

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Celebrating Triumph

By Monique Rider

Celebrating Triumph by Monique Rider

CELEBRATING TRIUMPH

At age seven I was sexually abused by my father and grandfather. Those memories were repressed until four years ago, at age 33. After several years of therapy and a supportive family, I began to heal. I became stronger during that healing process. By looking inward to analyze my own pain I learned a lot about myself. I confronted my father about the abuse and stood my ground during his denial. Through the healing process I realized why, at age 16, I married an abusive man. It was in an effort to escape my father, yet I ended up with someone just like him. After eight years of marriage, I left with my two children.

The abuse left me scared and ashamed of my body, always feeling dirty and unworthy. Self-acceptance was something I just could not understand. I now know that self acceptance is the key to abundance. I am trying to learn that the decision to accept myself and accept happiness is up to me. It is not appropriate to rely on someone else's approval because that can be destructive. Human behavior is inconsistent so why would we want to put our faith in a human? It is one thing to trust and love, but quite another

Celebrating Triumph

thing to base our entire self-esteem - the core of our being - on what someone else thinks.

The childhood and marital abuse has sensitized me to the pain of others and I have been able to use my own pain to help them. I am very much in touch with my own feelings and therefore have an insight far beyond my years. I am quick to analyze and get to the root of a problem, which allows me to be of great benefit to others.

My experiences with abuse have led me to pursue volunteer work with abused women and children. I have become an activist within the community, speaking out against violence. I am able to relate well to those in crisis and show deep concern regarding emotional issues. I have also grown spiritually and feel a deep connection to my religion.

There is a desire to pursue a career in which I can help others grow and develop. The pain has strengthened my soul and has given me coping skills that most do not have.

My self-esteem and confidence have grown. I feel a deep commitment to family and a loyalty as a wife, mother and friend. I have an openness to self development, self awareness and intuitiveness.

I truly believe that there is a reason for everything, including pain. I now try to keep a positive focus during the painful times of my life and I welcome the growth that follows.

My outlook is one of steadfast strength and faith. I have learned to also accept the strength of others, the strength of God, and to trust again. I have survived abuse, one of the most terrifying and traumatic childhood experiences. That knowledge alone helps me realize that, as an adult, I can survive just about anything!!

© By Monique Rider 2001

Monique is a survivor of adversity! She believes there are blessings in our struggles. Monique is also

the owner of Trinity Coaching Services, a company that provides personal development coaching services. In addition, Monique is a competitive bodybuilder, wife, mother, and published author. To learn more about Monique and personal coaching visit:

<http://home.talkcity.com/workoutpl/trinitycoachingservices/> or email Monique at: Monique_Rider@msn.com

5 Ways to Lose Those Holiday Blues

By Gene Simmons

What a great time of year! It's a time to be thankful for what we have and enjoy all the festivities that mark a renewal of our hope and faith in the "system" that will carry us toward a bright new year.

Right... So if this is such a wonderful season, how come so many of us wind up in Yucksville? It may have something to do with losing our rational map about the time we made the turn at the Grotto of the Great Pumpkin. Let's see if there isn't something we can do to help brighten up this holiday season just a bit.

1. Focus the real reasons we're celebrating.

It doesn't make any difference if we're celebrating Thanksgiving, Christmas, Chanukah, Kwanzaa, Winter Solstice, Boxing Day or New Year's Day - there is a special significance attached to every holiday. When things start to get out of hand, just take a perspective break to think about why we're observing this special event.

2. Plan ahead.

There are only 24 hours in a day and we need to sleep sometime. By doing just a little planning (and in general, sticking with the plan), we won't be trying to accomplish everything at the last minute. Be sure to include plenty of leisure time just for you and your family or friends so you can step back and enjoy the season together.

3. Budget wisely.

It's not very relaxing to think about having to spend the next year paying off the debts you've accumulated in the spirit of over-zealous giving. Put together a logical budget and stick with it. The basic rule of thumb is "If you ain't got it, don't spend it!"

4. Help others.

It's the season for giving - and the most precious gift we have is ourselves. Find a way to help those less fortunate. Volunteering our services is a great way to take our minds off of the loneliness some of us may experience at this time of year.

5. Don't over-indulge.

Celebrating Triumph

Too much of a good thing - food, beverages, spending, celebrating - may be fun at the time but it can also produce moderate to severe consequences. Use a common sense approach to the festivities this season. Position yourself so you will be able to truly enjoy the weeks and months that follow.

Gene, through

, provides an easy reading self-help blog, articles, quotations, thoughts

and links along with affordable books and materials written to help folks find the road to a more enjoyable lifestyle, to pass on some of life's "secrets for survival" in a chaotic world & offer a few smiles along the way. It's a down-to-earth, simple approach to discovering a better life. You can visit Gene at

5 Ways to Lose Those Holiday Blues

Resistance to Celebrating

Looking for Birthday Party Ideas? Here are some great ideas.

Customized Children's Toys

Birthday Celebration



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!