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Be Aware Of Your Reasons

By Greg McPhail

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You have decided that you want to lose weight and improve your health. What is the first step? Start by asking yourself what your reason(s) is for wanting to make this change.

This may sound trivial, but if you do not have a conscience and powerful reason for wanting to lose weight, you will find plenty of reasons not to.

I'm assuming that, like me, a lot of you have tried and failed at some previous attempt to lose weight in the past. For me, the last time was about 2 1/2 years ago. I had lost about 50 pounds, which I had killed myself to do, and had kept it off for about 6 months. Two later, I gained back the 50 pounds plus another 8 pounds.

I had plenty of excuses. My wife and I bought our first house, my second son was born, I took a part-time job in the evening, ect... I kept finding excuses not to work out and my diet soon followed and went down the tubes.

After working so hard why did I let this happen?

I believe now that it came down to the fact that my reason for wanting to stay lean and healthy had changed. When I first began, I kept looking at pictures of myself at nineteen and I wanted to look like that again. There was nothing I could do about the thinning hair, but I could change my body. But somewhere along the way, looking like I did twelve years ago was no longer important.

The point to all of this is that you need to consciously pick a reason and write it down. It will probably be more than one and they should be something that is important to you. Important enough to get you through those rough days ahead when you feel like quitting.

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Post your reasons somewhere that you will see them everyday. At your desk, ect... I like to place mine on the refrigerator so when I get that craving for some ice cream I have to stop and ask myself if it is worth it. It feels so good when I reach in and grab a bottle of water instead.

We all are starting from a different place. We all have reasons why we are where we are. We all have reasons why we don't want to be here anymore. Knowing these reasons and being aware when they change will help you greatly in achieving your goals.

Greg McPhail is the editor and publisher of Imfit4life – Weight Loss Solutions for Everyone Ezine. Come have a laugh and get motivated with others who share your goals. To subscribe:

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<http://www.imfit4life.com>

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Reasons For Divorce; What Constitutes Viable Reasons For Thinking About Or Wanting A Divorce?

By Karl Augustine

According to the Center for Disease Control's National Vital Statistics Report of 2002, 50% of first marriages ended in divorce and 60% of remarriages end in divorce. But, the Center for Disease Control also found that 96% of Americans express a personal desire for marriage, and almost three-quarters of Americans believe marriage is a life long commitment. I imagine that there are somewhat similar statistics worldwide.

With these kinds of statistics, its easy to see how complex it can be when people think they want a divorce, they have difficulty identifying how a truly viable divorce reason might be defined. Wanting happiness through marriage and wrestling with what may seem an inevitable outcome (a divorce), can be emotionally and mentally challenging. After all, it is human nature to want to feel nurtured and secure, no matter where you live!

So, if you're thinking about getting a divorce, what are truly viable reasons for actually getting a divorce?

Each government has different laws defining the difference between 'fault' and 'no-fault' divorce reasons that have enough merit that allow for the divorce to be granted. While it makes sense for you to keep this in mind when deciding whether or not to get a divorce because there may be financial considerations to think of, you should first focus on defining your own emotional or "personal" divorce

Be Aware Of Your Reasons

reasons, regardless of what the local governing body says.

If you ask 100 people how they define viable reasons for wanting a divorce, you'll most likely get 100 different answers because they'll answer you from their perspective, not yours. Sure, there may be similarities to the way you feel in some of those answers about 'real' divorce reasons, you may even agree with some. But, the real answers to this question can only come from you. You have to figure out what reason or reasons would be viable in your mind in order to actually go through your decision about getting a divorce or staying married.

Some reasons that people give for getting a divorce, or wanting a divorce, are purely selfish and have no substance. An example of a reason for wanting a divorce that has no substance is not liking the fact that your spouse has constant unfounded jealousy. There is a deeper problem that exists here, and in the case of this example, it could be that the spouse who constantly feels jealousy has a confidence problem or some sort of 'fear of loss'. Whatever the case, the divorce reason in this example clearly isn't viable and should be relatively easy to fix.

Often times when people give 'surface' or flimsy reasons for wanting a divorce, they really have much deeper feelings about something and they're just using the shallow divorce reason as an avoidance of some kind. Or, they give these 'foundation-less' reasons for wanting a divorce because they actually aren't aware that there are other deeper rooted reasons that are the cause of the way they feel now.

Common reasons that cause people to think about or want to get a divorce: Couple has conflicting personal beliefs Couple's marital satisfaction decreases Desertion Adultery Cruel treatment Bigamy

Imprisonment Spousal Indignities Institutionalization Irretrievable Breakdown of some kind

Of course, you should add your own reasons to the list for wanting a divorce, better yet, make your own list. Solid divorce reasons for wanting or going through a divorce usually come from some sort of occurrence, behavioral pattern, and/or change in the viewpoint of the marriage itself.

In order to really make a smart decision, you should first list the reasons that you have for wanting a divorce, then examine those divorce reasons for true viability. Then come back to that list in a day or so. Chances are you will be able to scratch a few of those reasons for wanting a divorce off the list because they were identified purely from an emotional viewpoint rather than logic.

If you are thinking about getting a divorce, and haven't clearly identified what reasons you have for feeling the way you do, you'll be doing yourself a 'dis-service' if you act without carefully examining the viability of each designated divorce reason. Everyone has their own reasons for wanting a divorce, make sure that you are certain that your reasons are truthfully viable to you before you act on them.

Karl Augustine Author, "A Practical Guide To Deciding Whether Or Not To Get A Divorce". *A resource recommended by marriage counselors to their clients.

<http://www.deciding-on-divorce.com/divorceadvice.htm>

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