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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 Smart Choices You Can Make

By Susan Dunn

11 Smart Choices You Can Make by Susan Dunn, M.A., Clinical Psychology

1. Choose positive and kind self-talk. Train yourself to be your biggest fan.
2. Surround yourself with the kind of people you want to be like, because that's what's going to happen.
3. Do something solid with your hands every day, preferably something involving soil.

It'll keep you sane and "grounded."

4. Improve your emotional intelligence (EQ) every day.

It's a success and happiness skill you can do something about, unlike your IQ!

5. Indulge yourself in the arts—several modalities.

It rounds off sharp edges, improves creativity and intuition, and gives the foundation for metaphor, a master coaching and life skill.

6. Get more theta waves in your life.

Theta waves, an uncommon state in alert adulthood, are where people under the age of 13 spend their time. It induces creativity, intuition, and feeling good. So play more!

7. Make use of hypnagogic time, the "twilight" just before and after sleep.

Use it to visualize dreams, solutions and alternatives.

8. Choose to be optimistic. Like other emotional intelligence competencies, it can be learned.

Optimistic people accomplish more, live longer healthier lives, and undoubtedly enjoy it more.

9. Temper reality with optimism, and optimism with reality.

10. Don't live in isolation.

Isolation is worse for your health than smoking, high cholesterol, or obesity.

10. When you're in a transition, get a coach.

Why stand at the crossroads alone?

Susan Dunn is a personal and professional development coach. Visit her on the web at www.susandunn.cc. <mailto:sdunn@susandunn.cc> for FREE ezine.

Smart Children And Smart Toys

By Jessica Davis

Play would always be attached with the term "toys". Toys are the source of fun for children kids and even adults too. If used well, they could be aids in achieving learning and fun both at the same time. What could smart toys do? How could smart parents use these toys for the development of their children?

There are very helpful points that could help out in making your child even smarter:

* Each child has his or her own preference of toys. Let your child express him by deciding on what toys is fun for him or her. With this, it will be easy for the child to think creatively and use the toys.

* Childhood is a time to build bonds of friendship among peers. Interaction toys would be of great help as children get along with their peers. Toys like sport game toys would allow them to meet and socialize with children of the same age.

* Toys could boost the self–confidence of a child. There are these toys which when used could promote the reliance to one's self by a child or children. These come through construction toys. When a child builds it, he also builds the faith in his skill that this building may not be destroyed.

* Thinking independently is thinking smart for children. As they play using toys that will enhance their thinking and logic skills such as puzzles and mazes would be of great help in polishing one's head.

* A bit similar with interaction toys are relationship toys– these help the communication skills of children. We know how important communication is, therefore, these set of toys would really be smart. These are really aid a child to meet people talk and listen and in the end, build links.

Toys are made not merely to be played with without purpose but we must see to it they learn and bring out the smart young people from them through smart choices of toys. Toys are here not to be used as

early symbols of violence.

Jessica Davis is a freelance writer for the Baby Times. She writes a regular column which is published every Thursday. Her latest 'favorite pick' is



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