

It's tax day! What's your stress level? If your taxes were turned in by February, congratulations, for the rest of us: "Keep calm and carry on." April can be a nerve-wracking time of year. It's also beautiful, the trees are blooming and birds are chirping. This is an exciting time. Spring is here. Madame G suggests renewing yourself and refreshing your mind. Consider studying something new and investing in yourself.

Aries (March 21-April 19)

You have a strong constitution. You don't let a little physical ailment get you down. Even if you eat a poorly cooked salmon in Afghanistan, you'll bounce back, with only a few near misses to the John. In other words, you're tough. So, don't let mental anxiety get you down. Treat your mental worries like that poorly cooked and potentially rotted meat, just flush it down the toilet. Have faith in yourself because you're stronger than you know.

Taurus (April 20-May 20)

If you agree to cook for a new love have faith in your abilities. Don't let a little thing like "you've never cooked pot pie" get you down. You're a strong and capable person. You can do anything. Just make sure you thoroughly cook the meat or they may lose faith in you. Madame G says you've got this, with a little help from YouTube and Google. Cook on!

Gemini (May 21-June 20)

You're like a budding orchid, lovely and open. Don't let others diminish your kindness. Though you may always look for that other half of your soul, don't assume anyone else does. Not everyone pursues their purpose in life and most are unwilling to do what it takes. Get yourself pumped up. Watch a few inspiring Ted Talks or listen to energetic Podcasts. Don't forget to care for your mind, body, and soul. You'll always have yourself—invest in that.

Cancer (June 21-July 22)

You may experience the pangs of jealousy this week. Try not to let it get you down. Reflect on your life and write down what you've accomplished. Don't look at how many friends are having babies, or are advancing faster than you in their careers. Examine what you'd like to see happen in your life and work to make that happen. Madame G suggests that you're probably right where you want to be. If not, then get moving towards that and stop looking around you.

Leo (July 23-Aug. 22)

Sorrow is not always personal. It can be helpful to express it publicly in order to help others. You may experience greater relief by sharing than keeping it buried deep within you. Madame G encourages you to write a letter to the editor or share thoughtfully on social media the pain of your loss. Celebrate this life rather than focusing on the loss of a loved one. Embrace this and you may find joy.

Virgo (Aug. 23-Sept. 22)

People enjoy judging others. They may do it quietly on social media or loudly while drunk. Whatever their reasons for negativity don't let it drag you down. Borrow Taylor Swift's wisdom: "And the haters gonna hate...baby, I'm just gonna shake...I shake it off." Remember that emotionally intelligent people take stock of their own emotional state. They take ownership over their feelings and feel how they feel. And then they move onward.

Libra (Sept. 23-Oct.22)

Spring is here and you're planning a vacation. There are quite a few travel blogs that have excellent recommendations. If you're on a budget, consider the "do this not this method." For instance, if you want to go to London, but it's too expensive, consider going to Dublin. It's rich in culture and history. They already speak English and you could save. Who knows what

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adventures you'll encounter, from cute Bed and Breakfasts to pubs. Adventure awaits, Bonvoyage!

Scorpio (Oct. 23-Nov. 21)

Don't let localized stress bring you to the brink. Douglas Adams said: "I love deadlines. I love the whooshing sound they make as they go by." Your sense of honor may prevent this cavalier attitude. But, whose deadline are you working with? If it's a made up one or is easily moved then communicate with your team. If it's a stricter deadline, buckle down until it's done. Do your best and then move on to the next project. You've got this.

Sagittarius (Nov. 22-Dec. 21)

You may wish that you had your friend's job, but have you put in the work? Getting what you want takes more than wishful thinking. Everyone puts their work into the Universe at some point. Either you do it now or you do it later. You can't escape your reality. Try investing in yourself and stop wasting time. If you want a change take action because no one will do it for you.

Capricorn (Dec. 22-Jan. 19)

Finances got you down? Life is often full of unexpected issues and crises. Don't take that pain out on the ones you love. Take responsibility for your behavior. At some point, you made a decision to either take action or not. You may have spent all your retirement or neglected bills. You may ignore everything around you, but if you want to be happy take control. Consider C.S. Lewis's advice: "You're never too old to set another goal or to dream a new dream." Live strong!

Aquarius (Jan. 20-Feb. 18)

Take heart Aquarius: "times they're a changing." It may seem scary, but we're lucky. We live in

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a country where any view, no matter how ridiculous and scary, can be heard. It's up to you to change the world according to your stellar vision. Sitting on the sidelines yelling doesn't win the game. You may provide some emotional support, but ultimately the victory or loss is not yours. Get moving and be the change that you want to see.

Pisces (Feb. 19-March 20)

Life is really about Kindergarten rules. Keep your hands to yourself. Don't eat glue and don't run with scissors. As we learned from Scamper in Disney's Classic, Bambi: "if you can't say anything nice don't say anything at all." You may have a desire to change your children, their spouses, and your own spouse, but consider yourself for a moment. Are you worth emulating? Often the people shouting the loudest are doing the most harm or no one is listening. It's time to change your tactics.