

# What's on your mind?

**“To Dream the Impossible Dream...  
to reach the unreachable star!”**

Lyric from “The Impossible Dream”  
from the show “Man of La Mancha”



## Heavier things made lighter and brighter.

Are you suffering from an overwhelming sense of “doom and gloom”? Do you feel stressed beyond the normal concerns for each day? Do you find yourself not able to “turn off your mind” when you go to bed at night? Do you feel like your emotions rise and fall with the wind?

I had some of the same issues and found relief from many of these afflictions when I was introduced to Lucinda Bassett's program for “Attacking Anxiety and Depression” from the Midwest Center. It helped me to overcome many of the stresses that built up over the years. It may help you, too.

[www.stresscenter.com](http://www.stresscenter.com)

## Inspirational quotes

*If you're like me, you probably have moments when something you were trying to accomplish didn't work out exactly the way you'd hoped. It's natural to feel down and discouraged.*

*Things that help me get through those moments are listed on my “Gaz Tip of the Month” section. One thing not included there is the habit of reading quotes from famous people who have touched our lives.*

*These inspiring thoughts brings renewed strength and focus of mind, too.*

*On my Client Care Center, there is a section with many of those quotes, delivered on a daily basis. Please check them out. They may just help you rise above what's blocking your progress. Some examples:*

**“A useless life is an early death”**

*-Joahan von Goethe*

**“He turns not back  
who is bound to a star”**

*-Leonardo da Vinci*

**“Before everything else, getting  
ready is the secret to success”**

*-Henry Ford*

*(Pretty cool, heh?)*

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### Famous Quote of the month:

- “Ah.....Love to Love You, Baby.”

- **Who said it?** Send your answers (and current mailing address) to me at:

- [doug@bydoug.com](mailto:doug@bydoug.com)

- On 6-1-08 I'll draw a winner from all correct entries!

- **You'll win a Barnes & Noble Bookstore Gift Card!**

- **Last month's winner:** No one. Better luck this time!

## "Gaz Tip" of the month:

### 10 things I do to make myself feel better when I'm down!

When I'm down, I will do many of the following:

- 1) **Eat!** (Oh, come on, just look at me, did this really surprise you?). This is tricky, because certain foods can actually affect our moods and are helpful to the brain— such as protein bars, etc.. . But ice cream does not really count. (Darn, darn, darn!)
- 2) **Sleep!** It's actually very helpful to take a short nap (20 min. tops), if possible, when I'm stressed out. It clears my mind and I'm amazingly refreshed when I awake.
- 3) **Do laundry.** I really feel a sense of having it together when I do the laundry. Strange, but true.
- 4) **Pray:** this really should be number one, but sometimes it just doesn't register to be number one. How

easily I'm distracted!

- 5) **Put on some inspiring and/or relaxing music.** We all have favorite music that just "takes us to a better place". I've recorded a relaxation CD called: **In The Key Of Peace**. **When I actually remember to use it**, I'm immediately "zoned out" and relaxed.
- 6) **Listen to a motivational CD.** I love **Joel Osteen's** CDs and books. "**The Secret**" has been very inspirational to me, also.
- 7) **Make a list of things I'm grateful for in my life.** **Gratitude** has a way of bringing me out of the gloom of the moment. Many believe it's the *single most helpful ingredient to bring positive change* into our lives.
- 8) **Do some gardening or yard work.**

Nothing makes me feel better than that "**Post Properties**" look (at least in my mind) to the yard. (And when the mowing is over... for at least a week).

- 9) **Do something creative:** As amazing as it may sound, just sitting and playing piano does **not** bring me out of a "funk". It feels like "work" to me. So, I like drawing, painting or using the more creative aspect of music— writing a new song. That's uplifting. **Doing what I love!!!**
- 10) **Watch a funny movie or a stand-up comedy show.** The good book even says that **Laughter is the best medicine**. So, whenever I'm down, I try to find something funny to change the mood. :-)

## FOR YOUR INFORMATION-

Father's Day—

June  
15th,  
2008!



Available 5-20-08! **CRAYONS:**  
Donna Summer's first Studio  
CD in 17years! Sound samples,  
video links and promo info:  
[www.donnasummer.us](http://www.donnasummer.us)

"In the Groove" at  
D-Grooves Recording

Projects underway: **JUST PIANO:**  
**CHRISTMAS** (release in 2008)  
and **CHRISTMASING**  
**WITH YOU** (for release now in 2009)

Creating an arrangement of **AIN'T NOT**  
**MOUNTAIN HIGH ENOUGH** for the First  
MCC of Atlanta

Coming October 1st, 2008

Doug Gazlay

"JUST PIANO: CHRISTMAS"

Tracks:

White Christmas  
O Come, Little Children  
Greensleeves  
The Christmas Song (Chestnuts Roasting On An Open Fire)  
Sleigh Ride  
O Christmas Tree  
The Holly and the Ivy  
Silver and Gold  
Joy to the World/ Hark, the Herald Angels Sing/ Hallelujah Chorus  
Have Yourself A Merry Little Christmas  
We Three Kings  
Jingle Bell Rock  
Hard Candy Christmas  
What Are You Doing New Year's Eve?

All tracks are piano only, no vocals or other production. Cuddle up next to a fire place and enjoy the mood and sounds of Christmas!  
Look for the "**Speaker**" icon (on the right column) of  
[www.dougccc.com](http://www.dougccc.com) to preview the tracks as they are completed!  
(I promise this CD will be done as scheduled. It's only up to me!)

As of this mailing:

Only 54 days until the Apple iPhone Drawing!  
A little over a month until Father's Day!

