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Dating for Scaredy Cats

By Fay Maguire

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Dating affects us all at some time or another. For many it happens during the teenage years and twenties, before meeting the love of their life and settling down to wedded bliss for the rest of their natural lives.

For more and more of us however dating revisits later in life, at a time when we're probably feeling pretty vulnerable, for all kinds of reasons.

Mixed emotions surface as a result of divorce – have I still got 'it', am I too fat, thin/wrinkled/boring/uncool... It may be that after a series of disastrous relationships we start to wonder if there really is something wrong with us as people and maybe we are simply meant to be single.

The good news is that it really is possible to turn things around, sometimes by changing a few basic rules or behaviours so that others can see the fantastic personality lurking within.

These tips aren't written in stone but form solid guidelines for those scaredy cats who haven't dated for a while. They also work for those who have an inkling they may be getting it wrong.

– Yes, you will have to kiss a number of frogs or frogesses before you meet someone you really like. So don't take dating too seriously and be prepared for let downs.

– Be the best you can be. Get the weight off, keep your hair nice, find a good dentist, spend time on your appearance. It does sound superficial, but if you don't appear to like yourself, no one else is going to. Plus, if you're feeling good, you'll be more confident with others.

– Talking of being the best, have you checked out your wardrobe recently? If you met your what would you think?

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- Practice being with people. Try to go to as many social functions as you can fit in and simply talk to others, without expecting romance, even if just for a minute or so. People love to talk about themselves, and with practice you'll develop easy ways of getting both men and women into conversation.
- Don't waste time on dates with people who make you feel unsettled or anxious, or uncomfortable about being yourself. All that will happen is that you'll start thinking there's something wrong with YOU. Ditch them – nicely of course.
- Take time off from looking for dates and develop your interests, so you'll have stuff to talk about when you do meet someone nice.
- Sometimes it becomes clear after a while that your date will make a much better friend than partner. If that's the case, be honest but do try to stay in touch. That way your social life will expand into areas you may not have expected.
- Don't be shy of introduction agencies. It's much more acceptable to meet people this way these days, and there are agencies to suit people from all walks of life.

Fay Maguire lives in the English Northumbrian hills and set up international introduction agency Country Friends following her divorce. Country Friends offers FREE membership to everyone enjoying sports or a country lifestyle.

The 5 Inner Enemies That Will Stop You From Achieving Your Goals

By Veronica Lim

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– by Veronica Lim

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Sometimes we are our own worst enemy.

We aren't born that way nor do we mean to be that way, but it can often come about because of our past experiences, what someone may have told us, what we've read in the papers... and then without realising, we develop these inner enemies. How many of them can you identify with?

(1) The Confused Indecision-maker

You will often hear the Confused Indecision-Maker complaining about the way things are, and how much better it would be if things were different. It's often "someone else's" fault too. But if you stopped them and asked, "What do you want then?" they usually find it hard to give you an answer. They know what they don't want, but they don't know what they do want. As a result, they don't make decisions that will take them closer to what they want, nor do they recognise it when what they want is staring them between the eyes.

(2) The Historian

There are three aspects to the Historian. The first is that historians think that because it hasn't happened in the past or that they haven't made it happen in the past, that it won't happen in the future. The second aspect is that they keep on thinking with the same mindset as in the past, and

so never begin to see things with a new perspective or come up with new ideas. And the third is that they are continually bemoaning how wonderful things were in "the good old days" that they fail to notice what's good about today.

(3) The Doubting Thomas

One of the favourite utterances of the Doubting Thomas is, "See! I told you so!" The Doubting Thomas is the person who either thinks that it can't be done or that they can't do it. So they don't put any effort into getting what they want, and then, when it doesn't happen, they get to be right! At other times, the Doubting Thomas may well put effort into getting what they want, but then spend their time worrying about it and wondering if it will ever happen. This causes them to feel stressed and tired.

(4) The Scaredy Cat

Part of the "price" for achieving our goals is to move

outside of our comfort zone and to do some new things that we may not have undertaken before. The reward is that this helps us to grow as a person. It takes us to new heights, while also enabling us to experience adventure and fun. The Scaredy Cat though, will prefer to stand on the sidelines, watching others do what they do and marvel at how courageous and clever other people are. Often, Scaredy Cats are great at cheering others on, and they may "excuse" themselves for not venturing out of their comfort zones by being "modest". But deep down, they may secretly wish that they were brave enough themselves too... if only they could overcome their fear of failure.

(5) The Scatterbrain

"Roll up, roll up! This is the latest and the greatest!" So the Scattergun diverts their attention yet again to the latest good idea and that becomes their new goal. The trouble is that they haven't allowed sufficient time for their earlier ideas to germinate and to take root, not to mention taking appropriate action, before they are off again, chasing the next rainbow.

So, be willing to meet your enemies face to face! Greet them! Thank them for having been there in the past, but now be courageous enough to bid them good-bye. And in their place, embrace the person you want to become.

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Veronica Lim is a leading author, speaker and executive coach with homes in London and New Zealand. Veronica went from zero financial assets and a mindset of financial worry to having a clear sense of financial well-being in less than five years. She now teaches people how to do the same in her book, DARE To Be Happy...<http://www.daregoals.com>



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