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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 Quick Tips to a Healthier, Happier You

By **Jim M. Allen**

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Health and happiness are not that difficult to have in one's life. It just takes some attention and some action to insure that you have as much of both as you desire.

Far from being difficult, tiring exercises, getting healthy can be quite easy. A few simple acts or lifestyle changes can put you on the path to feeling happier and healthier faster than you can imagine...

1. Eat breakfast every day.

Your mom was right, it's the most important meal of the day. Don't skip it.

2. Drink lots of water.

In these days of coffee, tea, sodas, seltzers, colas and coolers it's easy to think we're getting all the water we need, but nothing beats good ol' plain water. Eight glasses a day.

3. Get a good night's sleep.

As one who deals with sleep problems, I can tell you from experience, poor sleep patterns can quickly disrupt your life. Research shows that 6 to 8 hours of restful sleep is what most of us need to be happy and productive. If you're having problems sleeping, contact a doctor immediately.

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4. Eat more fruit.

The old "an apple a day keeps the doctor away" saying may not be 100% true, but the truth is that fruit provides your body with need vitamins, minerals, and natural sugars.

5. Start walking.

For short, nearby trips in the neighborhood, leave the car at home and take a walk. Do this a few times a week and the results will amaze you.

6. Turn off the t.v.

Read a book, get outside and play with the dogs, have a conversation with your spouse. Look for things to do other than watch the telly, especially around news time.

7. Laugh.

Every day. A real, good, hearty, belly laugh. Look for the funny things that life has to offer. Share a joke with a friend. Share a lot of jokes. Laughter is good for the heart and soul, for your health and spirit.

None of these things requires you to spend a lot of money. None of them take much time or energy. But each one can, over time, dramatically improve your physical and mental health. Pick one or two to focus on this week and be healthy!

Jim Allen is a professional life & business coach. For more ideas, subscribe to his free bi-weekly ezine, THE BIG IDEA, by sending a blank email to: SubscribeGA@CoachJim.com

How To Live Happily Ever After

By Maya Pinion

In life, many of us simply plunge ahead, only to realize later that some of the things we did, we wish we hadn't, and some of the things we didn't do, we wish we had. How do you keep yourself on the right track, the right path? And how can you live happily ever after? Here's how. Here's one simple easy-to-do thing that can help keep you on the right track and help you live happily ever after ...

Before you do something ask yourself, "will I be happier afterward?"

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How does that work? How do you apply it to your life? Here are some examples ...

Before a person binged on something they shouldn't eat too much of, if they had asked themselves "will I be happier afterward?", maybe they would have binged less, or not binged at all.

Before a person bought an expensive, non–returnable item on impulse, if they had asked themselves "will I be happier afterward?", maybe they wouldn't have bought such a dumb thing and wasted their money.

Before a person jumped into bed with someone or moved in with someone or married someone or divorced someone, if they had asked themselves "will I be happier afterward?", maybe they wouldn't have done it (or maybe they would have!)

Before a person did something self–destructive, if they had asked themselves "will I be happier afterward?", maybe they wouldn't have done it. And, before a person did something good – for themselves or others – if they had asked themselves "will I be happier afterward?", maybe they would have done even more good things.

So before you choose to do something, ask yourself "will I be happier afterward?". Then make the right decision, for the right reasons, and live happily ever after.

Maya Pinion is a Los Angeles based freelance writer who loves to help people feel better, do better, be better and urges people to visit

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Providing The Best Care For Your Goldfish
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