

I'm Sick and Tired of It!

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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

I'm Sick and Tired of It!

By Joe Bingham

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Ok, this is basically just a ranting gripe session, so if you don't want to hear it please run and hide.

Now that you've been warned, however, I am absolutely sick and tired of people thinking I'm lazy and worthless just because I don't get up at the same time they do.

Take last night for example. I was up until after 3 a.m. working online. That's typical for me. In fact, I often don't go to bed until 4 a.m. or so. I find it easier to work at night because the kids are asleep, there are less distractions, it's quiet, and I can concentrate and get more done.

About 8:30 this morning, a phone call came in and apparently it was obvious that I had just woke up. The person had a very rude tone of voice and obviously looked down on me because I had still been in bed.

Well, excuse me, lady, for sleeping a whole 5 and a half hours all at once! Should I call you at 4 in the morning after you've only been in bed for 5 hours and get on your case about it?! Oh, I can't, you don't sleep at your office like I do, huh? You go home where no one can bother you and only worry about work at certain hours. Wow! What a concept! Because my hours are different than yours, however, I don't get that privilege? Instead you look down on me because I sleep during traditional work time?

Well, excuse me for not being a mindless robot content with a regular job, regular life, and the approval of the masses. I have my own

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goals, dreams, and ideas lady, and they don't include you or your opinions!

Besides which, there have been plenty of days I got up at 4:30 a.m. to work also. I conform my schedule to what else is going on in my life and what I need to get done.

On average, I don't get the traditional 8 hours of sleep anyway. Why? Because I'm pushing myself to take care of my family during the day and work a demanding online business both day and night! Without a 'regular' job, however, I'm looked down on.

Well, I ask you, are my kids starving? No. Are we living in a box out on the street? No. Just because you have to get up in the morning and go to work don't blame me! As far as I'm concerned I work just as hard as anyone, and harder than most. I don't get the luxury of having someone schedule my day for me, I have to do it myself. I am my own motivation. I regulate my own work habits. This is no cake walk business, lady, I work for my money whether you take me seriously or not!

How many people in the world can truthfully claim they make money over the Internet? 0.001%? Maybe? Well I can, lady, and I do a lot if it while you are — guess what? ASLEEP!

So, why don't you show a little courtesy, respect, and common decency. I respect your job, why can't you respect mine? Because it's non-traditional? My business is about serving others. Is that so non-traditional?

Internet marketing is real. I do not engage in scams or schemes. I am making a profitable business work, and it's growing monthly. So, take your snooty attitude, your 'holier than thou' tone of voice and turn it around on yourself. I know what I'm doing, and I'm doing it for myself, my family, and my clients.

Besides, having that kind of attitude isn't going to get you that BIG 50 cents an hour raise you've been working towards for the last 8 months.

Enjoy your work day, lady. I'm taking a nap!

FILLING THE EMPTY PLACE

By Susie Cortright

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"If we worry too much about ourselves, we won't have time for others."
Mother Theresa

This is the time of year when winter seems to stretch on and on. It's the time of year when we're all feeling a little isolated, a little stir crazy, and—if your emails are any indication—a little desperate.

This is the time of year when those of us who feel relatively fulfilled during the rest of the year, suddenly come up empty. We find a bare place inside, like an open door that allows a whisper to come sneaking through. "Is this all there is?" it wants to know.

The question is haunting. But the answer is simple. The biggest trick is to remember it when we need it.

TURN IT OUT

I should put a sticky note on my forehead just for times when I start asking myself those tired questions:
Am I happy? How happy am I? Am I miserable? How miserable am I?
Am I tired? Am I sad?

That sticky note would have one simple directive: To think about someone other than myself.

The instant I start feeling tired and sad, it's my cue to do something completely new. To take all that energy that I've been turning in on myself and turn it out into the world.

IT CAN MAKE YOU SICK

"My needs. My wants. My suffering. It's enough to make you sick. In fact, it does make you sick," Gregg Krech writes in his online article "When it comes to Attention: 'I' Am the Enemy." Krech cites scientific studies that attribute depression, anxiety, and alcohol abuse on self-focused attention.

"We find our calling, our bliss, our purposes, by giving up on ourselves," Krech writes. "Our surrender becomes our salvation."

And he certainly wasn't the first to say it. Some of us base

our religious faith on that very concept.

It's something we all know, deep down. If you had to name the times when you've felt the most alive in this world, what would you say? For me, each of these times share only one thing in common. They have absolutely nothing to do with me. Late at night, wiping tears from someone else's face. Holding someone else's shaky hand. Head bowed, deep in prayer for someone else's town.

It's also something that's easy to forget. The more we agonize over own happiness or unhappiness, the more we turn inward. The more pre-occupied we become with our own me-ness. The more miserable we become.

Certainly, there is therapy in humility; solace in service. All at once we become enmeshed with something much greater than ourselves. We renew our sense of purpose. We tap into a sense of connectedness that offers infinite healing and comfort.

TAP THE "THERAPY OF SERVICE"

It's terribly easy to tap into that kind of connectedness. There exists so much need in the world. It's everywhere.

And we can weave the "Therapy of Service" into every our every intention, our every goal.

If you've hit a plateau with one of your personal goals, make it bigger. Ask yourself: How will the achievement of this goal affect someone else? Widen your focus—and your mission.

Whenever your strength and energy starts to sag, change your perspective, from one of "I" to one of "us." By doing so, you create a subtle shift in intention: "I don't have the energy for a daily workout" becomes "I want to take care of myself so I can be more a more balanced and mindful parent."

It works to empower your professional life, too. "I don't want to go to work" becomes "I want to share my gifts with everyone I come in contact with." Simply start focusing on how your business helps other people. When service and love replaces money as your prime motivator, you may just find that things start falling into place.

Susie Michelle Cortright is the author of *More Energy for Moms* and the publisher of *Momscape.com*—a website devoted to helping moms enjoy motherhood. Visit her at

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<http://www.momscape.com>. And click here to learn how you can join her exclusive community, devoted to personal growth for moms: <http://www.momscape.com/energy>



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