

A One Word Tonic for Creating a Positive Change in Your Life

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

A One Word Tonic for Creating a Positive Change in Your Life

By Doug C. Grant

A One Word Tonic for Creating a Positive Change in Your Life by Doug C. Grant

Article Title: A One Word Tonic for Creating
a Positive Change in Your Life

Author Name: Doug C. Grant

Contact Email Address: doug @douggrant.com
or dcgrant@horizonview.net

Available On-Line at:

www.douggrant.com/great.txt

Available by Autoresponder at:

great@smartautoresponder.com

Word Count: 596

Line Wrap: 60 Characters

Category: Anti-Aging

Copyright Date: 2002

~~~~~  
Publishing Guidelines: Thank you for publishing this  
article in its entirety including the resource box. When  
possible, please notify me of publication by sending  
either a website link  
or a copy of your ezine upon publication via email to  
[doug@douggrant.com](mailto:doug@douggrant.com)

**A ONE WORD TONIC FOR CREATING  
A POSITIVE CHANGE IN YOUR LIFE**

by Doug C. Grant

"How's it going?"

## A One Word Tonic for Creating a Positive Change in Your Life

That's a simple greeting. Except it seems as though after climbing the 50-year fence we tend to get a little less enthusiastic about our response.

A typical answer is often, "Oh puttin' up with the usual aches and pains. But at my age you can't expect anything else."

Bad answer...bad thinking...bad consequences!

Here's the right answer to 'How's it going?'

'GREAT!'

Okay, so maybe you aren't feeling so great. Doesn't matter.

Or maybe you think a 'woe-is-me' routine will earn you a sympathetic response. Not likely. People are not routinely devoted to feeling sorry for other people's problems. Sorry about that. But it happens to be true.

So what's so great about the word 'GREAT'?

It can do more for you than a pill or a potion. Here's why.

You have inside your head two minds...one conscious the other subconscious. The subconscious controls about 90% of your mental activity, which also happens to include your state of health.

For example, consider the sugar pill. It has absolutely no formulated ability to heal. Yet when someone is given a sugar pill and told it's a new wonder drug that will cure their 'whatever'...guess what? Often their 'whatever' symptoms disappear. They feel great. Life is wonderful again.

Then they receive the truth. The pill is nothing but sugar. Within hours the 'whatever' symptoms come screaming back. This happens so frequently it has even been given a name. It's called 'The Placebo Effect'. And that's your subconscious at work.

The word 'GREAT' also works on your subconscious.

## A One Word Tonic for Creating a Positive Change in Your Life

When someone asks how you feel and you respond, 'Great!', you are actually talking to your subconscious. It listens. It believes.

Tell it enough times that you feel 'Great!' and it will do everything in its considerable power to bring that feeling into reality. Of course if you go away mumbling to yourself that actually you feel pretty lousy, your subconscious will also listen to that and cancel any 'Great!' feelings it might have been working on.

True story. Some good old boys decided to play a joke on one of their number. They stationed themselves at various places along the accustomed morning route of their victim and individually greeted him with something like, "Hey Ted, you look terrible. You should be home in bed."

Ted laughed off the first two encounters. But after the

fifth greeting, he headed home. He spent the next week between the sheets being terribly, ridiculously but very physically ill.

It comes down to this. If the mind can make you sick it can also make you well.

Don't take my word for it...try it.

Start out the day determined to respond to every "How ya doin'?" greeting with the tonic word, 'Great!' Refuse to get dragged into any recital of aches and pains...particularly yours.

Stiffen your back, keep your chin up and float the word 'Great!' on the tip of your tongue. Even if you start the day feeling lousy, chances are you'll end the day feeling a whole lot better. Keep it up and that 'Great!' feeling will become a way of life for you. Not bad for one little word.

Looking for more 'feel-good' living techniques?

The Empowered Maturity web site, <http://www.douggrant.com> publishes a free, twice monthly e-magazine (ezine) filled with empowering information for the over 50 crowd. It's yours

for the  
asking with no obligation and you can cancel anytime.  
Subscribe at: <mailto:empoweredpage@smartautoresponder.com>

Doug C. Grant retired from a successful career as a nationally recognized business writer & marketing consultant. He now helps members of the 'Over-50', crowd live healthier, happier and more productive lives through his Empowered Maturity Web Site (<http://www.douggrant.com>) and an on-line interactive seminar.

**Change Your Thoughts, Change Your Life. Five simple ways to bring more peace and harmony to your life!**

**By Marla Sloane**

When you change your thoughts, you change your life. The fastest way to achieve peace and harmony is to change your thinking. In order to change your outer world you must first change your inner world. Your thoughts dictate your behavior, and when you change your thought patterns, you will be changing your behavioral patterns as well. Altering your behavior will change the course of your life. Here are 5 simple ways to achieve peace and harmony.

1. **Observe Your Internal Chatter.** If you find your thoughts are negative or limiting, stop and replace those thoughts with positive ones. Your internal chatter is a good forecast to the direction your life is headed. Meditation is a good way to clear that negative chatter, and assist you in changing your thought process.
2. **Say What You Mean, and Mean What You Say.** Healthy communication is a key element in keeping peace and harmony in your life. Good communication eliminates being misunderstood, and prevents stressful situations. Saying what you mean not only gives you a sense of peace, you also earn the respect from others when they know you are true to your word.
3. **Focus on the Positive Not the Negative.** Turn negative situations into positive ones. Everything happens for a purpose and a reason. Instead of complaining, and feeling wounded after a negative situation, stop and think about how you can change it into a positive one. Remember, you attract what you dwell on; positive attracts positive, and negativity attracts negativity. If your thoughts are negative and victimizing, you will attract exactly that into your life. What are your thoughts attracting?
4. **Practice Guided Visualization.** This technique involves sitting comfortably, and listening to a tape or an instructor who guides you through a relaxing scenario. The setting is calm, tranquil, and peaceful allowing your mind and body to connect. You can create what you visualize, and with the aid of your subconscious mind, the possibilities are limitless!
5. **Get Organized.** Organizing your surroundings, and managing your time wisely helps give you a clear head for making wise choices. Your choices are dependent on your thoughts that precede it. How can you make a wise decision if your thoughts are cluttered and unorganized? Start organizing your life

## A One Word Tonic for Creating a Positive Change in Your Life

now, and see how fast you can change your life.

Thoughts are powerful, after all, everything ever created started with a thought. You are creating your tomorrow with the thoughts you have today. Taking control of your thoughts will give you a sense of stability, and with that stability brings peace and harmony.

Marla Sloane Ph.D. is a successful author and speaker. Her Daily Positive Affirmations subscribers have reached world-wide proportions, and her book, "The Masks We Wear and How to Live Without Them" is at the heart of her teleclasses; Live Your Best Life. Marla has also produced, Trilogy of Meditations, for your Mind, Body, and Spirit, which is distributed nationwide, and in Europe. You can visit her web site at:

.

Change Your Thoughts, Change Your Life. Five simple ways to bring more peace and harmony to your life!

Will Your Life Mysteriously Change For The Better?

Increase Your Self-Confidence ...

Five Ways to Stay Positive in a Negative World

Attitude In Business

Money Making Flashy Designs in a Box

Home Vegetable Garden

Palmistry

Over 185 Delicious Italian Dishes

The Ultimate Ad Tracking Tool



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**