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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!**

**How Are Your Viewing Your Time?**

**By Eric Plantenberg**

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In working with and coaching people across the country, one of the top requests we continually receive is how we can help people manage their time better.

Many people think of their time management skills in relationship to their time organization device. Yes... your calendar, Outlook, or PDA can be an extremely valuable tool in helping you to organize your time, but those things are not your time, nor do they have any power to determine where you use your time.

Time Management is a mindset. It is the way you look at and value the hours and minutes of each day. When you hold onto the mindset that there is a shortage of time, that it is scarce... that is what it becomes. When you consciously choose to look at your time in a state of abundance, it becomes abundant. Your power to manifest your reality now and will always be one of the greatest influences in your experience.

Who determines where you spend your time? You do. Who determines how you view your time? You do. Breaking old patterns can certainly be challenging and I know that you have the power to do so.

While your time is a limited commodity, it is not a scarce one.

None of your other commodities regenerate themselves. If lose your money, it is gone until you earn it again. If you ruin a friendship, they aren't guaranteed to return. When you health is compromised, it takes an incredible effort to restore it. When you waste your time you lose the opportunity alone, not its future value. What other commodity can you completely waste or abuse and wake up the next morning with a replenished supply?

This is not to say your time isn't precious. I would agree 100% that your time is one of your most valued resources. That doesn't mean it has to be limited. Our greatest intangible resources are never limited – they just require focused energy to be harnessed.

## How Are You Viewing Your Time?

My best advice is to ask yourself what is the source of your mindset about your time. When did you first start feeling overwhelmed? What actions could you take TODAY to start creating positive momentum? What are your priorities? When is the last time you created a TO DON'T list? That's right, a list all the things you need to STOP doing to waste your precious day and get you off track.

Have fun, take control of your life, and...

Be FREE!

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personal coach on memory, goals, attitude, time management & communication. He is a national known memory trainer that has worked with thousands of companies to enhance their memory. He is co-author of Winning The Name Game, an at home study course that teaches individuals how to remember the names of everyone they meet. [www.winningthenamegame.com](http://www.winningthenamegame.com)

### **The Ultimate Wildlife Experience – Game Viewing In South Africa**

**By SA–Venues.com Editor**

Of the hundreds of awesome activities that South Africa has on offer, probably the most popular activity on offer is Game Viewing. Game viewing on any of the many game reserves in South Africa provides an opportunity to see South African wild life in all their beauty in their natural habitat. On a self-drive expedition, with a guide, on horseback, on elephant back - whatever your preference, you're assured of a memorable game viewing experience.

Probably the most well known game viewing location in South Africa is the Kruger National Park. Home to South Africa's Big 5, the Kruger National Park offers an incredible self-drive route through the open veld where you'll see countless variations of buck, zebra's, giraffe, leopard, lion, springbok, cheetah, eland and countless others. (There is a check list available at:

).

Self-driven game viewing trips offer the benefits of being able to determine the pace of your journey, however without a guide who knows the area well, you might miss out on seeing something special.

The Kruger National Parks game viewing isn't limited only to self-drive expeditions. The park has been very well developed to cater for many different preferences. Guided groups will be taken out into the bushveld, where you'll camp overnight and experience the bushveld at night with all its fascinating sounds and sights.

The Eastern Cape offers much in the way of game viewing. Whilst most game reserves offer Big 5 game viewing, the popular Addo Elephant Park just outside Port Elizabeth lays claim to being the only park in South Africa that offers Big 7 game viewing! The 372 000 ha park is home to all of the South

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African Big 5 and in addition, there's a 120 000 ha marine zone where you can spot the majestic whale and the much feared great white shark.

10 Minutes outside of Port Elizabeth, is the Seaview Lion and Game Park. Although it's doesn't offer game viewing of all the South African Big 5, it does offer the incredible opportunity to interact and play with lion cubs. R40 will get you up to about 30 minutes playtime with either the very young cubs, or the slightly older and more boisterous cubs. It's an unforgettable experience and definitely worth doing. As you drive through the park, you'll pass by giraffe, zebra and all sorts of buck. The Seaview Lion park also offers the rare opportunity to view the unique White Lion as well as the beautiful tiger.

Kwa Zulu Natal also has many choices for exceptional game viewing. The St Lucia National Park offers not only beautiful game viewing, but is also known as a birder's paradise because of a the enormous variety of birdlife. Swaziland's game viewing is one of the top in the country because of its raw beauty and rugged terrain. The Swaziland game viewing parks are not overly commercial and thus offer game viewing in its most natural form.

One of the hardest animals to spot when you're game viewing in South Africa, is the leopard. Because of its reclusive nature - spending most of the day in the trees out of sight - game viewing trips don't often get to see this incredible animal. However the game viewing parks in Mpumalanga offer some of the highest concentrations of leopard per square kilometer in South Africa. A day or night spent in most of the game parks in Mpumalanga is bound to include a number of leopard sightings - definitely worth the trip

Game viewing in South Africa offers more diversity of wildlife and more excitement than any other country in the world - make sure you don't miss the wonders of game viewing in South Africa.

SA-Venues.com is a comprehensive travel guide for South Africa with essential travellers information including visas, safaris, hotels, accommodation, maps, attractions and more. Visit the site at:

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