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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!**

**At First Glance**

**By Julie Jordan Scott**

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I admit it. I am a junkie when it comes to learning how to learn. Thinking, the brain, solutions, philosophy. I would rather talk, think, read or listen to these topics than almost any other. I really enjoy applying these concepts to my work, my business, my craft and my relationships.

We went to the library this week. Emma, at four, has a penchant for Non Fiction. She got a book about Space and a book about Nature. I also slid in "Green Eggs and Ham" by Dr. Seuss because I enjoy reading it and she enjoys listening.

I also picked up a book by one of the leading authorities in the world in the field of Creative Thinking. "de Bono's Thinking Course" leaped off the shelf and into my hands.

Reading it was like attending a class reunion. The words were so familiar! The language and expression reminded me of what happens whenever I go back to Dana Point and talk to someone who speaks Southern Orange Countese. Somehow I start saying things like "No way!" with that certain almost surferesque lilting quality.

One of the first exercises is called The PMI. A very simple attention directing tool which takes away judgement and automatic thinking, it is a tool that can be used in almost any situation be it requesting consideration of an idea at work or deciding upon a

restaurant for dinner or assessing where to go to college.

The PMI stands for Plus, Minus and Interesting.

No, I did not say Pros and Cons.

Pros and Cons attach judgement while the PMI steers clear of any sort of prejudgement. It simply states what is. In fact, often times one statement can fit in all three categories. The PMI is about looking at the question. It is about surveying it for information,

for clues, for subtleties. It is not something to get stuck in or bogged down by however.

It is a quick thinking tool that can shift you into balance OR it may show you what is really the truth.

Today at church I walked right past a bulletin board.

There were pictures on it from last week's skating party. I vaguely remembered a flash bulb in my face, so I around and looked more carefully.

Sure enough, there Sam and I were in all our Skating Party glory. All I could see after crooning over Sam was that I decided my smile lines made me look old. I decided in that moment "YUCK! And that is being seen by everyone who walks by! How humiliating!"

I continued on my walk towards the sanctuary where Sam and I sang and listened and prayed.

After worship I visited with many friends, including Glenda, who has recently joined the ranks of those of us in our fourth decade. Like me, she has several preschoolers. She looked really great so I complimented her newly svelte figure.

We talked and laughed about being forty and wearing flattering suits for our birthdays. She said to me, "I have noticed YOU have seemed more relaxed and content lately." I paused for a moment. We said our "See you later!"

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I went back and looked at the same picture.

Looking at it through plus, minus and interesting eyes, here is what I saw:

Plus: I have a genuine, caught in the moment smile on my face.

It captures a moment when the family was at a party together.

Because the rink was dark, the spotlight is on me and Sam, not the background "stuff".

I have crows feet which trace the history of 40 years of smiles

Even with no makeup, I look ok

I have my hands full AND I am calm and happy.

Minus: I have crows feet

Sam is not smiling

You can not see Emma's body or face, whose leg and skate are a part of the photo

What is up with my hair?

I really need a manicure

Sam is scratching his head

Interesting: I have a green glowing necklace like a halo on my head. (Memory of St Patrick's Day)

Sam is not smiling

I am sliding a skate on the bodyless Emma's foot while balancing Sam and catch the photographer's eye just as she shoots the picture.

Emma's skating foot is sock less

Sam is wearing a BEST BABY sweatshirt

I wonder where Katherine was when this was taken?

In the darkness, our family unit shines forth

At first glance, I did not like the picture. I was too caught up in my perception of what I believed to be an unattractive photo.

Sam and I went back to look again, and my thoughts had been transformed. The picture was still the same: my perception had subtly changed. My crows feet were indicative of many years of laughter and smiling. The halo on my head showed how goofy I can be with my

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children, even in public. My unmanicured hands and no make up face illustrate that once again, having an hour or so of fun with my little ones within the context of a wider community is much more significant than whether or not I look glamorous.

At second glance, what a magnificent picture!

Try out de Bono's PMI technique on a question you are sorting through in you life such as "Should I change to this job situation this month?" or "Is this contract for the teacher's in our school district adequate" or "Should we switch our family dinner times so all of us can eat together?".

The best way to find the power of the PMI is to practice it. While at first it may feel clunky, it will soon become a simple way to make decisions. It also will open discussion for the people around you to come to collaborative conclusions without inflicting judgement upon one another.

Commit to at least experiment with this powerful technique.

You will think yourself to greater success: at first glance, at second glance, at every glance.

