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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!**

**Bridge Your Way To A Better Life**

**By Virginia Reeves**

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There are occasions when we all put off making a decision for one reason or another. We must accept that where we are and who we are today is the direct result of all of our previous decisions or lack of decision making. Accepting that you are responsible is not always pleasant but it is reality. It becomes easier to be a person who is satisfied with who you are which leads to self-confidence and self-respect. This frees your mind to be more creative, enjoy your days more, experience more positive relationships, and be able to share more with others. Your eyes will be open to more opportunities. You will be more open to accepting unexpected turns of events in your life. You will have more energy and enthusiasm. Your perspective on life will be ever changing within and outside your primary focus areas – take advantage of these chances to expand your mind.

I listened to a speech years ago which used the acronym of BRIDGE to describe a broader way of living your life. I hope it reminds you of the importance of living today so your memories of yesterday are good and your hopes for tomorrow's are ones that have a positive outlook.

**BREAKAWAY**

Release old concepts that someone else will or must determine your values.

Breakaway from the past and old expectations.

Start taking complete responsibility for your actions and destiny.

**RISK TAKING**

Change keeps us excited about life because of the challenges involved.

While there can be fear in taking risks, there is also joy and satisfaction to be gained.

Putting yourself on the line gives you courage and respect for your abilities.

#### IMAGINATION

Use it to be creative with today's tasks and future goals.

Consider your natural talents and skills to make decisions based on what you want for yourself.

You can make the future just about anything you want it to be by today's choices.

#### DARE TO DREAM and DESIRE

If you want something strongly enough, you will find a way to make it

happen.

Belief in yourself, ask for help, networking, and setting goals are methods to use.

Make a "story board" with pictures or sayings to remind yourself of what you're aiming for.

#### GET GOING.

Repetition causes boredom which leads to fatigue which inhibits growth and enthusiasm.

If we don't move forward, we don't get anywhere new.

We can't learn anything from experiences we aren't having.

#### ENERGY, ENTHUSIASM, and EXCITEMENT

Doesn't the day seem to go by easier when you have a positive outlook?

Achieving what you want in your life is more obtainable with these attributes and attitudes.

As bad as any single day might seem, find something to be grateful for in it.

If nothing else, you're still alive to try again tomorrow.

Using the BRIDGE system, your self-confidence and self-esteem will naturally increase.

Others will want to know your "secret".

Success will be more likely to become a major force in your life.

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#### **A Beginners Guide To Garden Bridges**

**By Charles & Susan Truett**

Just because you dont have huge, elaborate gardens does not mean you cant accentuate what you do have with garden bridges. Garden bridges could be just what you need to turn those mediocre garden areas into something quite splendid.

Garden bridges can add a touch of country or formal design to a garden. Small garden bridges are easy to find. There are many garden bridges that you can find in garden centers or home improvement centers. One of the best places to find small garden bridges may be online. There are lots of sites that have many ideas for small garden bridges.

If you are good with a hammer and nails you may even be able to make your own garden bridge. Plans are available at building stores and at online sites. You will find many choices for garden bridges at these online sites and you can also see photos of many different bridge styles.

A garden bridge can be a big benefit for your garden space. A small garden bridge will look attractive in a smaller garden and draw attention to a specific area.

You can choose the right small garden bridge if you do a little planning ahead of time. If you have a smaller garden you will want a smaller garden bridge. Look at the space you have and decide where a bridge would fit in. Consider more than one area and then choose your favorite.

There are some lovely gardens that are small in size but large in beauty because garden bridges have been added in just the right places.

We have a large number of styles and varieties of garden bridges available online. For more information and to learn more about

, visit:



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