

Have You Found Your GOOBI?

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By Jeff McCall

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Many people spend the whole of their lives searching for that elusive secret to their own success. Often the so-called 'secret' is sitting right under their very nose.

Let's face it, unless you're naturally gifted, making a success of anything involves a whole lot of hard work. A lot of the time, the work we're faced with is often boring and monotonous. Wouldn't it be great if it were fun? Ding, dong! Are the lights starting to flash, and bells starting to sound inside your head yet?

I'm tempted to carry on rambling at this stage, but I know your just itching to find out what a GOOBI is. Am I right?

Well I'll put you out of your misery right now! GOOBI is simply a mnemonic for Get Out Of Bed Inducer. It's that thing that gets you out of bed in the morning and puts a spring in your step. It's also been described elsewhere, as your "Friday night essence". Think about it, what would you happily spend Friday night working on instead of dining with friends or watching a movie?

I was reminded of the GOOBI concept recently, whilst watching a film. The title of the film escapes me, which is probably best because it was rubbish. If I was to tell you the title you'd only go watch it, and then you'd be saying why did he mention that film it was rubbish.

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Anyway, at one point in the film, the leading character made a statement that struck a chord with me. He said "The secret to success is to find something you love doing, and do it for the rest of your life!" Of course, he was talking about finding your GOOBI.

So here comes the hard part. To find your GOOBI you have to start thinking for yourself. I know that bit's going to come as a shock to some of you, as a lot of people will go to the ends of the earth to avoid thinking for themselves. Isn't it just a lot easier to run with the flock and let the shepherd and his dog make all the decisions for you?

If you've just answered "Yes" to that last part, then all I have to say to you is "Baaah!". For those of you who don't speak Sheep, roughly translated this means "You'd be better off grazing with the flock, you haven't got what it takes".

If you think that thinking is hard, you ain't seen nothing yet!

(Authors note: "think that thinking is hard" is it me or does that have chicken and egg connotations? Never mind, hopefully you see my point. Let's get back to the plot.)

What do you really love to do? It's a simple question; so don't try to make it a hard one. We're talking about constructive exercises here so don't cheat by saying "Nothing". Anyway, I'm sure you'd get bored doing absolutely nothing for the rest of your life.

The answer you come up with should be your true vocation. If you're totally honest with yourself, then if you do the thing you love for the rest of your life, you can't fail to be successful. You'll literally do anything you need to do, to carry on doing what you love to do. Hey, have I just invented a new tongue twister, or another piece of nonsense rhyme?

So, go find your GOOBI! You know it makes sense, which after reading what I've just written, is more than I do. Be successful!

Jeff McCall is the librarian at The Success Library, a vast collection of ebooks, articles and resources to help you achieve online success. <http://www.thesuccesslibrary.co.uk/ad/whereis/Subscribe> to the

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Know Your Muscles – The Lower Body

By Rick Mitchell

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Becoming familiar with the muscles that make up your body has more benefits than simply allowing you to talk shop with your training partners. The more familiar you are with the muscles you're working, the better you'll be able to judge what's needed to make improvements. In this article we'll get to know the muscles that make up the lower body.

This is where you'll find the big, strong muscles that allow us to get around. The main muscles found below the waist are as follows:

1. Quadriceps femoris – this is a group of four muscles found at the front of the thigh. These are the vastus lateralis on the outside, the vastus medialis on the inside, the vastus intermedius between them, and the rectus femoris above them. The role of these muscles is to extend the leg from a bent position.
2. Hamstrings – these are found to the rear of the leg and consist of the biceps femoris, semitendinosus and semimembranosus. The hamstrings are used to flex the knee in the act of pulling the heel towards the buttocks.
3. Gluteals – these make up the buttocks and consist of the gluteus maximus covering the hip joint and the gluteus medius and minimus on the outside of the hip. The gluteus maximus facilitates hip extension while the other two lift the leg to the side in an action called hip abduction.
4. Hip flexors – these are found opposite the glutes on the front of the pelvis. Consisting of the psoas major and iliacus they raise the leg to the front.
5. Calves – these consist of the gastrocnemius and the soleus. Their role is to extend the foot at the ankle.

Rick Mitchell is the creator of the bodybuildingadvisor.com website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to

to learn

more about the issues covered in this article.

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