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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!

Changing Your Mind About Change

By C.L.Hanna

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Change is inevitable...so why is it something so many of us avoid?

Spring is only weeks away and as everything around us outdoors becomes new' and colorful again, many of us begin to desire the same effect on everything around us indoors, as well. There's just something about a fresh coat of paint, folds of new fabric on the windows, or even a different arrangement of the furniture, that can renew our spirits. Change can be like a breath of Spring! While change, of any kind, can be harder for some personality types than others, change is usually a good thing – for all of us. Change can offer us a different perspective, a new attitude, even a new purpose. So what keeps us from changing the kitchen wall color, or the placement of the living room sofa? After all, it's not like changing careers, or the color of our hair...in fact, changing one's hair color can actually be an easier decision for some than the moving of the T.V.! But why?

Perhaps, fear of change inside our homes comes from the threat to our comfort zones.

You rely on your hairdresser to give you a professional opinion on hair color and hair style; maybe even refusing to give you what you want. Just because you saw a certain hair color or style on your favorite movie-star – that doesn't mean that it would be right for you. But, when it comes to choosing the color palette for your dining room or the perfect accents for the new bedroom...it can be equally scary without someone you trust to steer you in the right direction.

If you can afford to hire a trustworthy, professional, Interior Decorator – do it!

This is your home we are talking about! This is probably the biggest financial investment you own...and this is the place to put your money. Unfortunately, thousands of dollars are wasted each year by homeowners who make choices that they are simply unable to live with. You will find the money spent for a decorator's services, invaluable. You should have peace of mind during the decorating process – knowing that the end results will bring you years of enjoyment. You may even learn some things from working with your decorator that will give you the confidence to make decisions on your own in the future. Change may become something you actually look forward to – almost as much as Spring!

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C.L. Hanna is the owner of HEART'S DOOR which specializes in the use of vintage and collectible items in home decorating. After over 20 years of collecting and interior decorating she recently took her shop online at www.heartsdoor.org/Staff@heartsdoor.org

How Many People Does It Take To Change A Light Bulb?

By Jan Tincher

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How many people does it take to change a light bulb? One, but the light bulb has to want to change.

How many people does it take to change a bad habit. One. You. *But you have to want to change.*

And you have to go a step farther. You have to realize that you *must* change.

*** Even more than you *want* to change, or *should* change, but that you MUST change.***

And you have to go one more step farther. You have to believe you CAN change.

Do you want to change something about yourself? How badly? What do you see on the screen of your mind, when you think about changing?

***To help you make an accurate picture, read the article *What Is Your Power Picture?* You can find it at <http://www.tameyourbrain.com/powerpicture.htm> ***

Now, that you have an excellent Power Picture, keep that Power Picture in your mind at all times.

Now, when you think about making that change, what do you think? Can you do it? YES!

Great!

One thing you need to remember. If you can think, you can change. There is always hope.

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Jan Tincher, nationally recognized expert in Hypnotherapy & Neuro-Linguistic Programming, teaches strategies and techniques to help you live a better, happier life! She studied under Richard Bandler and Anthony Robbins, and has a successful practice in Forest City, Iowa. She is an award winning author, and you can read many of her articles at <http://www.tameyourbrain.com/articles.htm> . You can read what people say about her at <http://www.tameyourbrain.com/testimonials.htm>



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