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### Your Monthly News & Updates

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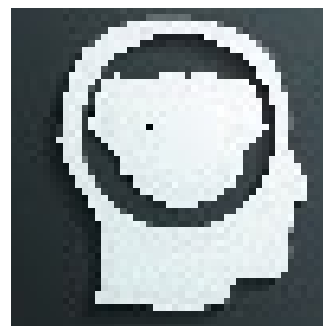
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## What Causes Bad Dreams?

Nightmares are just dreams with a really bad plot. They can be vividly realistic and cause us to wake up with our hearts pounding. But, what causes them?

Researchers say they can be caused by stress in your life, medications you are taking, genetics, neurological disorders and even what you eat. Eating a late night snack can increase your metabolism and signal the brain to be much more active causing nightmares.



The Director of Sleep Disorders in Chicago says that nightmares are a result of your mind being over loaded with emotion. If nightmares are interfering with your sleep or causing you to sleep walk, you should contact a mental specialist.

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## The Power of the Introvert

Susan Cain, in her book *Quiet: the Power of Introverts in a World that Can't Stop Talking*, uncovers the power of the introvert. Cain says that whether or not you are an introvert or extrovert depends on how you respond to social stimuli. An extrovert thrives on large amounts of stimulation. An introvert feels most alive in quieter environments. Introverts, like Bill Gates, prefer listening to speaking and have a desire for solitude.



The point of Cain's book is that both extroverts and introverts make great leaders. We live in a society where the ideal character is bold, outgoing and gregarious. But, according to research out of the Wharton School, introverts often deliver better outcomes. The bottom line is that it is important for both types to understand one another and for introverts to feel better about who they naturally are, because both styles can lead excellently.

Source: *Quiet: the Power of Introverts in a World that Can't Stop Talking*

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## Crazy Fun Thanksgiving Facts

- Benjamin Franklin wanted the turkey to be the national bird, rather than the bald eagle
- Americans eat 46 million turkeys each Thanksgiving!
- Californians consume the most turkey in the US on Thanksgiving Day
- The heaviest turkey weighed 86 pounds, according to the *Guinness Book of Records*
- Campbell's soup created green bean casserole for an annual cookbook 50 years ago. Today they sell \$20 million in cream of mushroom soup!
- Wild turkeys can run 20 mph when they are scared
- Turkeys were not eaten on the first Thanksgiving. What was? Probably version, duck, geese and fish, but definitely no turduckens!



Source: Allparenting

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