mouth guard\* at night again. (I did, I will.)

**Bump 2: At the beautician, I realised that they wearing scrubs, a mask and gloves while doing facial massage.**

TBH, this is not an invitation to relax unless you're happy with your Beautician looking like an anaesthetic nurse before surgery and you're enjoying the touch and feel of an unsexy latex outfit directly on your skin.

**Bump 3: At the hairdresser, I found out that when someone colours your hair and cuts your bangs while you're wearing a reusable mask, your mask gets a not-so-stylish batik design and fills with hair.**

That's not pleasant too unless you're planning on sporting the Hippie chic looking very cheesy and like to eat hair split ends.

(My saying for things I really don't want to do is, "Da fress' ich lieber einen Besen." A brilliant German idiom that simply can't be translated literally into "I'd rather eat a broom." You would say "If I need to do this I'll eat my hat." My down-to-earth flatmates in Bath, UK used a more colourful language: "B\*gger o\*f!" So that's where I stand.)

**However, at the end of that eventful week, I was standing up straighter.**

My smile was brighter, my hair silkier, nicely coloured, and back to looking like me and not like an old b\*g with an excessive amount of wrinkles, saggy skin and untamed bangs that resemble a large cauliflower floret attached to my forehead.

I felt a little more confident, more youthful, and cocky about myself and my prospects in life.

**If you want to feel all high about yourself** without getting in the dentist's, beautician's or hairdresser's chair, and without eating a mask-full of your own hair or even blocking out the entire week...

**Why don't you give your business or website a quick makeover with my [Strategic Consulting](#)?**

If you already have it, maybe it's time to revisit!

\*\*\*And please shoot me a note telling me about your results so I can show them/you off. Do you know what happens when you give a good testimonial? People see it and look you up and then they start stalking you!\*\*\*

If you have [Rise & Shine Representation](#) and are wondering whether this will be redundant, absolutely not. I created [Strategic Consulting](#) to enhance, complement, and help drive home the basic teaching I do in my [Rise & Shine Representation](#).

And if you do go get your haircut, wear a disposable mask or a reusable tight-fitting but breathable mask with plastic wrap around your ears straps.

Stay safe and take care!

With so much love and excitement ,

XO  
Claudia

P.S. Do you know any talented, hardworking people who struggle to get their work out there? Share this E-Mail. They'll thank you for it!

P.P.S. **Full of yourself** (tagline) = to be always talking about yourself or your achievements in a way that annoys other people.

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