

NEWS FROM YOUR REAL ESTATE CONSULTANT FOR LIFE

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JANUARY 2025

2025 Fresh Start

Dear Friend

Happy new year to you!

As we enter 2025, I'm thrilled to share this newsletter, filled with fresh tips and insights to help you start the year strong. Inside, you'll find practical advice on staying energized during the winter months, healthy superfood recipes, and strategies for setting realistic New Year's goals.

It's a fresh new year, which often sparks a new beginning and a change of environment. If you are thinking about buying or selling and need assistance, or you know someone else who is, then I would love to help.

Sending you happiness and health during the upcoming year!

Wishing you all the best,
Jim Urban

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The Magic Of Small Moments

It's the warmth of tea on a chilly night,
Steam swirling up in the soft, dim light.

The softest glow of a candle's flame,
Whispering comfort, calling your name.

It's the laughter shared in quiet rooms,
A melody drifting through the gloom.

The simple joy of flowers in bloom,
Brightening even the coldest of rooms.

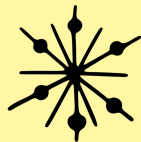
It's the sound of footsteps in the snow,
a rhythm gentle, moving slow.

The joy in watching embers glow,
As winter winds around us blow.

A cozy sweater, worn with care,
the familiar hug of a favorite chair.

It's these moments, pure and small
that fill our hearts and make us whole.

In every breath, in every glance,
Life's magic thrives when we take a chance.



Little Resolutions That Make A Big Impact

Ditch the snooze button. Set your alarm for when you'll really get up.

Be punctual. Perfection isn't realistic, but leaving a few minutes earlier each morning can be a good way to start the day.

Floss. Your dentist always knows when you're lying about it.

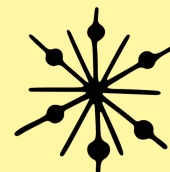
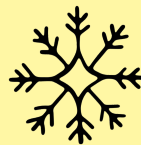
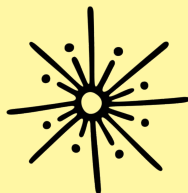
Send handwritten thank you notes. They're more thoughtful than text messages.

Drink more water. Hydration is a wonderful thing!

Practice gratitude. Think of something you're thankful for every day.

Stand up at least once an hour. Set an alarm if you need to and take a lap around the office or do a few quick stretches next to your desk.

Give yourself some grace when you stumble. Remember that progress isn't linear; it's a lifelong journey.



**Need to get Straight Advice on
How to Sell a Home in This
Market? or Want to Know How
Jim Can Negotiate for You Like a
"Pit-Bull" When You Find Your
Dream Home?**

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Then Click on one of the two
buttons: "I'm looking For My Next
Home" or "What is My Current
Home Worth"?

Detoxifying Ginger And Turmeric Soup

This light, warm and flavorful soup is filled with ingredients that promote digestive health and combat inflammation, making it ideal for a post-holiday reset.

Ingredients:

2 tbsp olive oil
1 small yellow onion, diced
2 garlic cloves, minced
1 tbsp fresh ginger, minced
1 tsp turmeric powder (or 1 tbsp fresh turmeric, grated)
2 medium carrots, peeled and sliced
1 sweet potato, peeled and diced
1 small zucchini, diced
1 cup cauliflower florets
6 cups vegetable broth (low sodium)
1 can (14 oz) coconut milk (optional for creaminess)
1 cup spinach or kale
1 tbsp apple cider vinegar
Juice of 1 lemon
Salt and pepper to taste
Fresh parsley or cilantro for garnish

Directions

Sauté the aromatics:

Heat olive oil in a large pot over medium heat. Add the diced onion and cook until translucent, about 5 minutes. Add the minced garlic, ginger, and turmeric, stirring for another minute until fragrant.

Add the veggies:

Toss in the carrots, sweet potato, zucchini, and cauliflower, stirring to coat them in the spices. Cook for 5 minutes, allowing the vegetables to soften slightly.

Simmer:

Pour in the vegetable broth and bring the mixture to a boil. Reduce the heat to low and let the soup simmer for 20-25 minutes, until the vegetables are tender. Stir in the spinach or kale, apple cider vinegar, and lemon juice.

Let it simmer for an additional 5 minutes to wilt the greens and meld the flavors. If you're adding coconut milk, then pour it in at this stage to create a creamy texture.

Season and serve:

Taste the soup and season with salt and pepper to your liking. Serve hot, garnished with fresh parsley or cilantro.

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Let The Light In

Exposure to natural light is crucial for regulating our circadian rhythms, which control our sleep-wake cycles. During the winter months, the lack of daylight can disrupt this rhythm, and lead to fatigue.

A study published in the *Journal of Affective Disorders* shows that light therapy—using a light box to simulate sunlight—can improve energy levels and combat Seasonal Affective Disorder (SAD).

If you can't invest in a light box, then try to spend time outdoors during daylight hours, especially during the morning.

Free Reports!

- How Sellers Price Their Homes
- Making the Move Easy On the Kids
- Five Big Mistakes Home Sellers Make
- How To Buy A House With Little (Or No) Money Down

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Winter Superfoods To Boost Your Mood And Health

Citrus Fruits: Oranges, grapefruits, lemons, and clementines are at their peak during winter. Packed with vitamin C, they boost immunity and add a refreshing brightness to your meals.

Root Vegetables: Sweet potatoes, carrots, beets, and parsnips are hearty and comforting. Rich in fiber and antioxidants, they offer slow-release energy, which is perfect for chilly days. Roast them for a sweet, caramelized side dish.

Dark Leafy Greens: Kale, spinach, and Swiss chard are winter's nutrient powerhouses. High in folate and iron, they combat fatigue and support overall wellness. Sauté them for a quick and healthy side dish.

