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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
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**EVERYBODY'S GOT ONE**

By Arleen M. Kaptur

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Whatever kind of writing you do – whether it is non–fiction, fiction, or a combination of everything and a little bit of this or that, all writing has one thing in common. This common thread weaves its way in and out of all our written words. You can't see it or touch it but you know its there. It wakes you up in the morning and it gives you rest at night. You can't leave it at home and you can't run away from it. This phantom shadow will be your companion from the first time to sit down and put pen to paper. It will be there when you send out your first piece of writing to an editor, and it has front row seats when you are published.

This secret partner of ours wipes the tears, quells the fears, and allows us to continue on the journey we have chosen. EGO – ( E–verybody's G ot O ne). Yep, you guessed it – there it is as big as life. You may say that your EGO is perfectly controlled and you can handle anything. Okay, and the moon is really made of cheese, too.

Let's face it – without ego we would not care about getting our words out so others can read them. We would not try to reach perfection with each article, short story, or novel. Never would we overcome that first rejection – it's after all directed at us personally. They can't do that – I know its a good article – so if they don't want it I'm sending it somewhere else. (signed) Your Ego.

That infamous three–letter word can bring fear into the lives of anyone who stands on the path we are trying to walk down. No matter how much darkness envelopes our mind, we will come up with new ideas. When the rain begins, we take to reading the masters and try to figure out what that special "thing" is that made their books last for generations. When the sun finally comes, there it is. It brings that certain smile to our faces, and our heads are held high by this "thing." We know we can do it again and we have now left our mark on the literary world. Ego takes us by the hand and pushes us down in front of that computer whenever there's a spare moment and even Holidays are not immune from this taskmaster. There is absolutely nothing wrong with Ego. If you are a published writer, or an aspiring writer, accept the fact that there is this one common imp all writers have. It will never harm you if you treat it well, however, it does have a twin. This twin is called "Have arrived." Sorry, no writer worth their

salt will ever feel they have written enough or that people will accept anything they put out. This evil twin has destroyed many a promising career and the perpetrator stands there in shame as the "good twin" takes another author down a lifelong path of devotion and dedication.

Treat your ego with the respect it deserves. Know it has no limits and it can be the most beneficial drive in your entire writing quest. Never allow the thought or worse yet, the very words "Have arrived" to ever cross your lips. It's when we feel we have arrived that we stumble and fall. We are tripped by the very thing that brought us to endure the long hours and hard work of sharing our hearts and souls with people we probably will never meet or have the pleasure to know. These unknown individuals will read us, judge us, and pay hard-earned money to own what we created. They will always have the last word –

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Arleen Kaptur has written numerous articles, cookbooks, and the novel: **SEARCHING FOR AUSTIN JAMES** Websites: <http://www.arleensite.com> <http://www.Arleens-RusticLiving.com> <http://www.webspawner.com/users/rusticlivinghttp://topica.com/lists.simpleliving>

## **The Top Ten Things I Learned from Mister Rogers**

**By Susan Dunn**

### **The Top Ten Things I Learned from Mister Rogers by Susan Dunn, M.A.**

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Mister Rogers makes everyone feel special and valued, and he's one of my heroes.

1. You can never go down, never go down, never go down the drain. When life can involve divorce, layoffs, losing a child, moving 2 weeks before your baby's due and you have a toddler and a dog with a new litter of puppies, working full-time and being a single-parent, or starting a new career at 55, it's good to know you can never go down the drain!
2. You can stop when you want to, stop when you wishEver say to yourself — stop the madness? Mister Rogers reminds us that we can stop when we want to. Make the carousel slow down so you can enjoy the ride. You're in control. Stop the roller coaster and get off. End a relationship that isn't working. Change a career when the passion's gone. Eliminate the tolerations in your life! You can stop when you want to, stop when you wish.
3. It's great to be able to stop when you've planned a thing that's wrong and to be able to do something else instead. Problem-solving! When you're working at a problem and the answer isn't forthcoming, try something new. The solution isn't doubling your efforts at a failing proposition. If you're having the same things happen over and over again in your relationships, stop what you're doing and do something else. Try something new! If you keep doing' what you've been doin', you're gonna keep

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gettin' what you been gettin'.

4. There's something deep inside that helps us become what we can. Develop your intuition and pay attention to what it tells you. It's the best guide to what's best for you and what will work for you. Listen to that still, small voice inside and let it be your guide ... it's an EQ competency.

5. When the whole wide world seems oh so wrong and nothing you do seems very right, you can punch a bag, pound some clay or some dough, or round up friends for a game of tag or see how fast you can go. Change what you can, and those things you can't ... go chop some wood, or take a bike ride, or call your coach and talk the feelings out. You might as well learn to manage those feelings constructively now, because the stakes are just going to get higher in life, so the feelings will too. It's a lifelong mission changing what you can, and finding some play-doh when you can't!

6. What a good feeling to feel like this and know that the feeling is really mine. Knowing what you feel and living in the moment will add much enjoyment to your life. We ARE our feelings, and the more we're able to let them into awareness and accept them fully, the richer our lives will be, and the more US we'll be. If you can't experience your sadness, you can't experience your joy. And don't let someone else's feelings get mixed up with yours. Just because your spouse is having a down day doesn't mean you have to. Just because your co-worker hates his job doesn't mean you have to. Know your feelings and know that they're really yours.

7. A girl can some day be a woman, and a boy can some day be a man. Yup!

8. You know, playing at the computer's different from watching a television program. You can bring your own ideas to whatever happens on the computer, and your ideas are special. So are you! I think the computer is the most wonderful medium for self-expression we've had since crayons and manila paper! I'm watching clients, friends and loved ones blossom and grow through the Internet -- learning new things, making new cyber-friends, trying new things, and extending and enriching their lives. It's a great way to share you, who are special, and your ideas too.

9. Some are fancy on the outside/Some are fancy on the inside/Everybody's fancy/Everybody's fine/Discovering each one's specialty/Is the most important learning. Discover and develop the ways in which you're special. You'll reach a higher, more consistent level of performance, feel a deeper sense of satisfaction, and be able to share your real gifts with the world. (See the Top Ten Reasons Why You Should Focus on Your Strengths at <http://www.topten.org/public/AB/AB100.html>.)

10. If you've got a plan/Now's the time to try it/If you've got an airplane/Fly it/This is just the day. When will you start that new career? Ask that woman to marry you? Hug your child? Get online? Have the baby you've been wanting? Find work that feeds your passion? Quit drinking? Stop smoking? Write a teacher who meant a lot to you in the past? This is just the day!

Susan Dunn is a personal and professional growth coach, specializing in emotional intelligence. You can visit her on the web at <http://www.susandunn.cc>.



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