

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**How Peeling An Orange Could Make You A Fortune**

**By Jeff McCall**

**How Peeling An Orange Could Make You A Fortune by Jeff McCall**

The technique I'm going to explain in this article may be considered pretty radical by some. But before you decide I've gone to the bottom of the garden to visit the fairies, please hear me out.

Sport Psychology has become extremely important in the sporting world. But don't be misled into thinking that this is only something that's of interest to sports men and women. There are many aspects to sport psychology, and I believe some can assist even the humble online entrepreneur to achieve massive success. The most useful I've found is the idea of 'visualisation'.

The human brain is a complex organ that's capable of many tremendous feats, but it can also be fooled. In particular, the brain can't tell the difference between reality and something that's vividly imagined. To demonstrate what I mean, try the following simple experiment for yourself:

Close your eyes and imagine you're holding a large juicy ripe orange. Now imagine yourself starting to peel that orange. Imagine the thin spray of juice from the peel as you insert a thumbnail. Imagine the sharp fresh aroma of orange that fills the air as you pull sections of peel from the soft juicy flesh. Now imagine the sticky juice running down your fingers as you pull away one of the moist orange segments, and the sharp sweet taste exploding on your tongue as you take your first bite.

## How Peeling An Orange Could Make You A Fortune

If you've been able to vividly imagine these things taking place, then you'll almost certainly find yourself salivating wildly. I know I am, and that's just by writing this passage!

Your brain's reaction has been no different than if you'd actually peeled that orange. It's been unable to distinguish this as just your imagination, and has reacted by sending a signal to your saliva glands to expect something delicious. Now this example may have nothing to do with your business, but it ably demonstrates my point.

So come on Jeff, tell us how we can use this phenomenon to make ourselves a fortune?

Choose a particular skill or area where you wish to improve, or simply choose one of your goals. You do have goals don't you? Spend at least 5 minutes everyday relaxing in a quiet place, visualising yourself completing your task or goal. That's all it takes, but you must do it regularly.

One of the reasons why this technique is so successful, is that you'll normally always imagine yourself being successful in whatever you choose to think about. I mean, why would you want to imagine yourself failing or doing something badly? Doing things correctly time after time is a necessity in any learning process, and is a tremendous confidence builder.

When you come to perform your chosen task in reality, your subconscious mind will be expecting you to perform it perfectly, as you have many times before in your imagination. You'll automatically have the confidence of an expert.

An added bonus is that while your imagining your new found successes, you'll also be building a strong positive mental attitude. It's an inescapable fact that you become what you think about. So, if you think you're going to fail all the time, then as sure as eggs are eggs you will.

You may think this idea sounds totally foolish, but don't dismiss it out of hand. With a little creative thought you can employ this technique to improve your performance in many business skills and help you achieve your goals. You do

have goals don't you?

I'm not suggesting that visualisation can replace traditional practice and experience. However, when used in conjunction with it, you can rapidly accelerate your progress and success. I've used this technique myself and am convinced it makes a difference. It could seriously make you a fortune. Go on, have some fun and give it a try!

Jeff McCall is the librarian at The Success Library, a vast collection of ebooks, articles and resources to help you achieve online success. Get your library card at: <http://www.thesuccesslibrary.co.uk> Subscribe to the library's free newsletter Success Lines. Free course for subscribing & free ebook with every issue: <mailto:subscribe@thesuccesslibrary.co.uk>

### **Best Recipes: Orange Sunshine Milkshake**

**By Donna Monday**

Need a sunny pick-me-up? Try this delicious orange sunshine milkshake. It's like transporting yourself to sunny California or a sand-drenched beach in Florida. The orange flavor will burst open in your mouth and put a smile on your face.

Orange sherbet makes this fruit-flavored milkshake a real taste treat. It's like drinking orange cream velvet on a beautiful sunshine day.

Orange Sunshine Milkshake 1/2 quart orange juice 1 cup vanilla cream 1 cup orange sherbet

Directions

Combine all ingredients in blender.

Blend until smooth.

Copyright 2004

Donna Monday

Easy to make - fun to drink

Best Recipes: Orange Sunshine Milkshake

Best Recipes: Orange Julius Smoothie

Best Recipes: Orange Fruity Smoothie

Best Recipes: Strawberry Orange Smoothie

Best Recipes: Strawberry Orange Milkshake

131 Ice Cream Maker Recipes

120 Lip–Smacking Good Jam Recipes  
Smoothies for Athletes  
PPC Profits  
Real Estate Investment for Beginners



This Free E–Book has been brought to you by [Natural–Aging.com](http://Natural–Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**