For more information on Edward de Bono, visit his official website:

<http://www.edwdebono.com/course/index.htm>

Julie Jordan Scott is a Success Coach, Writer, Speaker, Radio Host and Mom Extraordinaire who inspires people worldwide to live more passionate lives through her personal and group coaching, teleclasses, seminars and free ezines. Subscribe to DailyPassionActivator now via email: <mailto:DailyPassionActivator-subscribe@Yahogroups.com> or via web <http://www.5passions.com/subpage.html>

## **Learning To Back Up A Vehicle Safely For The Beginner And Inexperienced Driver**

**By George Gabriel**

Backing up your vehicle can be quite simple, once you get the technique down pat, like anything else. It should be a lot easier than going forward. There is a huge difference in speed, than maneuvering the vehicle forward. Keep in mind. The faster your speed is, the faster you have to process information.

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That said. Driving backwards should be a lot easier than going forward, because you should be going a lot slower. Now if you're speeding going backwards, the opposite is true. Right?

When backing up a vehicle, always look in the direction that you are backing. When your maneuvering the vehicle to the left, look left. When you're maneuvering the vehicle to the right, look right. When you're driving straight back always look over you're right shoulder. Always glance over the opposite shoulder first, before you proceed to back up. So if you're backing and looking right, you should be glancing left first, before you start to roll backwards. Backing to the left, glance over right shoulder first. Always recheck you're blind spot again, if you take more time, before you roll back.

There are a few things that you have to do first, depending on the size of the vehicle. You may have to honk your horn to warn pedestrians and other vehicles. One important thing you must do is looking around before you back up. The other important thing you must do is look where your backing at all times. The only reason to glance forward is to make sure your front end clears the vehicle, hazard, or pedestrian beside your car if you intend on turning the vehicle. Did you notice I used the word glance?

It's pretty easy. Driving forward, you look forward, driving backwards; you look backwards until your vehicle comes to a complete stop. Everything else is just a glance. When you must back up, only go back far enough necessary to drive forward, especially if you're view is limited. Putting it in simpler terms. If you're vehicle has enough clearance to move forward. Stop and proceed forward. Do not guess. Move back more if your not sure. When you're not sure which way your vehicle wheels are turned. With your foot on the brake pedal and the gearshift in drive or reverse, depending on direction, release up on the brake pedal slowly and look and see which direction your vehicle is heading, and correct accordingly.

Let's take a quick lesson on backing up. May I suggest you find a vacant parking lot like a mall or a school when it is closed? Make sure you get out of the car and look around for kids playing first. (Do not attempt this maneuver without an experienced driver sitting next to you or kids playing in the area.)

With your foot covering the brake, slowly release the brake until the vehicle starts rolling. Keep your foot above the brake only to move it to the accelerator to get the vehicle in motion moving your foot back over the brake to keep the car from getting out of control. It's called covering the brake. Looking in the direction you want to go, place your hand at the twelve o'clock position, practice turning the vehicle from side to side bringing it back to straight position and holding it straight for awhile. Stop after approximately the length of a football field and do the same thing going forward. The reason I would like you to do the same exercise going forward is that soon you will realize turning the wheel going forward is the same as turning the wheel going backwards. Once you turn the wheel right or left. Bringing the vehicle back to straight position will require you to straighten the wheel once the vehicle is straight again.

Repeat the maneuver going backwards until you arrive at the approximate point that you started. Also practice turning the vehicle on a bigger degree of a turn when you get a little more confident. Be certain that you are covering the brake pedal at all times. Slowly backing up to your ability only. Also practice backing up between the lines of parking stalls. Do this a few times or a couple of times a week and you will master the art of backing up safely.

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Your knowledge on backing up is equally as important as driving forward. Just remember that doing it safely is the most important part of backing up. In other words, looking around before rolling back and looking where you're backing. Do not roll back looking forward. Do you look back when you are driving forward? .

Lets talk about the blind spot. Position your hands at 10 and 2 on the steering wheel and look straight ahead. You should be able to see out your back window and your side mirrors. Those mirrors are good for viewing traffic coming up behind you. Your blind spot is situated over your shoulders on the backside of your passengers back windows. By glancing in that direction, you will be able to see a vehicle coming along side of you, that you cannot see with your mirrors. Including traffic or pedestrians approaching from the opposite side of the roadway, or parking lots and intersections.

When you want a better understanding of the blind spot. Have a friend or family member stand directly along side the back corner of you're vehicle, and have them side-step away from your vehicle, and looking in you're side and rear view mirror until they are not visible, then glance over you're shoulder. That would be you're blind spot.

Driving safely is almost impossible without the understanding of your blind spot. All it takes is a quick glance, and if you think you saw something, glance again, before you turn the vehicle wheel, and or move in that direction.

Do not turn the wheel at the same time your checking. It defeats the purpose of checking to see if it's safe. I like to use the word glance, especially if you're moving the vehicle. When you're not moving forward or backwards, take a good look around before you roll. It is important to look in the direction you're going.

For further information on driving techniques, please find a recognized driving school nearest you.

Owned and operated a driving school for several years. Taught over 2000 kids and older people how to drive. Now operating a golf tee time site at

<http://www.golfanchor.net>

and a sister golf site at

<http://www.golfanchor.com>

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