

I DON'T NEED NO STINKIN' DOUBLE NEGATIVES!

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!**

**I DON'T NEED NO STINKIN' DOUBLE NEGATIVES!**

**By Shery Ma Belle Arrieta**

**I DON'T NEED NO STINKIN' DOUBLE NEGATIVES! by Shery Ma Belle Arrieta**

A couple of years ago, a teen flick came out -- Can't Hardly Wait -- that starred Jennifer Love Hewitt and Ethan Embry.

While the film was amusing, pulled all the right strings and made teeny-boppers cheer on, its title is a case of bad grammar.

Yup, saying, "I can't hardly wait" is bad grammar.

Why?

Because it's a double negative.

Consider this sentence: "I don't want no sympathy from you."

Now, let's assume that the person who said the above statement really doesn't want any sympathy. But the sentence implies that what the person doesn't want is no sympathy -- which means, he or she wants sympathy. However which way you look at the sentence, it is grammatically incorrect.

If the person doesn't want any sympathy, he/she should say it either:

I don't want sympathy from you.

OR

I want no sympathy from you.

## I DON'T NEED NO STINKIN' DOUBLE NEGATIVES!

### \* The subtle double negatives

Writers and speakers who always strive to write or speak correct English have less problem on double negatives. However, some words used in a negative sense are not recognized as negatives right away. They are sometimes combined with another negative and form a subtle double negative.

Here is a list of these subtle negatives:

seldom  
but (used as "only")>  
just  
merely  
barely  
hardly  
except  
only  
scarcely  
neither  
ever  
rarely  
nothing  
nowhere

And here are examples of the use of double negatives:

1.

Bad grammar:

He can't hardly wait for his present to arrive.

Good grammar:

He can hardly wait for his present to arrive.

2.

Bad grammar:

They didn't hardly have enough food left.

Good grammar:

They hardly have enough food left.

3.

Bad grammar:

She isn't but a homeless little girl.

I DON'T NEED NO STINKIN' DOUBLE NEGATIVES!

Good grammar:

She is but a homeless little girl.

4.

Bad grammar:

They seldom ever visit us.

Good grammar:

They seldom visit us.

5.

Bad grammar:

Because of illness, he just merely weighs one hundred and ten pounds.

Good grammar:

Because of his illness, he weighs merely one hundred and ten pounds.

\* Writing activity

Ok, now it's your turn to transform sentences with double negatives into grammatically correct sentences:

1. You aren't barely old enough to live on your own.
2. Why can't you hardly wait for your parents to pick you up?
3. She was so disappointed because she couldn't go neither.
4. My father had to sell our car because he didn't scarcely have enough money anymore.
5. I have so much to do that I haven't ever got time to rest.
6. You aren't but a minority.
7. She just merely recalled how poor they used to be.
8. The new accountant hasn't worked here except three months.
9. The blanket didn't barely protect their shivering bodies.
10. Her daughters seldom ever visit her at the hospital.

## I DON'T NEED NO STINKIN' DOUBLE NEGATIVES!

Shery is the author of the exciting new series of ebooks, SEEDS: Ideas for the Everyday (Non-Fiction) Writer. Visit <http://www.seedsforwriters.com> today or send a blank email to <mailto:writebeginnings@followingup.com>.

### **What In The Heck Can A Personal Coach Do?**

**By "Aurelia M. Williams"**

I just wanted to spread the word about Life Coaching and what it can do to help just about anyone. No, not every coach is suited for every client but the right coach/client combination is such powerful tool.

I hear different variations of the following questions and statements a lot: "What can a coach do for me?", "I can't afford to pay a coach!", "What does SHE know that I don't know?", "I don't need a stinkin' Coach!" Ok, well I tossed the word "stinkin'" in there (smile) but I do know there are many people who could benefit from the power of coaching but feel they don't need it.

Well hopefully the following can open some eyes to the magic of this wonderful tool!

Coaching is an effective process used to support individuals in creating something new for themselves. I work side by side with my clients coaching them by providing perspective and support for self-knowledge as they accomplish their business and personal goals.

I personal help women achieve balance and cultivate the tools necessary for them to evolve into a life filled with happiness and serenity. I believe all women have the tools they need inside to lead a more fulfilling life. I simply guide them along an empowering path that will awaken these tools, focus on their passion and ultimately lead them to a more fulfilled self. If you are ready to find your way to a more balanced you, I will be your guide.

Life coaches are great and act as your personal cheerleader. There are many benefits to having a Personal Life Coach and here are just a few. Coaching is a valuable process for people looking to:

- \* design life intentions that include both your business and personal goals.
- \* make meaningful personal changes that reduce stress and simplify your life.
- \* free up energy and other resources to attract what you want for your life now.
- \* enhance the quality of your communication and relationships
- \* work through a career or life transition
- \* achieve better work/life balance
- \* gain clarity, focus and direction

Coaching is also for those that are successful and growing entrepreneurs, where everything is going really well, and you would just appreciate a neutral sounding board who will give you straight-up honest feedback and on-going support.

There really is nothing like coaching. The best way to learn about it is to experience it for yourself! Most coaches will offer a free consultation or a free session to see if coaching is for you.

You have nothing to lose and the world to gain!

I DON'T NEED NO STINKIN' DOUBLE NEGATIVES!

Aurelia Williams, is a certified Personal Life Coach (

) and owner of

Real Life Solutions (

) a Family Resource site that helps you lead an

emotionally & physically healthier, more productive and less stressful life.



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!**