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How to live a happy and satisfied Life

By Alina Ruigrok – www.love-sessions.com

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In each day that passes by, we stand by and witness how our lives are being lived without the full happiness and satisfaction we crave and need. Most people spend their time stressed out, worried and on a constant panic about what needs to be done for their futures, raising their children, wired up over work, school, along with everything else. Does this sound familiar? Well if it does, it is because so many people live with this style and pattern. When you can start living that fully happy and satisfied life?

The only way you can live a happy and satisfied life, is when you start doing things that make you happy and satisfied. Sure, it sounds easy, and can be easy if you just remember to make yourself one of your top priorities. Too many people neglect themselves, feeling that it would be selfish if they took any time out to focus on their own being. While it is good to take care of others and other important things going on in your life, it is mandatory that you never forget about yourself. Discover who you really are and what matters most to you. Living a great life does not just happen. It requires, planning and following those plans to a life that reflects who you truly are.

Most people avoid planning goals and dreams in their lives because they may have a fear of committing to it or failing. They feel that by officially writing it down, they would actually have to go through with pursuing it. This is where you need to rate the importance of your life missions. What is most important to you? Is it losing a certain amount of weight? Getting your degree? Spending more time with your spouse or children? Whatever the reason or reasons may be, just write all of them down. You may feel that making a mental note of your goals and dreams is enough, but you could very well be setting yourself up for disappointment and failure. By writing it down, you will become a visual witness of those goals. Try writing them in an organizer, with a little reminder written in each day.

Setting deadlines for these goals would be a great way to assure they will be accomplished. Avoid disappointment by setting realistic deadlines. For example, if you wanted to lose 10 pounds, do not give yourself a week to do so. You will only torture yourself and become depressed when the week is over and see that you did not come even close to losing the 10 pounds. In fact, you may give up losing weight altogether because of the failure you experienced, simply because your deadline was

How to live a happy and satisfied Life

unrealistic. Take some time everyday to look over your goals and remind yourself of how important they really are to you. Ask yourself why they are important to you too. Knowing that something is important is not enough. You must know the reasons behind the importance of the dreams and goals you have, so that your mind can see it more clearly and understand exactly why it is so necessary to go through with your missions.

Excuses are demons you must learn to fight off if you wish to start living a happy and satisfied life. Most people claim to have many dreams, but say they just do not have the time to approach them. Stop making excuses! You are the only one who holds the power to make a real difference in your life. Sure, we all have busy lives with our careers and families, but nothing takes up 24 hours of your day. So if something is truly important to you, you will be sure to make the time to work on it. You can do this by replacing it with something less important. For example, if you claim you do not have the time to

work on the other important goals in your life, perhaps it is time for you to start making close observations on the way you spend your time. If you spend several hours of the day working, studying, and then several hours taking care of house chores and family, what else are you doing with the rest of your day? If you spend a good portion watching television, then you need to cut back on that and use that time to begin and follow an exercise plan you have been thinking to focus on for a long time (or whatever goal it is you have).

Making yourself one of your first priorities is not selfish. It actually is obligatory to do so in order to succeed in the other subjects of your life. Without a happy and satisfied you, there will be no happy and satisfied life, because you will be stressed out and unhappy. You might be consciously ignoring your needs and desires, but your subconscious mind has not forgotten about you and will constantly remind you through stress, anger, sadness, insecurity and feelings of failure.

Start listening to yourself and becoming the best friend and supporter you need. No one is going to work on your happiness for you, so find the power and motivation stored up inside you, and use it to direct yourself into the path of true happiness and satisfaction. You can do anything you set your mind to, and once you have stopped and gotten in touch with yourself, you will learn and realize just how wonderful and capable you really are, and how you always have been. You will not only realize these things, but also begin loving who are more and more, which will not only lead you to achieving the things that make you most happy, but will guide you into a world of many new dreams come true.

Alina Ruigrok is an independent relationship expert for <http://www.love-sessions.com> helping those in need of dating, love, relationship, marital, sexual and other personal advice through e-sessions.

