

The GoodLife Newsletter

Helpful Advice and Fun Tips For CarBuyers & CarOwners

Patrick Smorra - Automotive Transportation & Financing Expert | 1-707-224-3166 | www.NapaAutoDealer.com

This Month In History

4 - 1967 - Gilligan's Island aired its final episode.

7 - 1998 - Google, the search engine company, was founded.

16 - 1908 - The car company General Motors was founded.

21 - 1937 - J. R. R. Tolkien published *The Hobbit*.

26 - 1580 - Sir Francis Drake completed his circumnavigation of the globe.

30 - 1927 - Babe Ruth became the first baseball player to hit 60 home runs in a season.



"Fall" Into Fitness This Season

Anonymous Author

With the leaves changing color, the weather cooling off and Thanksgiving only weeks away, it's time to raid the closet again in search of a bulkier wardrobe. However, this should not signal an end to weight loss and physical fitness efforts. In fact, many people gain weight in the autumn months, sidetracked by dwindling daylight and the start of the busy holiday season. This year, try to avoid weight woes by increasing exercise and enjoying a healthy diet.



Here are some tips to make fall a "fit" season:

Enjoy the Great Outdoors. In many parts of the country, autumn provides the perfect season for outdoor activity - cool mornings and evenings and warm afternoons. Get outside and take advantage of the brisker temperatures by bicycling, hiking, jogging and playing golf or tennis. Discover park trails or take a walk by the lake. In places where snow falls early, try cross country skiing or snowshoeing. Or, if you live near the water, try kayaking or get out and play a vigorous game of fetch with your dog.

Go to class. Have you always wanted to try tai chi or yoga? How about a trapeze class or boxing? Many gyms, pri-

vate fitness clubs and park districts start up a new round of classes in the fall, so scan the schedules to see if something catches your interest.

Cut back on the sweets. To help maintain a healthier shape, consider the calorie savings provided by low-calorie, sugar-free foods and beverages. Products sweetened with low-calorie sweeteners allow consumers to enjoy their favorite meals without the extra calories.

Don't be a couch potato. Love the fall sweeps TV season? If you're planning to sit through hours of television each night, ramp up your sofa-based activity. While watching your favorite shows, walk or run in place, do lunges, abdominal work or lift weights. Do push-ups or tricep dips during commercial breaks. There are probably 20 minutes worth of commercial interruptions in a one-hour episode, which is more than enough time to get those muscles pumping.

Be social. Find a friend with a similar fitness level and goals and start exercising together. Having a partner helps boost motivation. Plus, you can use that exercise time to catch up on each other's lives.

Remember, fall is the perfect time to start a new fitness program. By burning those calories now, you can create good habits for the hectic holiday season.

"I Specialize In Helping Individuals & Families Find, Qualify For And Own The Vehicle Of Their Dreams With Little Or No Money Down Even With Less Than Perfect Credit."

Kill the Routine and Increase Your Motivation and Energy Level

by Doug Dvorak

Many of us rely on a structured routine to give us stability in life. We know what to expect when we wake up in the morning and we enjoy watching life play out in an orderly way, just like we always expected. From the time we are small children, we learn to rely on routine. New mothers teach their babies routine by feeding them every three hours and allowing them to have scheduled naptimes every afternoon.

School aged children rely on routine to be at school during the same hours every single day. They come home and have a snack, do homework, enjoy playtime, then have dinner, a bath, and go to bed. As adults, we also tend to be creatures of habit. We create predictable routines for our lives and we follow them without ever really thinking about it. Then one day, we suddenly have no energy and our motivation has tanked. Why is this happening? If you have hit a rough patch, your routine could be to blame.

Too Much of A Good Thing

While some routine in life is good, if you have too much of it, you will suffer. Routine often kills creativity and prevents you from any form of personal growth. Routine becomes an easy comfort zone of knowing what to expect and it allows us to avoid any form of change. While having a routine is not bad in and

of itself, it can become bad if it holds you back in life.

Avoid Life on Auto Pilot

Have you ever been driving home from work and entered into a weird auto pilot mode without meaning to? Maybe you pulled into your driveway and suddenly realized you had no recollection of how you got home! Sometimes our routines are so engrained in us that our brains just take over and we go through the motions without ever experiencing the moments. This must be avoided if you want to find some fresh motivation and renew your energy level!

Shake Things Up!

If you are a major creature of habit and your routine is the same day in and day out, it might be time to try something new. Step out and shake things up a little and just see how it impacts your motivation and energy level. Try flipping your work hours around and see if you get more accomplished. For those that work at home, it can sometimes make creativity flourish by working late at night instead of early in the morning. Don't let old habits dictate new days!

Killing your routine might seem counterproductive, but for some of us, it is the only way to shake away a funk and find a fresh dose of motivation to push us to the next level of success.

Interesting Facts You Never Knew



Did you know . . . No man has been on the Moon for over 40 years.

Did you know . . . The Titanic is the only ocean liner to ever be sunk by an iceberg.

Did you know . . . The only domestic animal not mentioned in the Bible is the cat.

Did you know . . . The World's oldest dress is 5,000 years old.

FAMOUS WORDS

“He who is not courageous enough to take risks will accomplish nothing in life.”