Next month— 1 year anniversary issue of [www.bvdoug.com](http://www.bvdoug.com) newsletter. Watch for the new format & expanded web version, too!

# THANK YOU FOR YOUR REFERRALS...

"I'm so fortunate to have all of you!!!"  
I'm grateful for each of you who have sent your friends and family to me for their music and entertainment needs.

CASH!!! CREDITS!!! FREE PHONE!!! CASH!!!  
Remember that each person who sends a referral resulting in a booking receives \$25.00 cash or credit and a chance in the July 4th, 2008, Apple iPhone drawing! Yee-ha!!!

## Welcome to my new clients:

Brie Kline and Bryan Wright- wedding and reception  
First MCC of Atlanta- church services  
Hania Riad and Ramzi Zaki- wedding Reception  
Jack and Joann Quan- (returning clients)- Birthday Dinner

## This month's Memorable Moment:

A 60th birthday for a special friend: **Jack Quan**. **Joann**, his wife, was struggling with what to give **Jack** for his big day, since he did not want any big fuss or a party. **Joann** remembered how much he enjoyed my piano playing at their events over the years and called to find that I was available on the night of his birthday. So, I went over to their beautiful home on **Lake Lanier** and played piano for **Jack** while **Joann** cooked dinner. Then, to my utter delight and surprise, I was invited to enjoy dinner, too! Lobster tail, clams, boiled shrimp, and the most delicious steak I've ever tasted in my life were the featured foods. Afterwards I played piano for a couple more hours, including a couple duets with Jack! It was so much fun. Happy Birthday- Jack! Thanks for an incredible dinner- Joann! **Call me next time Jack turns 60!**

## Recent Amazing Parties/Events...

*Justin & Meghan Smith- Wed & Rec.*  
*Bryan & Corie Smith- Wed & Rec.*  
*First MCC of Atlanta- church services*  
*Lauren & Kenny Ellis- Wed & Rec.*

*Jack Quan's 60th Birthday Dinner*  
*Hopewell United Methodist Church- church services*  
*Dustin & Allison Montgomery- Wedding Reception*  
*The Vinings Club: Mother's Day Brunch*     *They were all great! Thank You!*

## Referring folks:

Mike Meyer: Wed & Rec.

Todd Honeycutt:  
Church service referrals

Client of the month:  
**CSI Creative Solutions, Inc.**



Mike Daly  
Creative Consultant

[www.csicreativesolutions.com](http://www.csicreativesolutions.com)

Vendor of the month:  
**Mindworks Photo**

Laurent  
Cavalié



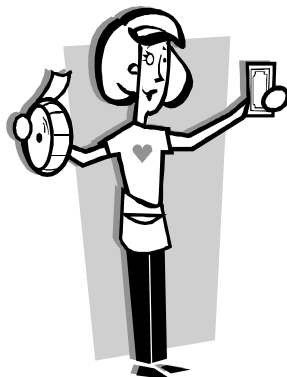
Photographer

[www.mindworksphoto.com](http://www.mindworksphoto.com)

## May Client Care Center Special!

[www.dougccc.com](http://www.dougccc.com)

This is totally **FREE!**  
You can't beat the price!  
Please call if you have any questions  
770-435-4911.



Your suggestions are welcome.  
I update this site for you!

Book any event or use any of my services and receive  
twice the number of Apple iPhone tickets!  
Your chances to win just increased dramatically!

There's only a month and 1/2 left before  
the next Apple iPhone drawing!  
The winner could be you!!!

Doug Gazlay-  
Pianist and DJ

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[www.douggazlay.com](http://www.douggazlay.com)

[www.dougccc.com](http://www.dougccc.com)

▶ Everyone needs a Pianist  
and DJ for a friend!



**Apple iPhone Drawing Renewed!** Once again, this time on **July 4th, 2008**, a winner will be drawn from all new clients booked between January 1st, 2008 and July 3rd, 2008, to receive a FREE Apple iPhone! Details on my website: [www.dougccc.com](http://www.dougccc.com)

# www.byDoug.com

## 'Magine my 'mbarrassment!!!

I have some bad news. *Due to many timing issues, I cannot finish my **Christmasing With You** CD this year. It will have to be put off until 2009.* There.....I said it! In a strange kind of way, I feel better. But it was not a great moment when I realized it would not be coming together.

I was very discouraged and felt I was letting everyone down, especially the performers who had signed up for the project. But, in reality (*the thought came to me*)- **"WHO REALLY CARES"?** (*Another thought answered back*) **"NO ONE!"** (Yes, call the "loonie farm"- I'm talking to **AND** answering myself!). LOL. I was really afraid of being embarrassed.

Have you ever had to let go of a dream or goal because the timing wasn't right; and maybe it would never be right? It hurts, doesn't it? The disillusionment almost brought me to the point of not sending out the newsletter this month. But, this morning, when I got to the computer, it hit me that **THIS** is what I can write about in this month's newsletter! **Confronting the issues of disappointment, stress and depression** and give my insights to the people, places, products and techniques I use to "rise above it all"! So, hold on ladies and gentlemen- as **Randy Jackson** from **American Idol** would say **"Yo-Dawg, that is HOT! Doug is BACK!"**

When we take away all the EGO issues that



come with *changes of mind or course of action*, it really *only matters* in our minds. I'm sure that many of you would love a new Christmas CD from me, but I'm sure you won't go jump into a deep ravine because it will take a little longer to get it done. That's why I say, **I feel very relieved** that I did not put MYSELF through endless, torturous, emotionally depleting hours of guilt because I had to change plans for something I already advertised. Besides, there is my **JUST PIANO: CHRISTMAS** CD on the way on October 1st! So, keep holdin' on! - **Doug**