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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!**

**BLOW AWAY THE DEAD STUFF**

**By Sharon Dalton Williams**

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Yesterday morning I was looking out of my office window at the trees in my front yard. The trees were filled with brown, shriveled, dead leaves. These leaves were once healthy and green. They had turned brilliant colors under the fall sky. But now they were old and dead.

The wind was blowing strong yesterday. As the wind hit the trees, the dead leaves came flying off. It looked like a leaf shower. I could almost hear the trees laughing with glee that the dead things hanging from their branches were finally flying away.

As I watched, the thought hit me that every once in a while, we humans need to have a clean, refreshing wind blow through us to blow off all those dead things – ideas, attitudes, mindsets – that hang on us and weight us down.

What kinds of dead things are hanging off your branches?

Dead Thing #1 – I Can't Do This

Do you realize that you can accomplish anything you set your mind to do? Your mind is a powerful instrument. If you believe you can do something, your mind is a powerful catalyst toward getting it done. Rather than sit on your couch and repeat over and over, \*I can't,\* start saying out loud (yes, out loud), \*I can do this. I am able. Nothing is too hard for me.\* Once you say it enough, you'll come to believe it. Then watch out world!

Dead Thing #2 – I Don't Know How

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The people who really are rocket scientists didn't know how to build rockets until they learned. It's OK not to know how to do something. The problem is when we let this attitude keep us from attaining our goals. There are many resources on the Internet, in your local library, on your town's college campus. Take advantage of these resources and learn how to do what you need to do.

### Dead Thing #3 – I'm Stupid

My husband was told this very thing so often while he was growing up, that eventually he came to believe it himself. Yes, some of us are able to access more of our brain power than others, but that doesn't

mean that you are stupid. If you've heard this through your life from others, or if you've been telling yourself this, turn this around by repeating to yourself often throughout the day, \*I have the power to learn. I will learn. Nothing can stop me.\* It may take you longer than some to reach your goal, but you will get there.

### Dead Thing #4 – It Will Never Happen for Me

Hogwash! If you keep repeating to yourself that nothing good will happen to you, then, of course, nothing will. Just like when taking a picture with your camera, what you focus on, develops in your life. There is nothing different between you and the successful person. You can learn to be successful. Success is more of an attitude than a state of being. Get up every morning and say, \*Something good is going to happen to me today.\* Look for those opportunities that sneak by and jump on them. Be determined. If it happens for someone else, it can happen for you.

### Dead Thing #5 – I Have Nothing to Offer

You don't have to be a world-famous, multi-degreed person to be of help to someone else. Each one of us has experiences in our lives that we have come through. There is always someone who is still in the middle of that same experience. Share what you have learned. Let others know what did and did not work for you in that circumstance. You'll be surprised at just how many people want to hear how you've overcome. Your down-to-earth practical counsel based on experience is worth more educated supposition.

If any of these dead things have been hanging around on your branches, it's time to blow them off! You can change the way you think, how you look at life, and your attitude. It may take some time, but it's well

worth the effort.

See, don't you feel lighter already?

Sharon Dalton Williams is the author of "How to Succeed and Live a FullLife." Learn how to reach the goals you have set for your life and business. Surf to <http://www.sdwassociates.com> to order your copy. Learn how to use what is uniquely you in building your business. Subscribe to \*Out From the Crowd.\* <mailto:oftc-subscribe@topica.com>.

### **5 Reasons To Choose Blow In Insulation**

**By Erica Bosworth**

Insulating your home is pure and simple the number one way to save money on energy costs. In the old days floors and walls were lined with just about anything to keep the moisture and cold air out of home. Renovations have revealed that even old newspapers were found packed into wall and floor boards.

Today insulating is a science all its own. There are R-factors assigned to different material and methods of insulating that give homes and buildings an appropriate amount of protection for their geographic region. The higher the R rating, the better insulated the home.

One of the top rated insulations is relatively new to the industry - probably no more than a couple of decades old - and that is blow in insulation. The Benefits of Blow In Insulation There are several benefits to blow in insulation over rolls of fibreglass insulation. The benefits include the method of installing it, its energy efficiency and where it can be used. Here are the top 5 reasons to consider using blow in insulation:

1. Blow in insulation is adjustable. Depending on how much material is used, it can create a protection with an R value of 15–38.
2. Only virgin materials are used to create most blow-in varieties of insulation. This means there a reduced chance of allergies.
3. Blowing the material into the crevices allows for a tighter fit and seal. It can be directed around corners, beams, or wiring that may already be in the walls.
4. Installing blow in insulation is fast. A barrier, referred to as a blanket is stapled to all of the 2x4s to keep the material from floating away and adhering where it isn't wanted. Then a small slit is cut into the blanket. A hose is inserted and measured amounts of the insulation are blown into place.
5. This type of insulation is extremely energy efficient. As it is blown in it expands and adheres to the surrounding surfaces. It fills even the tiniest of cracks as it does this. The Complete Installation Process After attaching the blanket to the surrounding boards, the small opening cut into it allows the hose to be pointed in all directions around the wall or ceiling. After the material is in place the

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blanket's slit is closed and taped. This blanket does not act as a moisture barrier, it just control the spray. The material itself resists moisture.

Drywall or other wall materials are then installed right over the insulation blanket. In a renovation project this means that an entire wall would not have to be removed in order to insulate. Take an extremely old home for example. There may be no insulation at all. Instead of removing layers of plaster wall, you could simply make a hole, position the hose and fill the walls with energy efficient insulation. Then patch the wall and the job is complete.

The blow in insulation is more expensive than traditional insulation. However, experts estimate that energy savings is so great that within 2 to 4 years those costs are recovered.

Erica Bosworth is a publisher for the

internetsite. In his publication

the author is working on topics like blow in insulation (

) and others.



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