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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
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**Blair Solutions Extra Income**

**By Steve Blair**

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Hello,

First off I would like to tell everyone who would like to start their own business, or earn some extra income from home about a great book that I just got done reading. It is called "Multiple Streams of Internet Income" by Robert G. Allen. I personally have learned many things from this book and I know you can too. As my grandfather told me to do when he recommended the book to me I am going to tell you. Read it, highlight it, take notes on it, then go back to the beginning and do it again.

You can buy this book at Barnes & Noble for \$11.86 by clicking on this link

<http://service.bfast.com/bfast/click?bfmid=2181&sourceid=40666262&bfpid=047121888X&bfmtype=bo>  
ok

Now I know that all of you are perfect and have no complications or stress in your life, but for maybe those one or two of you that do have a little bit of stress in your life :) here is a good article I found on how to recognize and deal with stress.

Stressed For Success

by Penny Plautz

Stress costs industry over 150 billion dollars a year in the US alone. In the UK, as much as 60 percent of all absenteeism is believed to be caused by stress-related disorders. In Norway, work-related sickness costs 10 percent of the Gross National Product. The Japanese have an officially recognized

condition called *karoshi* – death from stress caused by too much work. We hear it every day – the staggering costs of stress.

But what exactly is stress? Where does it come from? And what can we do about it? It's easy to point to increasing urbanization, aging populations, changing gender roles, chaotic cultural climates, the amount and speed of information and new technology as the culprits. All of these factors have a significant impact on our lives – for better or for worse. However, reducing stress and reversing its effect on our individual lives ultimately is an inside job.

You see, stress is different for each of us. Although you may delight in delivering this year's marketing report to a packed house, I may pass out before I reach the podium! What you may interpret as a "light schedule" may be overwhelming to me.

By acknowledging the differences in individual styles, rhythms, preferences, and priorities AND refraining from judging them as good/bad or right/wrong we can significantly reduce our own stress level. It all begins with awareness.

The first step is to identify our stressors. Once we know who, what, when, where, and why we freak out, we have the top tool to tackle tension – feedback. Next we'll need to notice what we are telling ourselves (internal conversations) while under stress and how we typically respond (action patterns). Once we become aware of these internal conversations ("If I don't get this project finished by 5:00, I'll lose my job!") and action patterns ("I just won't sleep until I finish this project... no problem"), it's time to challenge them to see if they have any basis in reality. In most cases, our first – and natural – reaction under pressure is a bit extreme.

Of course there's no denying the physical component to stress – the racing pulse, sweaty palms, dilated eyes, shortness of breath. Most of us know this as "the fight or flight" syndrome. There is also a third component called "freeze" (think of a deer in the headlights). The stress response kicks in automatically whenever our body perceives a threat. Although this response can help us function more effectively in the short run, it can be extremely damaging to the body in the long run.

So what are we to do? Enter the fourth option – flow. When we are able to challenge the typical conversations or action patterns that seize control when panic strikes, we can usually relax and flow with the situation.

The next time you feel your blood pressure rising, take a slow, deep breath and imagine yourself flowing with the situation. It may take some practice and require a little creativity, but the benefits begin with the first breath.

About the Author:

Penny Plautz is a wellness consultant who specializes in helping individuals and corporations find solutions to stress. Visit her at <http://www.stressedforsuccess.com> or call her at (505)466-6788 to find out how to tame

the tension in your life.

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Need To Know Specials

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Blair Solutions, LLC is a company that wants to help you earn "extra income". We offer great and for the most part FREE ways to promote and better your extra income ideas. We also want to help those with out an existing Idea.

## **Ebay Secrets Revealed**

**By David B. Ledoux**

It is rumored that the top affiliate at eBay made over \$1 million dollars in January 2004. Who wouldn't like to know his eBay secrets? In fact, it is estimated that the top 10 eBay affiliates all earn over \$100,000 per month.

In a world where average men and women commute to jobs they hate, knowing eBay secrets to

generating extra income is of major interest. If at least 75% of people hate waking up to an alarm clock and commuting to work, then learning to make extra income part-time from home with online auctions is a big deal.

Can you really make extra income learning eBay secrets? Over 25,000 people make their FULL TIME LIVING with online auctions like eBay, Google, Yahoo and more. A whisper number of part timers is over 250,000! Imagine, a quarter of a million people are putting extra income in their pockets with online auctions.

Raise your hand if you'd like to join the ranks of the thousands of smart people making extra income in their own home-based business thanks to online auctions!

David Ledoux is a freelance writer for

and

Ebay Secrets Revealed

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