

ARE YOU PREVENTING YOUR OWN GOOD?

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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!

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By Rhoberta Shaler

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It's so easy to know what is good for you. You know it is good for you to eat fruits and vegetables, exercise and drink plenty of water, right? Are you doing it? Are you doing it regularly enough to feel good about it? Are you spending quiet time alone with yourself, your thoughts and your goals at least weekly? Are you paying attention and spending time with those you say are important to you often enough so they know how much you value the relationship?

If you can answer 'Yes' to these, TERRIFIC! You're playing on your own team! If not, why not? Humans are strange. Many of us withhold from ourselves the very things we know would increase our satisfaction with our lives, we withhold our good from ourselves. Doesn't this seem more than a little masochistic? Why don't we count with the most important person in our lives—ourselves?

Sometimes, deep, deep down inside ourselves, we may believe that it is selfish to give to ourselves. Sometimes, deep, deep down inside ourselves, we do not believe that we deserve to have a really good life. Sometimes, we think we're doing enough by simply saying that we know we should or could do things. That, somehow, gets us off the hook from actually doing it!

If any of these things are true for you, STOP! Sit right down—yes, right this minute—and ask yourself why you are preventing your own good. Dig deep! Stay with it until you have an answer. Discuss it with your closest friend. Find out what's going on with you. Why are you withholding your good from yourself?

Then, begin with TTDC's. If you haven't heard about my trademarked system yet, TTDC stands for "Teeny, Tiny, Do-Able Chunks". Start with the smallest

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increment of time and energy...but **START!!!** If it is exercise, start by doing ten minutes a day of something that you would call exercise*. If it is cleaning your clutter, start with one shelf or one drawer a day. If it is improving your relationship, spend ten minutes a day talking to that important person with nothing else happening at the same time! You get the idea. You're in charge.

You deserve to be happy, healthy and on your own team. Let nothing stop you. Start now!

* If you find that ten minutes is more than think you can fit it, what's going on? Maybe you need some personal help to discover your blocks to your

own good.

Dr. Shaler is the creator of the Living Richly Programs. For further articles, free ezines, upcoming teleseminars and booking information, visit <http://www.OptimizeLifeNow.com> today!

How to Find the Best Home Security Products

By Arturo Ronzon

As more and more people are getting aware of the importance of securing their houses by using the various home security products different companies are launching new home security products everyday. It's a new market, yet the number of options available in each category of home security products can be overwhelming for the starters. Well, here is some good news, this article was written just for you and it summarizes some of the best home security products which you could use to make your house a safer place and reduce chance of burglaries and break-ins.

The best, and sometimes most effective home security products in preventing burglary, is just a signboard saying that your house is protected by this and that securitization system. Such a strategy is not effective in catching the criminal but researchers found it to be very effecting in preventing a crime in the first place. Most of the home security products generally come with such a signboard but they are mostly small or may not be visible in the background of your house, so you might consider buying one specially customized for your house. A similar product is the dummy camera for those on a tight budget. Installing a dummy camera on a very visible location outside your house might discourage the burglars right away as they might not want to risk entering your camera protected property.

Preventive measures are good for "preventing" but sometimes the preventive home security products aren't just good enough so you'll need some actual home security products to completely safe guard your house. Alarms and cameras are the most commonly used home security product today, the two can be used separately or together for enhanced safety. Alarms generally go off when someone tries to force entry through windows or doors, make sound and try to attract your neighbor's attention, while some can be linked with an alarm monitoring system which can notify the authorities after a routine

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check for accidental alarm.

For those who can afford high end products and need additional safety there are home security products like talking devices, master control panel, sensors, motion detectors, key pads, back up power supply for the home security products and so on.

Want to learn more about Home Security Products?, feel free to visit us at:



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