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How About Some Instant Inner-gy?

By **Greg Hickman**

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It seems like all of us could use a little extra energy at one time or another. In fact, most of us know how downright discouraging it can be to run out of steam before we complete a project. Even though we desperately want to finish the job, sometimes we find ourselves too "pooped" to pop. Just at those moments when we could desperately use an extra boost of energy to get across the finish line, we are out of gas.

Then there are those other occasions when we lack the mental toughness to see us through the rough times we encounter. We know we need to push on, but our will to persevere severely sags under the mounting pressure, stress and fatigue. I'm sure you've been there before, haven't you? Are these occasional lapses of energy and fire power an early warning sign that we are not really playing at full speed or we lack the commitment to get the job done? No, not at all. It is human nature, even in the most competitive of those among us, to be tempted to slow down or even stop when we are mentally exhausted or physically worn out.

Is there anything we can do when we are faced with these overwhelming feelings to submit or give in? Thankfully, there is. All we need to do is work on nurturing a secret weapon we all have within us, a hidden power that we can quickly call upon whenever and wherever we really need a quick boost of energy. This magical force is our Instant Inner-gy.

All winners have a burning, passionate, deep down in their gut desire that drives them to be their best. However, this desire can be severely tested by the trials and tribulations we all face daily. At any given time of the day or night, a potpourri of obstacles, problems and stumbling blocks can systematically work us over, attempting to snuff out our internal fire. Once our motivation, drive and desire begin to

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take a back seat, our energy correspondingly plunges to precipitously low levels. The moment we begin to doubt ourselves or our abilities, even ever so slightly, the party's over.

You can prevent these momentum depleting power outages by adding some fuel to your internal fire. After all, since your drive comes from the inside, doesn't it make perfect sense to build yourself from the inside out? You bet it does. And that's exactly what we're going to do! You need to continually work on building your reservoir of inner strength and energy by feeding your mind positive thoughts and staying focused on positive ideas. You'll discover that when you continually put the good stuff in, you will be able to get the great stuff out - especially at those times when you need it the most.

The key to developing your Instant Inner-gy is extraordinarily simple. In order to have all the Inner-gy you'll ever need, you simply need to follow your heart - and begin pursuing your dreams every day of your life. Once you start passionately working on that special something that drives you, excites you and makes you come alive, you'll never, ever have to worry about running out of Inner-gy again. Why? Because you love what you're doing! And since you love what you're doing, you won't want to stop or slow down until you get the job done.

You can call on your Instant Inner-gy whenever you feel yourself tiring or tempted to give in. By

learning how to harness your body's amazing capacity to produce all of the Inner-gy you'll ever need, you will develop the ability to summon these bursts of supercharged energy at those critical 'make or break' moments of life. Instead of wearing down or wearing out, you'll experience a turbo-charged adrenaline rush blasting through your veins like a bolt of lightning - kicking you back into high gear again.

By finding your unique niche in life and then filling it, you'll start crossing the finish line in first place time after time - with plenty of inner-gy to spare.

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>.

Instant Messages or Instant Messengers?

By Dee Scrip

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Many vendors offering Instant Messaging (IM) services have added new capabilities such as voice messaging and file sharing. Among others, AOL, Microsoft, and Yahoo offer these IM services.

Clients of Instant Messaging services are also easy prey for the community of hackers. Using a simple monitoring program, the plain text from Instant Messaging can be easily captured and creates vulnerability to electronic eavesdropping.

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In one version of AOL's Instant Messenger, aka AIM, a user was found to have been the target of a hacker attack. The villainous hacker had crafted a URL which, when clicked by the user with AIM on their desktop, allowed the hacker to execute a virus on the victim's system. What is particularly sinister about this is that AIM does not have to be running for this type of virus to be deployed.

Another avenue of attack is when victims are simply sent an HTML email with a link that when clicked will execute one or all of the following: a privilege elevation attack, a denial of service attack, or the installation of a backdoor for later use, to name a few.

Using a computer phone service that operates on secure lines with high end encryption codec on proprietary patented technology that features IM capability will optimally protect you against these vicious hacker attacks.

By Dee Scrip

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The above information is an excerpt taken from an in-depth and exclusive Report entitled "Why Hackers Love Computer Phones - A Shocking Report You Must Read!" available only at <http://www.whypay4calls.com/gtp/to.pl?l=ART-01>

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