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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 Reasons To START (anything!) Today

By Kathy Gates

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1. You'll stop kidding yourself that tomorrow will ever come. The Present is all you have.
2. You can only affect tomorrow by what you do today.
3. Because you can!
4. If not now, when?
5. You're not getting any younger.
6. Nothing will change if you don't
7. The sooner you start, the sooner, you'll finish.
8. You'll stop wasting all that energy making up excuses.
9. Energy generates more energy. Procrastination generates more procrastination.
10. You're pro-active. You're not leaving your life - your happiness - to chance.

Kathy Gates is a Professional Life Coach who believes that "Life Rewards Action", and author of "7 SECRETS for a Great Life" ebook. She can help you make better decisions about your career, relationships, time, energy, and money that will help you live a happier, healthier life. Visit www.reallifecoach.com, email kathy@reallifecoach.com, or call 480.998.5843 for a FREE consultation right now!

It Cannot Hurt To Learn Chinese

By Hallidae Thomason

It today's day and age, many people are learning a second, third or even fourth language. There are probably many reasons to learn languages other than your own. Some people just love learning about foreign cultures, and therefore they choose to study a foreign language to help them understand a culture even further. Others learn a language such as Spanish or Chinese to help prepare them for a

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career that they hope to have or for preparation to travel to a foreign land.

If you are thinking of starting to learn another language, regardless of your age or of other languages you have learned, you should consider learning Chinese. There are many great reasons to learn Chinese. One of the biggest reasons that I, as an artist, loved learning Chinese was because of how artistic and beautiful to the eye the written Chinese language is. When I entered my first Chinese class I could not get over how intriguing and wonderful it looked on the chalk board. In fact, as the weeks of the class went on and I was getting frustrated by my lack of ability, it was the physical beauty of written Chinese that kept me going.

Another great reason to start learning Chinese is that the nation and people of China are undoubtedly rising up to be some of the world's most powerful people. Business, travel and trade are all increasing with China, so it will not hurt you to start learning Chinese. In fact, Chinese could very well become the next world language and be used with the frequency of English. If you are ever considering international business or trade, or if you just like to travel, then consider seriously how learning Chinese could be of benefit to you.

There are many ways to actually start learning Chinese. You can purchase books at a local bookstore that will give you the basics to start learning, or you can even buy video or dvd sets that will help you learn. An even better way to learn Chinese, however, is to enroll in a Chinese class at a local college or university. Getting in the classroom and being surrounded by other students might be the best way to really learn the Chinese language. So take some time to research the opportunities for Chinese that exist in your area. Or perhaps you have a Chinese friend that will agree to give you personal lessons. Even better.

Realize that learning another language such as Chinese can be fun and is definitely valuable for anyone. Start the process today and you won't be sorry.

Hallidae Thomason is a professor of the Chinese language at a univeristy near her home. She is passionate about getting others to learn the second language that she loves. See

for more.



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