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Menopause, Andropause And Other Hormone Imbalances
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Are You Fine or Fantastic?

By Martin Avis

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It takes a small child to make us see sense sometimes.
My 7-year old daughter loves school and on the days
that I collect her, I always greet her with,

"Hi Charlotte, how are you?"

And nine times out of ten she answers,

"Hi Daddy, I'm brilliant!"

It is impossible not to smile at such an open
exhibition of enthusiasm. Her positivity is infectious.

Yet, like most adults, it took a while to dawn on me
that I could learn something from my own child.

I was thinking about her when I met a business
colleague the other day.

"Hello, Martin," he said as we automatically shook
hands, "how are you?"

It was on the tip of my tongue to say "I'm fine", or,
"not too bad" as I would normally respond. But instead,
Charlotte's smiling face popped into my mind and I came
back with,

"I'm brilliant, thank you. How are you?"

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A flicker of confusion crossed his face as my unexpected response sank in. Then a big smile spread across this rather dour businessman's face and he said,

"You know, I'm feeling pretty brilliant too!"

We had a great meeting.

Charlotte's natural enthusiasm taught me a big lesson: that we go through life saying and hearing conditioned responses that really mean absolutely nothing. It is only when we break out of the expected that real

communication occurs.

What do 'fine', 'okay', 'not too bad', 'all right', 'pretty good' and all the other non-responses really mean? Absolutely nothing. They mean nothing because the question that they answer usually means less than nothing.

'How are you', 'how're you doing', 'how's the family' are meaningless punctuation. Most often the person asking is not even looking at you – and rarely are they listening to your equally meaningless answer.

Yet, by hijacking that automatic question and giving a completely unexpected – and exciting answer – we can take control of a conversation. And more, force the other person to think positively of us.

I could have said 'marvellous' or 'first-class' or 'absolutely splendid' or any number of positive, energizing statements. But I liked Charlotte's choice.

It is certainly true that you never get a second chance to make a first impression. Let your first impression in any meeting, be brilliant!

Martin Avis is a management and training consultant. To get your unfair advantage (and 6 free gifts) in Internet marketing, business and personal success, subscribe free to his weekly newsletter, BizE-zine. <mailto:subscribe5@BizE-zine.com> or visit his information-packed website at <http://www.BizE-zine.com>

5 Ways In Which You Can Use Fine Lingerie

By Dagmar Anderson

The uses of fine sexy lingerie are as varied as one's imagination, so there's no limit on how you present it and yourself. The purpose, of course is to enjoy yourself while doing it! We've covered a few suggestions below.

1. Plan a Strip Tease

You can use your sexy lingerie in many ways, but a fun one would be to plan a strip tease with your partner. This will take a bit of planning as you'll want to have plenty of time, so choose a day and time when both of you will be fresh and not tired after a long day at work. Pick a very sexy Teddy, Baby Doll, etc. and get a feather boa and you're ready to go. I'm sure both of you would enjoy yourselves immensely!

2. Lingerie Party

A lingerie party, which is like a Tupperware party only with intimate apparel, would be a very fun and exciting way to host a get together with your close friends, along with potentially making a few extra dollars. This is a great way to showcase your lingerie in a relaxed and enjoyable atmosphere.

3. Romantic Gift for A Special Occasion

Fine sexy lingerie is a terrific way to surprise your partner on those special occasions. One thing to keep in mind, though, before buying, is to be observant and take notes in general on what the recipient likes and doesn't like. What's their favorite color? What style or styles of fine lingerie do they like? You get the idea! After all, you want to give something they'll wear with enjoyment!

4. Showing Off to Your Partner

Fine sexy lingerie is a great way to bringing out your sexy and romantic side to your partner. Men love to see women in fine lingerie, so it's a wonderful way to make an intimate occasion more meaningful.

5. Feeling Good About Yourself

You don't have to actually purchase fine sexy lingerie to show off to anyone, but rather to feel good about yourself. Nothing helps a woman feel sexier and more confident about herself than to know that she's wearing fine lingerie under her clothes, although no one else sees it.

This is just the tip of the iceberg on the many uses of your fine sexy lingerie. Don't be afraid to use your imagination and come up with more. And most important and above all, have fun!

Dagmar Anderson is an associate of Lingerie Seductions, an online fine lingerie store that strives to offer their customers the best in elegant fine lingerie in an easy to navigate shopping environment. Their complete online catalog of fine sexy lingerie is available for viewing at:

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