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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 To Get What You Want By Breaking The Rules**

**By Michael D. Pollock**

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"Break the rules Michael? I couldn't do that!" Of course you could. In fact, I'd suggest your rules are precisely what keep you from having what you want in life.

When I say "rules," I mean:

- \* your ingrained ways of thinking.
- \* your hidden assumptions.
- \* your habits.
- \* your misplaced generalities.

Rules might also include that which you call "common sense." One of the greatest rule breakers ever, Albert Einstein, wrote "common sense is the collection of prejudices acquired by age 18."

Are you feeling "stuck?" Are you in a rut? Can't find a solution to an ongoing problem or challenge? If so, like many of my clients, it's probably one of your rules keeping you that way.

Here's a simple example. A client – who I'll call Janice – really wanted to begin an exercise program, but she had written it off as impossible due to her busy schedule.

In our conversations, Janice would say things like "that's just the way it is," or "it's out of my control." As I questioned Janice further, it became clear one of her rules was "I have to go to a gym to workout."

## How To Get What You Want By Breaking The Rules

Now that may sound silly to some people, but for Janice, all she knew was "I have to go to a gym to work out, and I don't have time to go to a gym." Like a horse with blinders on, it's all she could see.

"Janice, who says you have to go to a gym to exercise?"

Light-bulb-aha moment for sure. As soon as Janice let go of that little rule, she was able to consider the many other options available to her.

Further, by letting go of this particular rule, Janice began walking each morning with her younger sister. The two had drifted apart in recent years, and Janice wanted to strengthen that relationship.

Here's another example of breaking rules, although a fictional one. In a recent "Seinfeld" episode, the character George Costanza discovers if he simply does the opposite of what he'd usually do in a given situation, he'll get the outcome he desires in that situation.

George goes for a job interview with the New York Yankees. When he meets the team owner, George tells him what a lousy job he's done managing the Yankees. Instead of being polite and professional, as he usually would, George is rude and obnoxious. Naturally, he gets hired.

I don't recommend you follow George's lead . . . not totally anyway. It certainly wouldn't hurt to look at some of your own rules though. Look especially in the area(s) where you feel stuck or in a rut.

It might also help to talk it out with someone who's trained to help you find solutions and move forward, such as a coach. As one of my other clients recently told me, "I appreciate your honesty and directness in pointing out things that I've had "blinders" on to."

Ready to break some rules? Go ahead. You can do it. As Thomas Edison said: "hell, there are no rules here—we're trying to accomplish something." It may be the only difference between a life that's so-so and a life that's amazing.

It's Your Life! Make it great.

Michael D. Pollock is a Personal Coach. He works with smallbusiness owners to help them build their business withoutselling themselves or "selling out" on themselves. Visithis website at <http://www.michaeldpollock.com>. Subscribe to his popular ezine "It's Your Life!" by sending a blank email to [ItsYourLife-Subscribe@topica.com](mailto:ItsYourLife-Subscribe@topica.com).

### **Read All About The Latest Breaking News On Google**

**By Mary Murtha**

Unless you have been living in a cave the past several years, you are undoubtedly familiar with the name Google. Not only has Google pioneered many of the best search engine technologies available on the World Wide Web, the company has become a powerhouse in many different facets of information exchange.

Breaking news on Google is something the California based company was not expected to get into when it was formed. Actually, very few people could have predicted the meteoric rise of the company. But sure enough, breaking news on Google is alive and well. Back in April of 2002, Google first started breaking news.

If you are busy, as most of us are, you can automate your updates of breaking news on Google. Special e-mail alerts can be requested so that you can always be informed if something newsworthy happens. In addition, Googlites can completely customize how they want to receive breaking news on Google. Each area of news can be added or removed as desired. For instance, if you are like me and your life revolves around sports, you can have Google drop you every major sports story that emerges.

Breaking news on Google is also smart. Google will remember what articles or features you have looked at and suggest news that might interest you based on your past viewing habits. It is always nice to have interesting headlines waiting to be read when you log on.

There have been criticisms about Google's handling of major news, however, these criticisms have been rare. In one case Google was blasted for censoring news regarding China. In a sense they were participating in media control with the Chinese government. Google representatives defended their decision by saying that they would respect the wishes of the Chinese government. Another case involved including a white supremacist magazine. Mounting pressure caused the company to remove the magazine from its service.

Breaking news on Google is a valuable service. Despite a few complaints, the amount of users who find it a beneficial service greatly outweighs those who do not. If you have not checked out breaking news on Google, you should get over there while the iron is still hot.

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