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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!**

**A Powerful New Way to Use "Why" Questions**

**By Michael Pollock**

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To start making dramatic changes in your life, transform the way you use questions that begin with "why." IBM Founder Thomas Watson, Sr. is quoted as saying "the ability to ask the right question is more than half the battle of finding the answer." "Why" questions are uniquely powerful in that they already contain an answer themselves.

Implicit in every "why" question is a statement of fact. For example, consider the question "why is the sky blue?" You agree the sky is blue. You're merely seeking the explanation of what makes it so. As much as you try, you'll never change the color of the sky. Hidden in each "why" question is an affirmative statement.

If not used effectively, "why" questions keep you stuck. I used to have trouble getting out of bed in the morning. I'd ask myself "why do I stay in bed when it's time to get up?" Each time I asked, I always returned to the \*fact\* that I didn't get out of bed when it was time. My "why" question affirmed that I stayed in bed when it was time to get up, and it kept me stuck in that pattern.

Begin looking at the "why" questions you ask yourself. If you're chronically late for appointments, maybe you ask: "why am I always late?"

If you experience financial lack, maybe you ask: "why am I always broke?"

## A Powerful New Way to Use "Why" Questions

If you seem to lack enough time, perhaps you ask:  
"why is there never enough time in my day?"

If you don't feel so confident, maybe you ask:  
"why am I such a loser?"

Wherever you experience undesired results, look at the  
"why" questions you may be asking yourself in that area.

Transform your "why" questions into "how can I" questions.  
Instead of asking "why am I always late?"  
Try "how can I be on time for all my appointments?"

Instead of asking "why am I always broke?"  
Try "how can I earn/save/have more money?"

Instead of asking "why do I oversleep?"  
Try "how can I get out of bed on time each day?"

Instead of asking "why am I not getting visitors to my  
website?"  
Try "how can I get more visitors to my website?"

Begin using affirmations. Notice I did not say  
affirmations. An affirmation, according to author Noah St.  
John, is "an empowering question to which the human brain  
must try to find an answer." In his excellent book "Learn  
How and Why to Give Yourself Permission to Succeed," Noah  
devotes several pages to affirmations. Pick up a copy of  
the book or visit his website at

.  
Affirmations are "why" questions which affirm something  
you desire.

Instead of asking "why am I always late?"  
Try "why am I on time for all my appointments?"

Instead of asking "why am I always broke?"  
Try "why do I experience financial abundance?"

Instead of asking "why am I lonely?"  
Try "why am I surrounded with friends who care for me?"

Instead of asking "why is my business unsuccessful?"

## A Powerful New Way to Use "Why" Questions

Try "why is my business vibrant, growing and prosperous?"

By asking positive "why" questions, you convince your brain that what you desire is already so. If it exists in your mind, it's bound to become an outer reality.

Combine affirmations with journaling. Begin keeping a journal each day and ask yourself only positive "why" questions. Not only will you be getting your thoughts out on paper, but you'll also be affirming – in your own mind – your desired reality.

Psychologist William James states "the greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." Transform the way you use "why" questions, and you'll transform your attitude and your life.

It's your life. Make it great!

Michael Pollock is a popular on-line writer and PersonalCoach. He empowers proactive people to create lives that are inspired, power-full and prosperous. It's your life. Make it great! Visit <http://www.successfulifecoach.com> or subscribe to his weekly newsletter "It's Your Life!" by sending a blank email to [ItsYourLife-subscribe@topica.com](mailto:ItsYourLife-subscribe@topica.com)

### **Adult ADD: Focus Ideas, Complete A Plan**

**By Tellman H. Knudson**

How does the ADD brain process ideas?

For most people, ADD shows up in early childhood. You're sitting in the car and start asking questions of whomever is driving. "Are we there yet?" "What makes the car run?" "Why do the clouds move?" and on and on, until you get some answers!

ADD can be a blessing and a curse. When you are asking that many questions (unless you happen to have a parent, guardian, or teacher in your life, who really understands how your ADD brain works), this behavior is usually interpreted as "obnoxious."

I was the ADD kid who asked way too many questions. I was the ADD kid who was sent to the back of the room for asking too many questions! I don't know about you, but for me, it was my brain, always trying to pick things apart, to figure out how things worked, and I had to know. My brain just wouldn't let me rest, until I knew.

## A Powerful New Way to Use "Why" Questions

There is no doubt about it. The ADD mind is constantly thinking, constantly looking at things from different angles, and many with ADD have self-esteem issues because it's hard to fit in with everybody else. This happens with kids, but it happens with ADD adults all the time, too. You're in a situation where you're asking lots of questions, you're trying to figure out how things work and why things work. One of the most common responses that people will snap at you is, "It just works that way. Just do it!"

There are a couple of reasons for that.

One is because if you're in a group of people, who are embarrassed about asking a question, it makes them uncomfortable for you to do it. Another reason is because whenever you ask a question, you're pulling things off track. When you're the only one with ADD and you're dealing with a room full of linear thinkers, guess what? You make them uncomfortable and they get frustrated!

But...

Asking questions is a tremendously powerful thing, and is something powerful about ADD. For example, my grandfather was an inventor. He invented all sorts of things. He invented the filter in the World War II gas mask. He invented the original Wet Ones moist wipes. He was involved in inventing the first cigarette filter. Why? Because he asked more questions. He said, "How can this happen?" He was filled with ideas and always had unusual notions about different things. In his head, he questioned everything, and that's where many of the best ideas come from. How do you find solutions to problems? The only way that happens is by asking questions that no one else will ask.

One of the most powerful principles of dealing with ADD I've ever taught goes like this: When you implement an idea and complete it, start to finish, it is 1,000 times more beneficial than having 100 brilliant ideas that are better.

Let me explain.

Going through all the steps of putting a crappy idea into practice is exponentially more valuable than having 100 million-dollar ideas. The reason is because you learn more from putting something into practice than you learn from coming up with new ideas. The cool part is that after you put everything about that one idea into practice, the quality of your new ideas is exponentially greater than your old million-dollar ideas. Instead of having million-dollar ideas, now you're going to have \$5 million or \$10 million ideas simply because you put one idea fully into practice.

Put your ADD-induced ideas into a funnel so that they accomplish one goal. Just remember that the quality of the ideas you have today are nothing in comparison to the quality of the ideas you're going to have a month from now, after you've implemented just one of them. And when you think about famous people with ADD, think about Albert Einstein. When it comes to ADD or asking lots of questions, he's at the very top of the list.

Tellman Knudson is a certified hypnotherapist and CEO of OvercomeEverything, Inc. See more advice about using your ADD to power you through life at

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