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Energy–Rechargers for Winners

By Patricia Wagner

Energy–Rechargers for Winners Want more energy so you can live a more fulfilling life? Energy is

life's fuel! According to Benjamin Franklin, "Energy and persistence alter all things." Buckminster Fuller believed that real wealth is ideas plus energy. He is famous for designing the lightest, strongest and least expensive manmade structure – the geodesic dome. It can cover more space without inner supports than any other structure and it can be put together very rapidly. In Honolulu in 1957 a full house listened to a concert 22 hours after the delivery of the dome's parts. Buckminster Fuller make a remarkable contribution to architecture, but he needed energy to do it. What could you achieve with more energy? Here are 12 energy renewers to help you achieve more in life: Your physical health rechargers: 1. Eat and drink for optimum health. Be sure to eat well–balanced meals. Drink lots of water because dehydration can exhaust your body of its store of energy. If you're carrying extra weight this too can cause exhaustion. Take advantage of nutritional supplements since there are many key nutrients that may not be in the food you eat. 2. Spend time outdoors and improve your indoor light. Walk to a local park or lovely recreational area on a regular basis. Open the curtains and let in the sunshine. Purchase artificial lighting that mimics the spectrum of the sun. 3. Seek help when you experience medical problems. A number of medical conditions cause tiredness. Adrenal exhaustion caused by stress, low thyroid function, anemia and hormonal imbalances are some conditons that can cause exhaustion. 4. Get enough sleep. Be sure to get your proper amount of sleep. Experiment to see how much you need and then stick to it so you don't sabotage your energy by depriving yourself of needed sleep. 5. Exercise and practice proper breathing. Try to exercise at least three times a week. Don't forget that proper breathing is essential to your health too. Try breathing deeply instead of shallowly. At times for relaxation take deep breaths through your nose and then exhale through your mouth. Do this slowly and deeply. This can be very relaxing and energizing at the same time. It's a great stress reducer! Your mental and emotional renewers: 1. Say goodbye to worry. Worry never helped anyone. It just drains away needed energy. Captain J A Hadfield got it right when he stated: "This art of resting the mind and the power of dismissing from it all care and worry is probably one of the secrets of energy in our great men." 2. Choose inspiring people for friends. Your friends will either lift you up or drag you down, so choose them wisely. 3. Check your emotional health. Focus on others and learn to develop a positive attitude toward life. Being wrapped up in yourself is very limiting. 4. Work wisely. Work hard at your job or at your self–employment, but don't neglect your family or your need for recreation. 5. Don't waste your energy. Beware of energy–wasters like holding grudges,

resentment and unforgiveness. Attitudes like these hurt you and contribute nothing worthwhile to your life. Weed those out for energy conservation. 6. Dream big dreams. Do you have a dream? Having one can help you to be more energetic. There's just something about having a goal that is energizing! 7. Rise above your own strength. The Bible is full of many promises to those who recognize their need. Here's one: Isaiah 40:31 – "But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." What's holding you back from increasing your energy? Try these energy-rechargers and win!

Patricia Wagner offers informative tips and f[^]ree newsletter to help you live a more energetic lifestyle. Check out

<http://www.a-to-z-wellness.com>

 She is also an artist and you

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<http://www.artbywagner.com>

You've got to get up to go.

By Greg Hickman

You've got to get up to go. by Greg Hickman

A simple title, yet a super powerful message. After all, in order to get where you want to go in life, you first have to get up. But then, even after you have decided to get up, you still have to "go" if you ever expect to get there. Far too often we find that the proverbial get up and go has got up and left way too many people in this country.

Time and time again, the primary reason the would-be winners never make it to the top is because they do not get up, get going and keep going until they get there. Rather than give it their all, these under achieving individuals routinely take the apparently easy way out by throwing in the towel way too early in the game. I say the apparently easy way out because quitting is rarely the easy way out and is never the winning way out of anything.

Quitting is usually accompanied by one of its favorite old companions - the excuse. Would-be winners seem to work overtime finding one excuse after another why something cannot be done, when in reality it would be a lot easier to just go ahead and do it instead. Quitting, in and of itself, is a relatively easy task. Quitting requires no commitment, no personal responsibility and no accountability. In fact, the act of quitting requires nothing at all.

It should also be duly noted that the act of quitting produces nothing as well. Without exception, at one time or another we have all been tempted to quit. It is easy to run up the white flag and surrender when times get tough and the going gets rough. When the temptation to quit begins creeping in, that is the

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precise moment in which the players are separated from the pretenders. The players keep plugging away while the pretenders pack it in.

Why is this the case? What success secret do winners possess that the would–be winners lack? Would it be that the highly successful people are smarter than the rest of the crowd? No, that's not it. In fact, winners are generally no smarter than those who fail to win.

Could it be that the winners work that much harder than the rest of the pack? No again. Surprisingly, winners on average do not work as many hours as many unsuccessful people do.

Then perhaps the winners are luckier than everyone else? No once more. Contrary to popular belief, success is very rarely the result of luck or happenstance.

So what is it that separates the winners from everyone else? To make it short and sweet, winners get up and go while the would–be winners get lost.

Every day, day after day, winners keep working their plan. They firmly believe in their abilities to overcome any obstacle placed in their paths and as a result, ultimately triumph over any adversity they encounter. The real winners in life get up and go and keep going until they complete the job. Not surprisingly, the real winners produce real results.

How about you? Are you ready to get up and go? And if you're not ready right now, then when will you be? Come on, if it's going to get done, you're the one to do it and you need to do it right now! It's time to get up off your rear end and get going — and keep going — until you get the job done.

The Bottom Line: When it's time to get up and go, make sure you get up and get going.

Greg is President of The Motivational and Inspirational Corner, Inc. and creator of the highly acclaimed 30 day Power Performance Program. His website address is <http://www.motivational–inspirational–corner.com>.



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