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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!

11 Fail Proof Habits for Producing a Floodgate of Energy

By George Alarcon

Feel less tired, more alive, and energized by adopting the following energy boosting strategies:

* Always eat breakfast

Believe it or not, the first meal of the day is the most important one which provides your body the required fuel to keep you going throughout the day. Never miss breakfast; snack on an energy bar, a banana or apple, or drink a glass of juice, if you're in a hurry.

* Eat smaller meals and more often

Studies have proven that by eating smaller and healthier meals actually give you more energy as opposed to bigger meals which often make you feel tired and sleepy! Try to eat a healthy snack every four hours to maintain your energy levels.

* Exercise!

Walk, jog, or cycle at least fifteen minutes everyday. Any kind of physical activity will boost your energy levels. Find time between breaks, classes, before or after work. Plan ahead and establish a schedule for exercising. You'll notice an immediate difference in energy!

* Feed your cells!

If you feel run down and extreme fatigue often or just sometimes, this may be a sure sign that the cells in your body are not receiving enough nutrients. When our body does not get its required dosage of nutrients from our diet, we become exhausted much faster. A powerful way to feel more energized is to supplement our diet with Cellfood. Personally, I take Cellfood every day like clockwork; because of Cellfood I feel more energetic, I sleep less, and I don't easily get so tired. For information on Cellfood go to:

<http://www.cellheal.com>

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* High energy foods

Consider adding high energy foods to your diet such as low-fat cheese, milk, yogurt, beans, eggs, fish, poultry, and lean meat.

* Hoodia Gordonii

To get an added natural flow of energy, consider taking Hoodia Gordonii. This amazing cactus-looking plant is fast becoming popular around the world. To learn all of its benefits scroll below to the resource box.

* Juice

Drink a whole glass of organic apple or pure orange juice. These two will provide you with plenty of energy, especially when you are running low!

* Water

Drink water on a regular basis.

* Reduce caffeine consumption!

A great way to help maintain your energy levels is to reduce or eliminate caffeine from your diet. Remember: caffeine is a stimulant and will make you jittery.

* Vitamins

Take supplements of vitamins C, E, and B6. Or, eat foods rich in these vitamins like oranges, almonds, peanuts, and pecans.

* Minerals

Take iron as a supplement; it will boost your overall energy.

Reprint: You may publish this article as long as you keep the entire piece as is, including the resource box.

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George Alarcon runs

<http://www.chronic-fatigue-aid.com>

where he offers a highly effective treatment

for conquering extreme exhaustion. At

<http://www.hoodia-way.com>

he tells the public the benefits of

hoodia gordonii.

The 6 "Secrets" To Sales Success

By tony pola

There is no magic pill, trick, technique, system or secret to success. However there are many beliefs and habits that will bring you the desired results that you wish to have. It is your choice to develop the appropriate beliefs and habits that produce the results that you wish to have. If you honestly are not happy with the results that you are having then you must change the actions, which are producing those results. The following are 6 of the habits, which I have found will rapidly accelerate your sales and income to heights, which only you will limit.

The number one "secret" in order to boost you sales is Activity. There are 3 ways to increase your income in sales 1. Activity, 2. Closing ratio, and 3. Average job size. The easiest of these three ways is to increase your activity. You cannot sell jobs if you are not consistently delivering written Quotes and asking for the order. Many salespeople pre-judge, and pre-qualify (or disqualify) their prospects and never deliver the proposal, which will solve their potential clients needs. Many salespeople also deliver the proposal but then fail to ask for the order and close.

The second "secret" is your Belief. You must have positive beliefs, and thoughts at all time. These beliefs will create the proper actions and habits. As Mike Litman (author of Conversations With Millionaires) says people form habits and habits form futures.

The third "secret" thing you need to do is be Committed. You have to be committed to yourself, your product or service, your company, and above all your beliefs. If you choose to believe you can or believe you cannot, you are correct in both instances. You must be committed to consistently deliver a predetermined number of proposals each day, week, month, and year. Your number of sales will increase indirect proportion to the number of proposals you deliver. This must be done with what I call absolute "No Option Behavior". You must be committed 100% to deliver a proposal to every prospect you sit with and also to ask for the order from every prospect you give a proposal too.

The fourth "secret" is Discipline. You must develop new disciplines, which will then produce new results. This should be done to all aspects of your life social, financial, professional, physical, and spiritual.

The fifth "secret" is Enthusiasm. Always remember that the first thing a prospect must buy is you and that enthusiasm sells. You must avoid negative people, negative habits, and negative thoughts and constantly expose yourself to positive thinking.

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The sixth "secret" is Focus. You must have goals (the seventh "secret") and a plan to get there. When you have goals and focus on the little steps (habits and disciplines) you will receive all that you desire. You must focus on the results and outcomes and not on the process, it is just as easy to develop new disciplines and actions one step at a time then it is to continue with your old habits and disciplines that are producing results, which you are unhappy with.

Happy selling!!!

Tony Pola

www.rapidsalesgrowth.com

Web site with Habits to increase sales and income, with free newsletter and coaching and services available.

Tony Pola was a \$40,000 gross income self-employed painter less the ten yrs ago. He had the same problems a lot of you have, not enough time, not enough money, and not enough family time. He then turned to sales in order to increase his income. That is until he discovered the secrets to sales success and how to make a 6-figure income which he would like to share with you

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