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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!**

**Being Optimistic v. Wearing Rose-Colored Glasses**

**By Susan Dunn**

**Being Optimistic v. Wearing Rose-Colored Glasses by Susan Dunn, MA, Emotional**

**Intelligence Coach**

**DEFINITIONS**

Being optimistic – Believing the doctrine that this world is the best possible world; having an inclination to put the most favorable construction upon actions and events or to anticipate the best possible outcome

Rose-colored glasses – Putting the most favorable construction upon actions events and people and expecting the best possible outcome when common sense dictates this isn't possible or the reality is that it isn't happening. Refusing to take action when you should and just hoping for the best. Denying what you're experiencing.

**COMPARISONS**

Taking action to make things change vs. Hoping things will change

Demanding respect vs. Wishing someone would treat you better

Making your dreams come true vs. Just dreaming

**EXAMPLE**

Randolph approached his sales job with optimism and enthusiasm. He expected to close sales and didn't let rejection get him down. He considered each rejection one step closer to a sale. If he didn't get a sale, or had a big disappointment, he distracted himself, did something fun, and didn't consider it anything personal about himself or his capabilities. Then he tried again. He attributed a failure to something not personal, not permanent, and not pervasive. He had an optimistic attitude, especially in performance situations, but he worked on his skills too. He was in touch with reality.

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When Melanie got sick, she just hoped it would go away and didn't see a doctor. When someone mistreated her she wished it away, or convinced herself that she was misperceiving, or pretended it wasn't happening. When it became apparent her company was failing and that most would be fired, everyone started to interview for a new job except Melanie. She kept thinking it wouldn't happen and everything would work out well. This was flying in the face of reality.

### KEY POINT

"Attitude is more important than the past, than education, than money, than circumstances, than what people do or say. It is more important than appearance, giftedness, or skill." ~ Charles Swindoll

### BENEFITS

When you use learned optimism instead of rose-colored glasses you know when to continue and when not to. Learned optimism is the facilitator of all the emotional intelligence competencies and makes your life work better. Wearing rose-colored glasses keeps you out of touch with reality, and unable to be proactive or responsive when you need to.

©Susan Dunn, MA, The EQ Coach, <http://www.susandunn.cc> . I offer coaching, distance learning courses, and ebooks around emotional intelligence. [Mailto:sdunn@susandunn.cc](mailto:sdunn@susandunn.cc) for free ezine. For daily EQ Tips, send blank email to [EQ4U-subscribe@yahoogroups.com](mailto:EQ4U-subscribe@yahoogroups.com) . I train and certify EQ coaches through EQ Alive!, <http://www.eqcoach.net> . Start tomorrow, no residence requirement, global student body.

### **Contact Lenses: See The World Through Different Lenses**

#### **By Barney Garcia**

Contact lenses are for those who wouldn't dream of spoiling their looks with glasses and who still need a seeing aide. Contact lenses are a very inexpensive option prescribed by most opticians for their clients. Although almost anyone can wear a contact lens, there are a few individuals whose eyes cannot adjust to contact lenses. It is recommended that a good eye doctor be consulted before you begin using contact lenses on your eyes.

Contact Lenses - To Wear Or Not To Wear Contact lenses may have shown us the way out of the good "old" glasses, but it is highly recommended that contact lenses be used only after consulting an eye specialist or optician. Wearing contact lenses at all times may cause harm to your eye. Also it is important to know the right way to wear your contact lenses. Continuous wear is not advisable and there are ongoing debates about whether one can wear contact lenses to sleep. Still, contact lenses are quite the rage among office workers as well as those from the fashion world such as models and stars.

Colored Contact Lenses Some of us have been endowed with uniquely colored eyes, while for some;

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colored eyes can enhance the attractiveness and charm of an individual. Colored contact lenses are available for those who would like the world to show a different side to them whenever they choose. Hazel, brown, blue, grey, green and even hard-to-find colors like purple or yellow is not unlikely colors for contact lenses worn by people in today's modern and fashionable world. Many contact lens manufacturers also make colored contact lenses to cater to this rapidly growing clientele of contact lens users.

**Disposable Contact Lenses** Many manufacturers of contact lenses have come up with disposable contact lenses. These lenses can be thrown away after use and do not carry the risks of infection or other side effects of normal contact lenses. Disposable contact lenses may be an expensive option, but they have been in great demand for quite some time among those who are constantly traveling or are exposed to various hazardous substances. It is easier for them to throw away used contact lenses than to face infections or other eye-related problems because of unclean contact lenses.

Barney Garcia writes about contact lenses. Visit

<http://www.thebest-contact-lenses.info>

,

<http://www.thebest-contact-lenses.info/contact-lense.html>

and

<http://www.thebest-contact-lenses.info/contact-lense-cleaner-systems.html>



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