

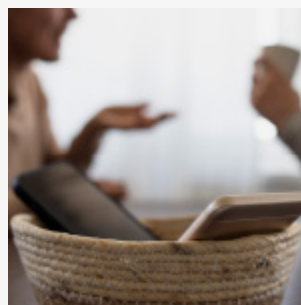
The PACKARD PRESS

A collection of thoughts and stories to educate, entertain and inspire.



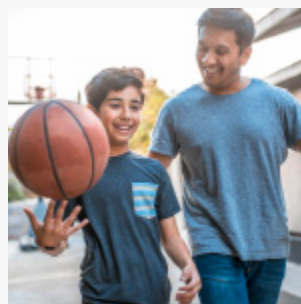
HOW TO CREATE YOUR OWN LUCK

When it comes to luck, I don't think a rabbit's foot or special charm grants the wearer superpowers. I believe luck is something you create — but timing, chance, and occasionally God stepping in are part of the equation. With St. Patrick's Day around the corner, it got me thinking about what makes us "lucky," and though I don't believe we are just magically handed it, we can set ourselves up to experience more lucky breaks ... [CONTINUE READING](#)



THE POWER OF UNPLUGGING

Have you ever looked up from your phone only to realize you just missed the punchline of a joke, an important plot development in a movie, or a significant moment with your child? Most of us are guilty of spending too much time on our smartphones or other devices at some point. March 7 is the National Day of Unplugging, a challenge to all of us to set down our phones for 24 hours and focus on being in the moment. Unplugging from tech isn't just about stepping away from screens; it's about stepping into life ... [CONTINUE READING](#)



BUILD A POSITIVE SELF-IMAGE IN YOUR KIDS

Praising your child has always been a "tricky" area of parenting. You want to raise your child to be a confident human being while also embodying what it means to be humble and appreciative. So, how do you stay within the bounds of instilling self-assurance without going overboard? While every child is different, several parenting approaches allow you to praise your child's efforts without enabling arrogance ... [CONTINUE READING](#)