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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!

IT'S YOUR CHOICE

By Arleen M. Kaptur

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Choosing your lifestyle is not an easy decision. There are many factors to take into consideration. People, including relatives and friends, needs, wants, and economic conditions all come into play. A person must decide what is important, which goals are they trying to attain, and if there is a certain aspect of life that carries more weight than the others.

In choosing simple living, rustic living, or country living, you opt to have more control over your time, your resources, and your surroundings. In the city or urban lifestyle, time is of the essence. You must get from one point to the other as quickly as possible, and be doing something else while you are getting there. Having lived in the metropolitan area of Chicago, just watching the crowds of people attests to the fact that everyone is going somewhere, they are preoccupied with their own thoughts and their main concern is their daily planner. The train stations and bus depots at rush hour are a scene of mass confusion to the inexperienced observer. There are individuals getting off trains, others getting on. They are seriously searching for seats, or making due by standing in aisles, in between train cars, or making themselves comfortable on the stairs leading to the upper level. Other passengers walk over them, around them, and even under them. However, if you were a participant in this ballet of transportation, you would see a method to the madness. The people get to where they are going, so that they can begin a journey to their next destination.

In the remote areas commonly referred to as rural living, the pace is more leisurely, but it can get hectic when the need arises. The rules are a little different. Your choice is that convenience is sacrificed for serenity and seclusion. It may take you longer to get somewhere, but that's a small price to pay to have the time to watch that sunset or stop and breathe in the clear, clean air. Watching an eagle fly to the top of a tree can be a form of therapy for frazzled nerves and disappointments. The pay may not be as lucrative as in the city, but the expenses are more controlled. Daily restaurant lunches are bypassed for brown bag delights of yesterday's chicken barbecue. If the weather is good, lunch can

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be enjoyed outdoors, along a quiet lake, or next to a meandering stream.

The concrete jungle has its priorities but so does its rustic counterpart. Only the participants made a conscious decision to forego some amenities and replace them with different values and needs. Neither life will be without problems, but living styles will undergo a change. Activities of an indoor nature will be replaced by the great outdoors. Environment and conservation will have a different meaning, and burn-out symptoms will be managed. Adrenelin will be less in vogue, but amazement will increase. Friendships will take on a whole new meaning, and reliability will be shared.

There is an old saying that a person can be alone in a crowd. This is true. In a busy, rushed atmosphere, people are faceless and nameless. Their surroundings are noticed for different reasons. Safety takes on different overtones, and crime and security are a menacing drill of rules. In the more open areas, people take time to know a neighbor, respond to the needs of those around them, and crime prevention is a group effort. People in small towns are not considered vagrant for sitting on a stoop and waving to a passerby is a gesture of friendship. Children are usually not relegated to day-care centers as several generations share living space. Chores are a spoken rule, not to be negotiated. Nature becomes a way of life and not an intrusion. Stars are not hidden by highrises and open windows embrace the evening breezes.

Neither lifestyle is the best if the one you have is not what you want and who you are. If walking down a forest path is not your cup of tea, then the regal appointments of brick and mortar are where you should be. People are as different in their needs and wants as there are pebbles on a beach. Some prefer the shade, while others thrive in the sun. Some are smooth and glassy, while others relish the lines of yesterday's history.

You must be true to yourself. You must know yourself and put out that olive branch of friendship from the person you are to the person you want to become. Your best friend's needs and goals will not mirror yours exactly. Your mother and father's achievements may or may not bring you the same sense of pride. Your children may not understand your choices, and sometimes neither will you. But there is a tiny part of everyone's heart that will let you know what the right choice of living style is for you. Embrace it, welcome it, and follow it to the best of your ability. If you don't, an emptiness, a dissatisfaction, and a sadness will be your lifelong companion. Take the time to sort out your feelings, design your own map, and then follow it religiously. If you find you made a mistake, go to the drawing board and start all over again. The only time you will have failed is if you drown in your own mistakes instead of pulling yourself to shore.

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Secrets Of A Down On His Luck Guy Who Finally Made The Right Choice.

By Donald Malloy

The word choice has been bantered in common conversational terms that might make you think you have a choice. Phrases like lifestyle choice, sound choice, health choice, living choice, and smart choice all suggest that you are in control and you decide what choice is best for you.

For you to have a free choice you must have true freedom. For you to make a sound choice you will need knowledge. If you choose to do something or nothing, make sure your action is based on an intelligent decision.

If you knew that the choices made each and everyday, were pre-calculated and you really never had a choice about anything, what would you do? If your choice is to do something about it or do nothing about it, you will have made a pre-calculated choice.

Here is the calculation.

For you to do nothing says that you are happy with your life the way it is, you don't like change, you don't know how or where to get help, and you are worried about the cost of gaining the knowledge needed to put your life on the right track.

For you to do something says that you are not happy with your life the way it is, you know you can and will do better if you knew how, you will find the help you need and you will do it regardless to the cost of and education.

Most of you want a better lifestyle choice, most of you can make a clear choice, and a health choice is almost always based on knowledge. Although no one choice is right for everybody, a pre-calculated intelligent choice is right for everyone. Learn to stop and think before you make a decision. Then make your free choice based on your knowledge, your experience, and education.

The choices you make today are yours for the rest of your life. Can you really live with them?

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