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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 You A Survivor?

By Jeff Miles

The sound of screeching brakes, crushing twisted metal, a splatter of broken glass, and screams from inside the turned-over car. Call 911!

This is the first number that comes into your mind whenever an accident occurs.

Paramedics are called to the accident scene for a single purpose – to save lives. Upon approaching their patient, the first thing they do is look for vital signs. Vital signs include pulse and pulse rate, signs of breathing, movements, cries for help, and signs of consciousness - all these represent a glimmer of hope showing that the patient is still alive.

Next thing that a paramedic does is to look for signs of possible fracture, internal bleeding, shock etc. They try everything to keep the victim comfortable and safe from further harm. The essence of their action is focused on one thing – to rescue.

Just like a paramedic, the coping attitudes of an individual in the midst of a crisis in life will determine his capability as a survivor. This time however, the paramedic is also the victim intent to rescue himself.

Having a goal, which is to win over an adversity, will determine your survival. Consider the vital signs that characterize a survivor. You are a survivor if:

1. Your first instinct is to solve the problem and not point the blame. You find the real issue in order to find the best solution to overcome the problem. Unconsciously, some people focus their attention on the source of the problem. They ask who or what started it, in an effort to pinpoint blame.

However, is this the right time to do this? What good will it do now? The problem is already there. To capitalize on the problem in order to obtain absolution is self-serving. The best approach is to find the solution. From there, you can learn the lessons that need to be learned so as not to commit the same mistakes.

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2. You seek help from other people. Talk to an expert on the subject surrounding the problem to find the best solution. Asking for support or assistance is not a sign of weakness; rather it is a sign of wisdom. Help from others could determine survival.
3. Your first reaction is to split the problem into manageable pieces. Work on the problem by fractions. Leave room to chew the food in the mouth. Fill the mouth to the brim and it won't be able to move.
4. You know when to rest in order to regain strength. It does not mean giving up totally. Keep proper pacing to ensure you have enough stamina and energy. You cannot think clearly when you are confused. Regain your composure. In the same manner, you cannot think when exhausted. Regaining strength and composure could be all you need.
5. You can be like a garter. Flexibility has its value so make use of it. There is constant need to reinvent your self to be updated. Muster enough courage to be a master of your feeling. If the inevitable becomes imminent, accept it as part of the scourge of life.
6. You can express negative feelings in a positive way. "I may not be an excellent leader, but I am a good team player." Likewise, you can express positive feelings and learn proper perspective in finding the right solution to the problem.
7. You have confidence and trust that the problem can be solved. The future does not look as bleak as it seem. There is always a reason to be optimistic.

You are a real survivor the moment you can grasp mentally the essence of your action to a problem – the essence to rescue yourself.

Jeff Miles shows you on his free website how to stop panic and anxiety attacks: little-known, safe and powerful techniques to totally eliminate panic and anxiety out of your life, even if the doctors have given up. To find out more just visit the website:

<http://www.panic-anxiety-attack-guide.com>

Review Of CBS's Survivor

By Edward Charkow

Survivor is one of the most popular reality television shows of all time. The show is fascinating to a broad viewing audience for several reasons, but primarily due to the exotic locations which serve as the setting for the show, as well as the extreme drama which results from having an incredibly diverse group of individuals trapped together at a remote location. The history of Survivor actually has its own series of tribulations and struggles, mostly due to the fact that no television network wanted to buy it. Many Survivor fans do not know that the United States' version of the show and was based upon the successful Swedish show Expedition: Robinson.

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The idea for Survivor was originally generated by British producer Charlie Parsons who shopped the show in the United States but could not find a television company interested in the idea. After Sweden finally bought the original idea, Mark Burnett went on to buy the US rights to Survivor in 1998, but was turned down multiples times by CBS, ABC, UPN and NBC. For some reason, CBS asked for another appeal at the show, and the first American installation of Survivor went into production for its first season in Borneo. Survivor's first season was filmed in Borneo in April and March of 2000 and was first aired soon thereafter in May through August of the same year. Audiences immediately grabbed onto the show, and clamored for another season.

Filming for the second season started immediately. Survivor: The Australian Outback was aired from October 2001–January 2002, and by this point Survivor frenzy was well underway. Survivor: Africa was shot and aired in the same year as the Australian Outback. Interestingly enough, Survivor was slated to be filmed on location in Jordan for season Survivor: Arabia. However, after the September 11 tragedy in 2001 Mark Burnett chose to cancel filming in Jordan and had to immediately find a new location for the season. Further seasons have been filmed in: the Marquesas Islands, Thailand, the Amazon, the Pearl Islands, Vanuatu, Palau, Guatemala, Panama, and the latest installation of Survivor: Cook Islands will be aired in September of 2006.

The premise of the show features anywhere between 16–20 strangers who become stranded together in a remote location, and must find ways to build a new life from the land. The cast members are divided up into tribes and they compete against each other in two forms of challenges: immunity and reward. After the immunity challenge, the losing tribe is forced to banish one member from their own tribe. This banishment occurs in a ceremony called Tribal Council, at which tribe members cast silent votes for the member who they think should leave. Obviously, the individual who won the Immunity Challenge is safe for another week on the show. The reward challenge is based on endurance, skill, problem–solving abilities or other criteria and allows the cast members to win luxury–type items to make their stay more enjoyable and comfortable. Examples of luxury items have included: food, matches, tarps and tools, and have been used to catapult the comfort and endurance of the cast members.

Find more out about CBS Survivor and the entire reality t.v. world at

<http://www.survivor–recap.com>

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