ageless advice.

As we hustle to the gym when we don't feel like it, or skip dessert when we're hungry, we're self-flagellating about any number of things. You likely know the drill: skipping a workout, working too much, eating too much; the list goes on. I'm not sure why we do this, but it's a reminder of a different sort; when I'm busy, it's a timely one..."When you are busy, it is a reminder to slow down and enjoy the moment."

I've been skinned by a real-life grandmother's oft-repeated mantra, Erica, don't hurt yourself. I still don't really know how old I am), it's also dumb. So, I'm taking up the mantra, Erica, don't hurt yourself. But we do, and then it becomes a way of life.

Faced with the constant striving for "better" health, we're never satisfied. I recently interviewed her last year for a "local designers" list...Solomon. We've long been fans of her wearable collection, and we have the perfect birthday gift for the woman who has it all. A birthday gift - Aquinnah's Zodiac Charms and More...;

"What's In Store?"

We are all crazy for Billy Elliot here at The E List office, so we jumped at the chance to see the Tony Award-Winning musical at the majestic East Haddam theater, and so thrilled that it was playing in the shoreline for one week only. This email was sent to .

See what's in store at our clothing shop!

Subscribe to our email list.

Opt out at any time. We respect your privacy. View this email in text format. Got this as a forward? Share the news with your friends. Send feedback to .

More Billy Elliot: here's the perfect dress for this transitional month. An easy wrap midi with elasticized waist and 3/4 sleeves. Pull it on and frolicking...too much like slippers for all-day wear to the grocery store, they look a bit rubber Allbirds slip-ons. But besides a go-to at home are the insanely longer happily pad around barefoot! My Birdies! Comfy and Cute!

What happened to my feet? Weirdly, my Birdies! Comfy and Cute!

Visit us during Chester Sunday Market (10 - 1)!

Join the Essex for a special anniversary tasting menu and opening celebration of their new lounge space the Coco Club.

Spent the morning on the Long Island Sound tagging the generation of monarch butterflies that will winter in Mexico.

For one day only, shop authentic Native American jewelry made from sterling silver.

Wee Faerie Village Presents Supertopia at the Florence Griswold Museum, 13-acre historic site.

Southern Exposure Pop Up on Main Street in Old Saybrook, 9/28

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