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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!

8 Steps You Can Take Today to Make Changes in 2003

By Laurie Meade

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-----"As a new year begins, we start reflecting on the past and decide we are going to change. We want to accomplish something. A new year could spark a new beginning; however, it gives most of us time to make excuses for quitting.

Some of us might last until March, some of us don't last more than a few weeks. :o)

In my online marketing business, I feel the following 8 areas are a great place to focus on change for the new year.

I don't want to call them New Year's resolutions, that makes it easy to give up on them. I would rather call them,

"My Checklist to Improvement and Change"

By renaming my goals, I can put them in a different perspective in my mind. A checklist is something you will want to refer back to on a daily basis.

A failed New Year's resolution is something you don't even want to admit you made. This is especially true if you aren't successful with it.

-----Turn off the TV!

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- Keep an "action file."
- Organize three things every day
- Set yourself up on a schedule
- Take time to enjoy yourself and your family.
- Invest in a family planner.
- Save money.

- Write a journal, do it daily.

Of course there are the more common New Year's Resolutions like:

- Exercise more.
- Eat healthier food.
- Lose weight.
- Quit smoking.

I plan to stay focused on the 8 above. Of course if I can manage to add a few of these bottom ones that would be great.

I have already accomplished the quit smoking! (I never started in the first place :o)

Success starts with developing a clear strategy. If you're serious about making some changes in your life, focus on what's important to you and develop a plan for reaching your goals.

-----Laurie Meade is editor of "Yes You Can!" Fr*e Ezinesend a blank email to <mailto:subscribe@you2cansellonline.com?subject=ny84> or visit <http://you2cansellonline.com> Sign up for a Fr*e Great Start to the New Year
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Smallville (Season 3) DVD Review

By Britt Gillette

Premiering in Fall 2001, Smallville centers around the life of a young Clark Kent in the years that lead up to his transformation into the Metropolis savior and hero Superman. After a number of TV versions of the superman's life since the comic book character first appeared, Smallville manages to set itself apart from the rest of the field by focusing on the earliest year's of Clark Kent's life. With a rock solid

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cast and stellar writing, the series is one of the more popular shows on television today, establishing itself as one of the WB network's most profitable and beloved programs ever...

The Smallville (Season 3) DVD offers a number of exciting episodes including the season premiere "Exile" in which Clark Kent engages in a massive crime spree in the Metropolis (having been transformed by the effects of red kryptonite). Meanwhile, Lex Luthor must grapple with his own conscience while secluded on an island, and Jonathan Kent frantically searches for Clark, going to great lengths to obtain the power necessary to end the ill effects of the red kryptonite... Other notable episodes from Season 3 include "Magnetic" in which a mysterious newcomer to Clark's school exhibits special magnetic powers (including the ability to attract Lana), and "Hereafter" in which Clark's discovers that his classmate Jordan can see into the future, prompting a prediction that Lana will die in the next few days...

Below is a list of episodes included on the Smallville (Season 3) DVD:

Episode 45 (Exile) Air Date: 10-01-2003 Episode 46 (Phoenix) Air Date: 10-08-2003 Episode 47 (Extinction) Air Date: 10-15-2003 Episode 48 (Slumber) Air Date: 10-22-2003 Episode 49 (Perry) Air Date: 10-29-2003 Episode 50 (Relic) Air Date: 11-05-2003 Episode 51 (Magnetic) Air Date: 11-12-2003 Episode 52 (Shattered) Air Date: 11-19-2003 Episode 53 (Asylum) Air Date: 01-14-2004 Episode 54 (Whisper) Air Date: 01-21-2004 Episode 55 (Delete) Air Date: 01-28-2004 Episode 56 (Hereafter) Air Date: 02-04-2004 Episode 57 (Velocity) Air Date: 02-11-2004 Episode 58 (Obsession) Air Date: 02-18-2004 Episode 59 (Resurrection) Air Date: 02-25-2004 Episode 60 (Crisis) Air Date: 03-03-2004 Episode 61 (Legacy) Air Date: 04-14-2004 Episode 62 (Truth) Air Date: 04-21-2004 Episode 63 (Memoria) Air Date: 04-28-2004 Episode 64 (Talisman) Air Date: 05-05-2004 Episode 65 (Forsaken) Air Date: 05-12-2004 Episode 66 (Covenant) Air Date: 05-19-2004

Britt Gillette is author of The DVD Report (

), a blog where you can find

more reviews like this one.



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