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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 Use the Power of Knowledge to Enrich Your Life

By Lisa van den Berg

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I was one of those kids that scraped through school by the skin of my teeth. I had the potential to get top marks, but just hated to study.

Every time I sat down to study I'd get hungry or sleepy or bored. And of course you can't just stay hungry, or stay awake when you need rest or keep focused when you're bored! Hey, any excuse would do.

I am the kind of person that needs things explained in terms of apples and pears. Let's get down to the grass roots of it all. Now apples + pears = fruit salad. Therefore an atom of oxygen mixed in a bowl with 2 atoms of hydrogen makes water - COOL! That didn't seem to be the way the teacher wanted to explain it though.

This really used to frustrate me because I have an insatiable appetite for knowledge, if someone would just take the time to explain it to me in the way that I understand!

So, after getting the shock of my life when I nearly failed to graduate from High School, I decided to set about finding out how I could study and actually understand and absorb the information I was so interested in learning.

I looked long and hard at different methods of learning and studied the different ways in which people, who got good grades, managed it. Let me tell you that it has been one of the most enlightening journeys I have undertaken.

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We all learn in one of 3 ways. By learn I mean a)take in the information b)understand the concepts c)retain it in a way that we can use and d)regurgitate it in the form that we have stored it. These 3 ways in which we all learn are by sight, sound and touch. In other words, through visual stimulus, audio stimulus and tactile stimulus. When you figure out the way that your brain likes to take in information, learning becomes a blast.

So, some people learn by visual stimulus. That means you are a visual thinker. You can see vivid pictures in your

minds eye, in order to understand something it must be explained in a way that can help you to `see' what happens. This can be accomplished by watching a video, play, slide show or reading. It can also be done by drawing the scene, seeing a physical model or seeing a picture.

Some people learn by audio stimulus. This means that you react well to a teacher telling you what happened or recounting the scene verbally. It means that you learn better by listening to tapes as opposed to reading. Such people are people who tell brilliant stories and tend to be able to make themselves understood by the power and eloquence of their words.

Some people learn through the physical realm. They learn from models, physical puzzles, touching and feeling. This can be accomplished by writing out on a piece of paper and tearing it up into a puzzle and reconstructing it, by writing out notes that you review, by drawing a mind map and putting all the pieces into a flow chart so you can see the logical progression.

All of us learn using a varied combination of all 3 of these methods, although one always seems to be dominant.

Sit and figure out which one helps you the most. If you can `see' vivid pictures in your imagination then you're most likely a visual learner, if you like to write everything out then you're most likely a physical learner and if you like to listen and talk then you're probably an audio learner.

Once you know which way you learn best, you've opened

up a whole new amazing world for yourself. As the saying goes 'Knowledge is Power' and believe me, it most certainly is. In a time that is being hailed as the 'Knowledge Revolution', you can achieve whatever you desire when you have the knowledge with which to do it.

Find out which way is the easiest and most enjoyable way for you to learn and open the floodgates to the astounding world of Knowledge.

Lisa van den Berg is the author of 'Alleviate Stress - 11 Simple and Easy Ways to Transform Your Life!' Take the free online Stress Test at <http://www.Alleviate-Stress.com/web/ar8> to see how much stress you're under and why you need to do something about it right now!

5 Steps To A Great Life

By Miami Phillips

5 Steps To A Great Life by Miami Phillips

Here are what I believe to be the five steps to creating the life you want. Of course, a five-step list to the perfect life has to be kind of short and requiring definition! However, these five are a great start!

1. Have gratitude.

Gratitude opens the door for all that follows. Have gratitude for where you are and how you got there. Give thanks for what you have and those around you.

2. Acceptance

Can you accept that you are where you are because of the choices you have made? Every choice combined together has created the life you now have. You may not have been aware of the choice you were making, but it was a choice just the same.

Accept that your life is perfect as it is. Not to say it is wonderful, or perfection, but that it is perfect in the sense that you created it, and therefore you can change it if you want.

3. Choose

Begin to make conscious choices on a consistent basis. Hold every decision to your values and definitions of success as a measuring tool. This will begin to create a life based on what calls to you and what you have defined as success to you.

4. Let go the outcome

The challenging part of all this is giving up the idea that you have any other control of your future! If you define success as money, or a job, or a relationship, then you are bound to be disappointed. Life never gives us what we want, but what we deserve.

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Once we decide to create a life based on what is most important to us, then we must let go the outcome and trust that those decisions will bring to us what we need.

If each of us creates a world that fulfills us based on our values, and we feel successful based on internal (and controllable) instead of external (and uncontrollable) rewards, then we can be successful without money, or relationships or any other external gratification.

5. Attract

What follows is the power of attraction. As you find your life increasingly filled with joy, and happiness, you begin to attract things to you that you need. This may be money or relationships or power.

The difference is that money, relationships and power are not success in themselves, but now you can use these tools to enrich your life as well as others.

Miami Phillips is an ANSIR Certified Personal Coach who believes personal growth is an essential ingredient to being happy and contributing to this world.



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