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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!**

**7 Lies That Prevent Powerful Results**

**By Kathy Gates**

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Everyone has something in their life that they would like to change. Nobody's life circumstances and environment are perfect. But what do you tend to tell yourself about these circumstances? Often it's easy to fix blame on others. Consider, however, that your feelings are not caused by your cranky boss, or the construction on the street, or your inconsiderate friend; but rather your feelings are caused by what you TELL yourself about your circumstances.

One writer gives the following example: Imagine that a friend is quite late to meet you. Depending on what you THINK (i.e., she was in an accident, she's rude, I wanted to do something else anyway), you might be worried, annoyed, or relieved. These feelings (ignited by the thoughts) will then dictate how you react, i.e., calling the police, having angry words for her, or being glad she bailed on you.

What you think about your circumstances may keep you stuck in a bad situation. That is why recognizing the lies you tell yourself is very important. These lies prevent you from being as powerful as you really are.

Lie #1. Expecting Quick Results.

It's true, we have all seen our lives change in a heartbeat – sometimes an upturn, and sometimes a downturn. But generally success is a longer road that takes daily work to make it a reality. It will happen.

## 7 Lies That Prevent Powerful Results

Don't expect it to happen overnight, but expect it to happen. Don't give up. Powerful Results come from taking baby steps, one after another, day after day, until you reach your goal.

### Lie #2. Complaining is OK.

The Law of Attraction states that life reflects back to you whatever you expend. If you have a habit of complaining, you will attract more complainers to you. Or as the Bible puts it, "you reap what you sow." One of my favorite cartoons shows the character contemplating Spring, and she says, "Time to go out in

the garden to see if the bulbs I didn't plant, didn't come up." Powerful Results come from planting the seeds for what you want to grow.

### Lie #3. I'll Work on That Later

Winners recognize that it doesn't always matter how the hole got in the boat. It matters that it gets fixed so that you can get on with the fishing. However, it DOES matter if you keep running over the same rock day after day, and you are patching the same hole over and over. It is important to find the SOURCE of the hole and stop allowing it to happen. Powerful Results come from creating a lifestyle that supports your desires.

### Lie #4. Having An \*Idea\* Instead of a Plan

Did you miss becoming a doctor, or dancer, or chef, or actor, or teacher because you were "absent" the day they were handing out those careers? Of course not. All of those careers require that a person choose to go to school, sometimes for many years; and then many more years to master their craft. If you don't purposefully choose the path to go down, something else will choose it for you. Those who don't create their future, have to endure the future they get. Powerful Results come from creating a plan and getting into action.

### Lie #5. Ignoring Your Talents

Thomas Leonard ([www.thomasleonard.com](http://www.thomasleonard.com)) suggests that you "perfect or customize what you want out of life so that it fits you perfectly." This means using your natural talents in a way that works best for you, in all

## 7 Lies That Prevent Powerful Results

that you do. So often we put ourselves into a role or get so busy responding to life's daily crisis, that we end up frustrated with busy work instead of taking the time to sort out what we're good at, let our strengths help us, and then be willing to ask for help with the rest. Powerful Results come from customizing whatever you do so that it's a better fit for you.

### Lie #6. Elusive Goals instead of Do-able Goals

An elusive goal is "save \$5 thousand for down payment for a house". There's no strategy or plan associated with that. A do-able goal is "save \$100 every week for one year, beginning this week." That's a plan of action that has measurable results. Powerful Results come from specific actions that have measurable results.

### Lie #7. "What I do doesn't matter" Attitude.

It's easy to say to yourself that other people and circumstances prevent you from doing something. It's easy to think that they are more powerful than you are, so your puny contribution won't matter in the long run. But this attitude tends to paralyze you, and keep you out of the action of creating better circumstances. Powerful Results come from being honest with yourself, listening to yourself, then doing what needs to be done.

Kathy Gates, Professional Life Coach, believes that "Life Rewards Action". She can help you create goals, overcome procrastination, organize your time, find your true passion, and learn to love the real you. Visit [www.reallifecoach.com](http://www.reallifecoach.com), email [Kathy@reallifecoach.com](mailto:Kathy@reallifecoach.com), or call 480.998.5843

## **The magic pill to fat loss**

**By Charles Blain**

### **The magic pill to fat loss by Charles Blain**

Have you ever wonder if there was a secret to fat loss?

Have you ever wonder that a few lucky people knew something about it?

Have you ever wonder what secret might be?

I am sure you have heard of so many theories about fat loss that it would make your head spin in confusion.

Some experts will tell you that the secret lies in your nutrition. You just need to eat better; most people

## 7 Lies That Prevent Powerful Results

can understand that logic so they go out and learn about 35 different to EAT RIGHT". But you are still not going anywhere, so what is wrong?

Other gurus prescribes a load of aerobics or cardio training, so you go out and buy the next big trend in cardio exercise that promise to blast the pounds away. You do it for a few weeks but you are not getting the results promised. So were you lied to or do you just have bad "genetics"

Other experts will say that you need to train with weights to get rid of bodyfat and they show you hundreds of different resistance workouts. So you are still confused.

So if you are still looking for that elusive secret, you can stop looking now.

The truth is if you only focus on nutrition, you will not get the best results. But then if you only focus resistance or cardio instead you still will not get optimal results.

To maximize your genetic potential and get the best body you ever had, you need to combine the right nutrition, aerobic exercise, resistance exercise with motivation.

It is the synergy created by your motivation, nutrition, aerobic and resistance training that will carry you to the Promised Land.

Unless you are eating in a way that allow your body to become very efficient at burning foods (read metabolism boosting nutrition), then you combine it with some form of aerobic training and some resistance training, you will fail to get desirable results in the long term.

And finally motivation is what gets you to take action. Motivation is the glue that transfers the knowledge into real life results. Without it all the knowledge in the world will be worthless.

Motivation is the first and most important thing that you need to uncover if you want to be successful.

You need to find out exactly WHY you MUST lose the weight.

Yes, the WHY is more important that the HOW. The WHY will carry you through the HOW. Without the WHY, forget about finding about HOW. Most people have a hard time discovering a WHY powerful enough that will get them over the edge, to live in a body that they can only dream about right now. If you having trouble finding your empowering WHY, please do yourself a favor and download my Free report "the truth about fat loss" and answer a series of questions that will help you uncover that missing piece to the puzzle.

Yes here lies the secret

The combination nutrition, aerobic exercise, resistance training exercise and motivation IS the magic pill you have been looking for.

Charles Blain is the owner of FitMind personal training and he is a certified personal fitness trainer. His main desire is to aid others reaching their full potential and build their best body though sound advice

in the areas of nutrition, training and self improvement. He also walked the talk by shedding 75 pounds of fat himself. He also exposes the shocking and sometimes frightening truth behind the weight loss and nutritional supplement industries. He can be contacted at [www.thefitmind.com](http://www.thefitmind.com).



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