Pomegranates: Their jewel-like seeds are rich in antioxidants and vitamin C. These tangy bursts of flavor are perfect for adding crunch to salads or as a snack.

Walnuts: Packed with omega-3 fatty acids, walnuts improve brain function and mood. Add them to oatmeal, bake them into muffins, or pop them in your mouth as a heart-healthy snack.

Cranberries: These tart berries are loaded with vitamin C and antioxidants. Mix dried cranberries into trail mix or toss fresh ones into baked goods for a festive touch.

Be Realistic About New Years Goals

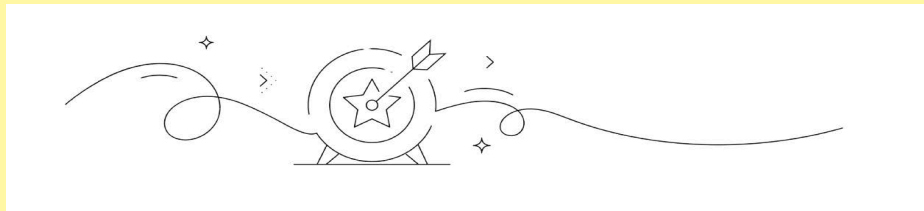
Breaking New Year's habits is more common than you think. Research shows it takes about 66 days to form a lasting habit, so slipping up early isn't failure—it's part of the process.

"Behavior change isn't linear," therapist Dr. Kristin Neff says. Instead of viewing setbacks as failures, recognize them as opportunities to reflect and adjust.

One common pitfall is setting goals that are too big or vague. Dr. Timothy Pychyl, an expert on habit formation, suggests breaking larger goals into smaller, actionable steps. For example, rather than aiming to "get in shape," try "walk 20 minutes three times a week." Achieving small wins builds momentum and increases motivation.

It's also essential to shift from a perfectionist mindset. Brené Brown, an American academic and podcaster, notes that perfectionism leads to all-or-nothing thinking, which can sabotage progress. Instead of aiming for perfection, focus on progress and learning from slip-ups. Don't give up when you miss a day or deviate from your plan. Instead, ask yourself, "What can I learn from this?"

Most importantly, practice self-compassion. Dr. Neff highlights that being kind to yourself reduces stress and increases motivation. During difficult times, treat yourself like you would a friend. Offer understanding, patience, and encouragement, instead of criticism or judgment.



Exercise To Store Fat?

This information might seem counterintuitive at first. Researchers have found that the more you exercise, the better your body becomes at storing fat. But wait: Doesn't exercise help you burn fat? Yes, it does, but the critical point is not whether your body stores fat, since fat storage is necessary for good health, but rather how and where your body stores it.

Researchers from the University of Michigan, writing in *Nature Metabolism*, discovered that people who exercise regularly have a greater capacity to store fat under the skin, which is beneficial. Why? Because if fat isn't stored under the skin, then it's more likely to accumulate in organs, such as the liver, heart or pancreas.

When excess fat builds up in these organs, it can interfere with their proper function and lead to serious health issues. In fact, fat is meant to be stored under the skin, where it's safely kept and can be accessed for energy when needed. Regular exercise ensures that fat is stored in this healthier way, allowing your body to tap into those reserves efficiently for extra energy during physical activity or times of need.

Your Next Hotel Stay Is Printing Now

The world's first 3-D printed hotel, called El Cosmico, is officially under construction in Texas, and it's unlike anything you've ever seen before.

Just north of the city of Marfa in the Lone Star State's far western desert region, the most noticeable piece of equipment at the site is a massive 3-D printer. Nearly 47 feet wide, the Vulcan printer deposits layers of sand-colored concrete to form fantastically-shaped structures that are unlike any hotel you've ever stayed in before.

Created by the 3D printing and robotics company ICON, the Vulcan allows El Cosmico's architects to build fluid shapes with ample curves and domes, with fewer constraints than traditional construction methods.

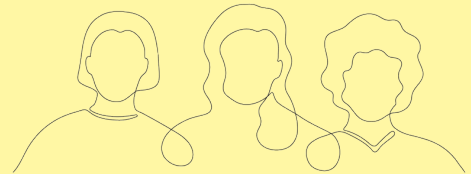
The hotel is projected to cost \$200 to \$400 a night, and guests who really love it can pony up for their own 3D printed dwelling on the same site -- starting at a steeper \$2.29 million.

El Cosmico isn't ICON's only project. The company is also hard at work constructing 100 homes in Georgetown, Texas. And the company may eventually go extra-terrestrial, too. In 2022, NASA awarded ICON a \$57 million contract to research ways to erect 3-D printed structures on the surface of the moon.

Friendships Need Face-To-Face Time

Digital contacts are replacing real friendships. Technology, demanding jobs and two-career households are translating into people who have less time for in-person connections. Robert Putnam's book *Bowling Alone* notes that the decline of social activities, such as bowling leagues, reflects how people are doing fewer things together.

Similarly, the UK's *The Lonely Society* reports that half of Brits feel lonelier and one-third wish they had closer relationships with family members.



In the United States, many Americans now have only two close friends and one in four has none. Online interactions dominate, but sociologists warn that these shallow connections can't replace real friendships.

The key to strong bonds? Spend time face-to-face. Cultivate meaningful friendships by putting down electronic devices and making time for real interaction.



Smart Advice for You and the People You Care About

When You Have a Thought about Living in a New Home



The 5 Biggest
Mistakes
Home Sellers
Make



Making the
Move Easy on
Kids



How to Stop
Wasting
Money on Rent



How Home
Sellers Price
Their Homes



How to Sell
Your Home for
the Most
Money



The 5 Biggest
Mistakes
Home Buyers
Make

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people you care about.

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