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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!

FRIENDSHIP Suggestions For Feeling Better.

By Ken McIsaac

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"Friendship improves happiness and abates misery by the doubling of our joy and the dividing of our grief." – Marcus Cicero (BC)

Interacting amiably with family and friends is a super stress reducer. Instead of our minds working overtime on worrisome problems, it is occupied with thoughts of other things and other people. There is less room left for anxieties and self-doubt. Good friendship is like good health – appreciate it while you have it.

"Life has no blessing like a prudent friend" – Euripides (BC)

"The only way to have a friend is to be one. . . A friend is a person with whom I may be sincere. Before him I may think aloud." – Ralph Waldo Emerson (1803–1882)

Getting people to like you is the starting point, and it should be fairly easy to do. People have a basic need to be liked themselves, and by showing your appreciation of them, they will return your feelings. Praise given out sincerely is a great act of friendship. Be kind, pleasant, calm, and a good listener. Try to see the good, not the bad qualities in people. Smile.

"The rule of friendship means there should be mutual sympathy between them, each supplying what the other lacks and trying to benefit the other, always using friendly and sincere words." – Buddha (BC)

As a friend, try to let an unfavorable incident or remark fly right over the top of your head. We all blurt out something stupid or do something regrettable at times, and it's so nice when the other acts as if it never happened. This is a dear friend.

"I destroy my enemy when I make him my friend" – Abe Lincoln (1809–1865)

This article is an excerpt from 32 KEYS A Collection of Ideas About Life by Ken McIsaac. Read the complete book online at <http://modena.intergate.ca/personal/mci/32keys.htm>

Poem--Friendship, Love and Fear

By Kathryn Lim

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friendship; a dance on the razor's edge
feelings; tender like the silken clouds
words, unpredictable like the dancer's steps

what is friendship
perhaps i don't know
what is love
perhaps i don't know
but surely this is a great place to start the ride

fear kept me from loving
loving kept me from fear
I love in order to die and surrender
I die in order to love and let go
i notice myself asking what is going on
things becoming less and less significant
i become more and more vulnerable
you came along my way in an angel's form
receiving me just as i am
painting the possibilities of life
adding colors onto the canvas of my heart
vulnerability became my friend
you became my vulnerability

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