Muhammad Ali

IF YOU READ NOTHING ELSE . . . READ THIS!

Do you know of someone who is looking for a quality pre-owned vehicle or wants to upgrade their current vehicle?

Even if they have little money to put down or they've had trouble qualifying in the past... I can help them! Send them my way. They'll be glad you did and so will you! Here's why...

If you refer someone to me this month, when we finish the paperwork for their nicer, newer car - I will give them a \$50 gift certificate for dinner at Filippi's Pizza Grotto and give you one too!



PATRICK SMORRA:

Is an author and consumer advocate. He has spent his life fighting the negative stigma that plagues car dealers around the world. He does this by fighting for the consumer as a car dealer that advises people and helps them get the quality vehicle

they want and deserve in an positive and safe environment.

Patrick Smorra

Auto Transportation & Financing Expert

Napa Chrysler Jeep Dodge Ram

333 Soscol Ave

Napa, CA 94559

707-224-3166

NapaAutoDealer.com

THANK YOU!

Christina Ellis Fairfield CA

I was determined to find a new car in my budget and when I felt like it was love at first sight when I found my new car! I was nervous because I was worried I would get a car or get approved and not have enough money. Napa Chrysler Jeep Dodge Ram helped me find the best deal for my budget. They were so nice and the staff is the best! I'm happy I came to Napa Chrysler. I love my new Jeep.

Prize Winner

Search This Newsletter For The Answer To The *Bluetooth Shower Speaker* Question and Submit Your Answer Online.

SUDOKU Puzzle

Quick SUDOKU rules . . .

To solve a SUDOKU puzzle, every number from 1 to 9 must appear in:

- Each of the nine vertical columns
- Each of the nine horizontal rows
- Each of the nine 3 x 3 boxes

Remember no number can occur more than once in any row, column or box.

9	2	1	5					3
		4	3		1			7
		6	9		8	2		
		2		1				4
			8	6	9			
1				5		9		
		7	6		2	1		
2			4		5	7		
6					7	8	2	5

*"In the end, it's not the years in your life that count.
It's the life in your years."*

Abraham Lincoln

The GoodLife NEWSLETTER

Helpful Advice and Fun Tips For CarBuyers & CarOwners



Because I'm an automotive transportation and financing expert I can do things that most other car dealers can't. I've been helping individuals like you and families like yours for years and you know I'll do it for you.

So here's my promise... If I can't help you get the car of your dreams, I will buy you a big dinner from Filippi's Pizza Grotto!

**Get Expert Automotive Financing Answers & Solutions For Free.
Call Me Now At 707-224-3166**

INSIDE THIS ISSUE

- This Month In History
- "Fall" Into Fitness This Season
- Kill the Routine and Increase Your Motivation and Energy Level
- Interesting Facts
- Sudoku Puzzle

WIN A FREE Bluetooth Shower Speaker

Why am I giving away a *Bluetooth Shower Speaker*? Because everyone likes to win stuff. It's fun. And I want this newsletter to be fun for you. I also want you to read it. Ahhh... now you'll see my selfish motivation.

In order to win the *Bluetooth Shower Speaker* you have to answer the question below. In order to answer the question, you have to read this newsletter. I've hidden the answer somewhere in the contents of these four pages.

If you read the whole newsletter, I think you'll like it and you'll look forward to getting it every month.

Then when you are looking to buy a vehicle or know someone who is, you'll remember this newsletter and hopefully you'll give me the chance to earn their business. That's my master plan. So answer the question and you could be the winner. There's a new winner every month.

Here's The Question:

When was Google founded??

Submit Your Answer And Win

Go to www.FreePrizeQuestion.com/

CONTEST CODE (DEALERSHIP NAME)

Submit Your Answer By: September 30, 2014

CONSUMER ALERT!

Don't Get Ripped Off The Next Time You Buy A Car.
FREE REPORT Reveals The 10 Most Notorious and Common Car Scams Dealers Use To Rob You Of Your Cash & Sanity and How You Can Avoid Being A Victim!

There are dastardly scams being pulled on innocent car buyers every day. It's really tough to tell where these shyster lots are and whether or not you're on one. Remember these people are very well trained and **may be taking advantage of you without you ever knowing it.**

You know this to be true because of the stereotypes we all hear about how shady and unscrupulous car dealers and used car salesman are. It's true. There are some bad apples out there that spoil it for the bunch.

So what can you do about it? **Arm yourself with the insider information you need to recognize a common car scam when you see it.** This information can save you big money, lots of time and an enormous amount of pain, heartache and frustration.

I've prepared a **FREE REPORT** especially for people who are thinking about making a vehicle purchase in the next few months. **This report explains the ten most notorious and common car scams** that go on at dealer-

ships all over the country. Some right here in our own town.

This report will show you how to spot these scams and how to avoid being a victim. **This is insider information** you won't get from any other car dealer. In fact, I'm sure I'll get some heat from the industry just for writing this. But I don't care. I'm here for you.

If you are in the market for a car you are entitled to this information. It is available to you absolutely FREE with no cost or obligation.

To **request your free copy** of this special industry expose' visit my report request web site at:

www.CommonCarScams.com/napaauto