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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!

Good Friends, Great Life!

By Lin Miao

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by: **Lin Miao**

While I was in high school, I developed this habit of always watching people and how they responded to things. When I'm walking, when I'm talking, and when I'm eating, I love to watch people. I don't know why I do it, but I think it's just my curiosity of wanting to understand all of the various human characteristics.

About two years ago, in one of my high school math classes, I met this unbelievably down to earth girl (let's call her Sarah), but she always seemed to be sad. Everyday when I had class with her, I would try to take a look at her when I can to observe and perhaps better understand why she seemed so sad. Later as I began to talk to her I soon found out why and I was shocked: she always gone out with the wrong guys and some of them raped her.

I was in disbelief. I have so much respect for girls and when I find out that other guys mistreat girls I often get quite angry about it. However, in this case as I kept on talking with her, I couldn't believe why she let things like this happen. She seemed so strong, so focused, so appreciative of life, but she let herself hang out with the wrong people.

Life is a series of light and darkness. We all want to be in the sunshine, feeling the warmth, that great feeling when you're out in the sunshine. At times cloudy storms tend to disrupt that light, making us feel uncomfortable and uneasy. However, we can always get back in the light; we can always push the darkness away: light and darkness cannot be in the same room.

I have this quote hanging up in my room and I live it everyday: "you are who your friends are." In my life I try to be around positive and successful people because that is who I am. I know that may sound selfish and egotistical, but you must set high standards for yourself. If you want to lead and achieve, you must receive the friends who fit your standards. Your standards are there to protect you and to guide you to success, don't lower it for anyone or anything or you'll regret it for the rest of your life.

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As for Sarah, I am truly sorry for her and the things that the guys have done to her, but she shouldn't have been there in the first place. She shouldn't continually be around the same negative people who may do those kind of things. She needs to understand the power of saying "no". It's not rude in life to sometime say no to the wrong people, it's not rude at all. If you were driving down the highway and you noticed a road block, you wouldn't try to run into it. You would go around it or move it aside. That's the way you must be with your friends: life is short, you don't have time for people that will bring you down or hinder your success.

As Eminem said in his rap song "lose yourself", you have one chance, one opportunity don't blow it!

Known as The Miao, Lin Miao Executive Director of LinCity.com –

– The Ultimate

Online Teen City, is labeled as one of the most powerful and inspirational speaker in the subject of Teen Leadership. He is also the Chief Information Officer for United Planet.

Time to Upgrade Your Friends?

By Myrtis Smith

Time to Upgrade Your Friends? by Myrtis Smith

There is a saying that goes something like this: The person you are today is a direct by-product of the books you read and the people you hang out with. If you are not where you want to be in life, it might be time to upgrade your friends. Take this simple quiz to see"

1. Are your friends generally on time for get-togethers?
2. Are any of your friends on the road to financial independence?
3. Do you have any friends who own their own business (or have aspirations to do so)?
4. Would you ever consider trading lives with any of your friends?
5. Are your friends "happy"?
6. Do any of your friends have clear goals they are working towards?

If you answered "no" to most of those questions, the time has come to stop hanging out with people who have less going for them than you do. Think about your goals, dreams and aspirations; make new friends who can support you in

those. If you have plans to own your own business, befriend a business owner. If you dream of financial independence, find some like-minded individuals to add to your circle.

No one says you have to ditch our old friends, just make room for the new ones.

Myrtis Smith is a career coach and the founder of Premeditated Life. At Premeditated Life, we have one focus: Your Career. We offer services to support your career goals, whether you are in transition, need help with your job search or want to improve your professional skills. For a FREE Career Assessment email: coaching@premeditatedlife.com

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