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Our Life - Our Choice...

By Gene Simmons

How to live a happy and satisfied Life

OK, maybe that's a bit of an overgeneralization but it applies most of the time. Basically, what I am saying is that we are what we are because that's what we've decided to be. We live where we live, do what we do and think what we think because that's we've decided to do. Yes, I understand that there are some illnesses and other stuff that happens that tends to force us into a particular mode of operation. But by the same token, how we function within our situation and how we deal with the things we need to deal with is always our decision.

This takes us right back to one of my foundation principles – we believe what we believe because of our personal programming. Our present perception (whatever it is) of what is written in the preceding paragraph is absolutely correct based on our life experiences, input - and programming. Does that mean that there are no incorrect opinions and this is one of those "I'm OK, you're OK so let's hold hands and sing something" things? Oh, heck no! This just means that we all have our personal reasons for doing what we do and thinking what we think.

Unfortunately, none of us - repeat, none of us has been fortunate enough to get one hundred percent accurate and unbiased information and input into our little pea brains as we've trudged through life. As a result, we're all playing our life game with a few cards missing from our deck. It's almost a sure bet that we'll never find all of `em, but I think the sporty thing to do is to do our best to search out at least a couple more cards before we revert back to our basic earth elements. And yeah, we'll count the Jokers as worth keeping. (Maybe they're really the ones we oughtta look for first! Just a thought.)
Note: For those of you who are presently holding a partial deck that is only giving you a Jack high poker hand– heck, that's good enough to open. Hang in there and keep playing!

Now that we've come out of the closet and admitted that we're all screwed up to some extent, let's get back to the initial subject. Our life - and nearly all of its components - is the result of our decisions that have been heavily influenced (or even controlled) by our programming. And yeah, we may have also been heavily influenced by other factors - namely people - but unless someone is holding a gun to our heads to "force" us to do what we're doing, the reason we're here at this point in our lives is because of the decisions we've made. Even with a gun aimed at our noggins, we still have a couple of options to choose from, don't we?

For those of us who are completely satisfied with the way our lives are going in every little detail - we should take a lot of satisfaction in knowing that we have been extremely fortunate to have been able to make some very beneficial decisions. Back up a second here. The biggie word in the last sentence was "satisfied". I didn't say "happy". We can be generally happy with the way things are going in our lives - and still not be satisfied. The way I look at it, if we have just one small thing we'd like to do differently or better then we're not completely satisfied. Cool! That keeps us from joining the walking dead and trudging down our rut to the slime pit.

For those of us who are not completely satisfied with every little detail in our lives, we really should seriously consider doing something about it! And that brings me to the main point of this little

discussion. To be able to do something about our lives, to make the changes and improvements that we feel we would like to make, we need to first say the following words:

How to live a happy and satisfied Life

"I (insert your name here) hereby take full responsibility for all aspects of my life. I am personally fully accountable for who I am, what I believe and what I have accomplished – and will accomplish in my life."

Of course, you can expand that if you want to include never blaming anyone else for your situation, to understand and respect the rights of others to have any darned opinion they want because now you know why they think and believe the way they do, to not take stuff so seriously because everyone is doing whatever they think is the best thing to do at the time, that we're all a little goofy and that helps make this world a really interesting place to live and that you're going to do your best to take some time for yourself every day to think about cool stuff and just relax and that you're going to chill out and have some fun and enjoy life more. (Whew, I need to take a deep breath!)

Once we can accept full responsibility for our lives and what we are, only then are we capable of moving on toward our goals and a truly enjoyable lifestyle. Well worth doing, I'd say.

Gene, through

, provides an easy reading self-help blog along with affordable books and

materials written to help folks find the road to a more enjoyable lifestyle, to pass on some of life's "secrets for survival" in a chaotic world & offer a few smiles along the way. It's a down-to-earth, simple approach to discovering a better life. You can visit Gene at

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Webcam Watcher

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Understanding Incontinence

Mind Power Creative Thinking



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