

Don't Quit Yet... It Gets Easier!

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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!

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By John Colanzi

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I remember when I first came online. It was such a different world. The big breakthrough when I was in college, were those key punch machines.

Man, this was a whole new world, I was overwhelmed by how much I didn't know. It seemed I would never get the hang of it.

Luckily I had an offline business to keep me going. You wouldn't believe how many times I felt like throwing in the towel.

This was a world for techies, not for a dinosaur like me. HTML and all the other terms were a foreign language. The more I studied, the dumber I felt.

Have you felt like that?

Do you still feel like that?

Well you're not alone. Building an online business is like anything else. It gets easier with practice.

When you first start on the ride up the hill to financial freedom, the only thing you see is the steep climb ahead.

This is where the average person throws up their hands and quits. What a shame.

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If you just put in some time and effort your view would change.

In the beginning you're like a little child walking through the woods. As the walk continues the child has trouble keeping up with his father.

The father can't understand why the child is having problems. The path is clear and there are no obstacles in sight.

A little farther along the father bends down to find out

what's wrong. It finally hits him.

He's looking at a different world. The child being closer to the ground can't see very far ahead. The travel seems so perilous.

When you first start your climb up the hill, you're so close to the ground, you don't have a clear view of the climb ahead. Once you start taking your first tentative steps up the hill, your view will become slightly clearer.

Every step you take up the hill reveals more and more of the big picture. Keep climbing and you'll see a whole new world.

You don't have to be a genius. You just have to keep climbing.

Don't quit, it will get easier.

In the words of Napoleon Hill, "The Ladder Of Success is never crowded at the top."

So keep climbing. A whole new world awaits.

Wishing You Success,
John Colanzi
Street Smart Marketing
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John publishes the "Street Smart Marketing" newsletter. To subscribe <mailto:streetsmart@makenetmoney.com>"Discover How YOU Can Easily Earn *Guaranteed* Profits

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Quit Smoking – Prepare To Succeed

By David Olsen

For many smokers the desire to quit smoking is strong...yet it seems no matter what they do, they just can't seem to break this devastating habit. The inability to quit smoking causes many to privately belittle themselves and curse their seeming weakness.

For others it seems they simply wake up one morning and decide to quit smoking. What makes the difference in these people? Is someone who decides to quit smoking like this a stronger person than the one who has yet to become a non-smoker? Let's evaluate.

First off, most people even smokers don't really enjoy smoking. For some the nicotine addiction is strong. Nicotine is very addictive, and breaking this addiction by not smoking can be very trying and difficult. Even after months have passed, there are those who will start smoking again. So, if you're one who has yet to quit smoking don't berate or belittle yourself.

By the same token, don't give up on the idea to quit smoking. Yes, nicotine is addictive, but it is an addiction that can be broken. There are several aids available to help you quit smoking. There's gum, there's patches, and there's even inhalers containing nicotine, that will gradually help you wean yourself from the addiction as you quit smoking. All of these aids do have merit.

One component is mandatory if any of these aids are to work for the person that has previously tried to quit smoking and failed. This component is your attitude. Before you even begin the actual process to quit smoking, you will most likely need some adjustments in your attitude. If you prepare yourself before you actually quit smoking, your chances for success are much better.

The way to begin to prepare yourself is to come to certain realizations. First off, you can't quit just because someone told you it is bad for your health. You can't quit because your significant other wants you to quit smoking. Most likely fear is not a good motivator for you either. You've developed a strong will to continue, even though you berate yourself for it.

Thus, for you the decision to quit smoking must be accompanied by a will that is just as strong, if not stronger than your current will to quit smoking. Many processes and plans have been developed by different organizations to aid you in this process.

Most will tell you to set a quit date at least 10 days out, and don't actually stop smoking until your quit date. It's also advised that "cold turkey" is the most successful quit path. During those days before your actual quit smoking target date, you are mentally preparing yourself to be free from smoking. This must be a strong decision that only you can make for yourself. No one else can do it for you.

To lead you to the strength you need to effectively quit smoking, you'll need to evaluate yourself and the real reasons behind why you are still smoking. This is not an easy task for many, but once they've

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listed all the true reasons, and have adopted the mental attitude to replace smoking with other things that will provide better benefits, the task of quitting becomes much easier.

Once your quit smoking date arrives, you may want to use some of the aids discussed above to improve your success rate. The point is that if you've properly done your preparation beforehand your

opportunity for success will be greatly improved. Remember, the mind and body thrive and accommodate whatever substance you give it. Be sure to feed both the mind and body only positive substance and the results will be positive. You can quit smoking.

David Olsen is the founder of

, the website that helps you defy

middle-age. Mr Olsen is married with a young son.



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