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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!

CHOOSE LIKE EINSTEIN

By Rhoberta Shaler

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Albert Einstein gave us a truthful, if playful, formula. He said, "If A = success, the formula is $A = X + Y$ with X being work, Y being play and Z, keeping your mouth shut."

I cannot imagine there is anyone who, at some point, has not kicked themselves for saying something when that something would have been better left unsaid. For most of us with any degree of "awareness", there is that internal voice, whispering, or screaming, "Don't Do It!", and yet, out it comes. We know better. We say it. We regret it. This apparently must have also happened to Einstein. Now, isn't that reassuring?

There is another quote that goes something like this: It is easier to put a speeding bullet back into the gun, than to recall words once they have been spoken. We've all experienced the regret of the word spoken in anger, revenge or unmindfulness. As most of us are in relationships with others who are much like us, it is highly unlikely that their response to our carelessly chosen words is one of sweetness and light—and the struggle is on.

In counseling couples and giving relationship seminars, I call this the "ten-for-the-price-of-one" approach. If we had carefully, thoughtfully and mindfully refrained from those one or two comments, the one conversation we were having at that time would have stayed on track and, perhaps, been productive. By saying those fated words, we create the opportunity to escalate that one conversation. The tone of the conversation changes. The issue becomes broader, usually more personally

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offensive and more emotionally based. This leads us astray from the intent of the first conversation.

Here's an example: Mary wants to talk to John about her discomfort when he regularly leaves the lid off the toothpaste. She tells him that it really bothers her and, although she knows it is her issue, she would like his help with it.

His choices: A. "Oh, I didn't know it bothered you that much. I love you and I will be happy to put the lid on the toothpaste."
(This man is a paragon of virtue ready for sainthood!)

B. "Oh, tell me more about that because I don't understand it at all." (He has some communication skills.)

C. "Oh, there you go again. You always have something to complain about. You're just like your mother. (Oops, we're soon likely to forget that the issue is the lid on the toothpaste!)

D. "Get over it! Get a life! or Give it up, _____!" (We are certainly not going to solve the 'lid on the toothpaste' issue in the near future.)

Now we can have the " ten-for-the-price-of-one" conversations. The issue will come up again and again and become an ongoing example of Mary's unreasonableness every time John wants to end a conversation. Recognize this? It's common.

Try this. Stop and take a breath before you say those fated words that you really know may take you into a "10-for-1" conversation. Be curious. Ask for more information. Truly listen and intend to learn something about the other person. This has a way of changing relationships for the better. Here's to Albert's formula for success!

Rhoberta Shaler, PhD Keynotes, Seminars & Coaching for entrepreneurs & professionals who want the motivation & strategies to achieve, to lead and to live richly. Creator of the Living Richly™ Program Host of Living Richly™ on www.wsRadio.ws. Author of OPTIMIZE Your Day! Practical Wisdom for Optimal Living Optimize Life Now! San Diego, CA www.OptimizeLifeNow.com

A Little History About The Plumber Trade

By Herbert Sanchez

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Plumbers specialize in the installation and maintenance of water systems. Like electricians, they are required to obtain a license from a trade or vocational school and have a background in various aspects of industrial, domestic, and communal pipe work, water heating (steam– and gas– fitters), water treatment (such as water cleaning and purification), drainage, sewer networking, dynamics of water flow, water storage, temperature adjustment, and dangers of water hazards.

Plumbers get their name from the Latin *Plumbum*, for "lead," since the ancient Romans used pipes made from lead. The term therefore refers to the metallic element out of which their main building material is made.

Interestingly, Einstein, the father of modern mathematics, admired the plumber:

"If I would be a young man again and had to decide how to make my living, I would not try to become a scientist or scholar or teacher. I would rather choose to be a plumber in the hope to find that modest degree of independence still available under present circumstances." – Albert Einstein, *The Reporter*, 18 November 1954

Not too long after this remark was published, Einstein was granted an honorary membership into the Plumbers and Steamfitters Union, A.F.L., in Washington D.C., which made the genius, in effect, a plumber. The new title pleased Einstein, although he supposedly wasn't looking for or expecting praise. When it comes to solving the great mathematical puzzles of the universe, Einstein would have been the first to be considered. Who would have known that he would be the person to call to straighten out the water pipes, too?

Plumbers are unsung heroes. These tradesmen and women work hard at very demanding jobs and have crucial knowledge and understanding regarding that basic necessity which every civilization and human being needs to thrive and survive: water! These plumbers make sure that every single person has healthy water to drink every single day and clean water for bathing. They are humanity's lifesavers!

Find more plumber resources and other great topics at

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