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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!

Are We Our Own Worst Enemies?

By Linda Offenheiser

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If we all have the potential for success, why aren't we all successful?

Do you believe in yourself?

Attitude plays a significant role in determining how well we do. As Henry Ford said, "Whether you believe you can do a thing or not, you are right".

Consider the friend, we all have one, who is constantly putting himself down, constantly bemoaning the fact that he can't do this or can't do that. The reason he can't do it is because he doesn't have the confidence to try! His own negative attitude has defeated him before he even begins.

To some degree that applies to all of us. How many times have you thought of something you'd really like to do but convinced yourself you didn't know enough or didn't have the skills necessary to actually do it? You could've gained the knowledge you needed and you probably could've developed the skills required . . . unless of course you're tone deaf and want to become a concert pianist! How many of our dreams die just because we don't have the confidence to go after them?

We must believe in ourselves and in our abilities if we want to succeed. If we don't how can we expect anyone else to? We must believe that we can achieve anything we set our minds and our hearts to as long as we're willing to work for it.

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Without this confidence we'll never progress, never develop new skills and . . . never succeed.

Is it all "luck"?

You hear friends referring to their "bad luck" as a reason for failure. Sure, circumstances do play a role in how well we do but many of them can be manipulated to work in our favor. If you planned to open an outdoor café it would probably not be a good idea to build it in the Arctic Circle. However, we do things that are just as ridiculous all the time. Then we say it was "bad luck" that prevented our success.

Research and proper planning can lessen the role that "luck" plays in our lives and in our success. But, how many times don't we complete these steps? Aren't we just sabotaging our own goals when we don't?

We see this happen all the time on the Internet. Why do so many of us fall prey to the "get-rich-quick" scams? Because, we're so dazzled by the idea of reaping great rewards without working that we fail to investigate these programs. We don't use our own good common sense! We just jump in head first and hope it's going to work. When it doesn't bring us the riches we hoped for we're disappointed . . . and probably poorer. But should we be surprised?

How many of us would start off on a camping trip without checking the weather forecast for our destination? Would we leave without tents, sleeping bags, bug spray, the proper clothing or food? Doesn't it seem equally foolish to go into a business we know nothing about? To a great extent we can "make" our own luck. We must do our research and develop a plan if we hope to succeed. We can't make bad decisions and then blame our failure on "bad luck".

Is that all?

There are a lot of things we must do to become successful. For example, we have to educate ourselves in the areas of our interests and develop the skills they require. We have to set goals and create a plan for achieving them.

But for any of these efforts to result in success we must

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first believe in ourselves! Without that confidence and the courage it gives us we're paralyzed, incapable of taking the steps that will bring us success. In order to succeed we must first believe we CAN and then go out and do it!

"Always bear in mind that your own resolution to succeed is more important than any other thing."

–Abraham Lincoln

Linda Offenheiser is the owner of Stress-Free Copy, a budget-friendly copywriting and editing service. Visit her at <http://www.stress-freecopy.com> She also publishes "All the Write Stuff!", a weekly ezine that's Friendly, Informative, Fun and Free! To subscribe: <mailto:allthewritestuff@mail.com?subject=Subscribe>

Cool Camouflage

By Gayle Olson

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Camouflage comes from the French word *camouflager* which means to "blind or veil". Some insects and animals use camouflage as an effective way to protect themselves from natural enemies. Birds, bats, moles, frogs and other animals consider some insects to be a very tasty treat. Insects protect themselves in many ways, one of these ways is by disguising themselves so that they blend into their surroundings. Some caterpillars and walkingstick insects are camouflaged to look like twigs. Some insects are patterned to look like the background where they live, they may look like the bark of a tree, the leaves of a plant, some even look like soil!

Sometimes harmless insects look ferocious, frightening their enemies. One example is the hickory horned devil. This large caterpillar scares away its enemies by its appearance. Mimicry is when insects fool their enemies by looking like an insect that is dangerous or bad tasting. A hornet fly has the markings of a hornet, but has no stinger. Predators who have had their mouths stung by a hornet do not try to eat hornets again, nor do they try to catch the hornet fly!

Related Internet Resources:

<http://scienceforfamilies.allinfo-about.com/features/coolcamouflage.html>

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