

I'm getting real Tired Of Seeing The "F" Word

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By jim Peters

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Yup, it seems wherever I go nowadays that's all I see "F" this, "F" that. I'm getting real sick and tired of seeing it.

Especially when it's not the truth, which is 99% of the time. Yes, it's over used to the point that it has totally lost the meaning we used to ascribe to it.

I remember, and it hasn't been that long ago, that when someone used the "F" word you could count on it meaning just one thing.

FREE!! And, exactly what did you think I was talking about?

You must know what I mean. You see it hundreds of times per day. You may even be promoting this way yourself.

Ok, here's the pitch: "Free e-book containing all the answers to the universe. Articles By such renowned figures as, Pope John, Buddha, Paul Bunion, and of course the ever popular Whosis. This FREE E-book isn't available anywhere else in the known universe. (The word "known" added per our legal advisor. It's our opinion this FREE e-book is unavailable in the entire universe, known or otherwise) Get your TOTALLY FREE copy now! Click here!!!"

The way this should really read is. "Give us your name, address, city, state, zip code, home phone #, work phone #, fax #, every e-mail address you have ever used, your wife's name, and measurements, (who knows we may have a FREE Offer just for her) what kind of car you drive, and where you keep your spare set of keys. We'll only send you 11 e-mails per day, 12 on holidays. But you must understand

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For this very modest concession you'll receive **TOTALLY FREE** a worthless 5 page e-book containing links you can find with any decent search resource and the correct search words in less than 5 minutes..

This may be a bit tongue in cheek, but it's really not far off the mark the way some of these so-called professional marketers operate.

Here's to putting the "F" word back into our vocabulary to mean AT

NO COST WHAT-SO-EVER MONETARY OR OTHERWISE!!!

"Your Success Is Our Success"

jbp

What Time is It?

By Dave Balch

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Sometimes you're flying high. Everything is going great! You've finished something that you've been putting off for a long time, or you just got organized, or a big order came in. Don't you just LOVE feeling like that? You are full of energy and those impossible tasks are just sailing off of your desk. You're to-do list is shrinking like a cotton shirt in a dryer.

On the other hand, sometimes you're pretty discouraged. "How am I ever going to finish that project? How can I possibly do all of the things that I need to do in order to get to where I want to be?"

Don't you just HATE feeling like THAT? It's hard to move a single piece of paper from one place on your desk to the other. The easiest things look impossible to do. You are carrying a large stone around your neck and everything is an effort.

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I think that most people are like that; highs and lows, ups and downs. Even the most productive people hit a brick wall once in a while and wonder to themselves, "What was I thinking when I took on this project??"

Naturally there can be a zillion reasons why you are down: outside pressures, just lost a big customer or big deal, fight with a family member, illness or accident, etc. What separates the men from the boys, however, is how you deal with it. Sometimes you can help yourself when you're down by asking yourself one simple question: "What time is it?"

WHAT??

That's right! I'm willing to bet that when you go from a high to a low rather quickly it is a function of the time of day. Here's why: when you are tired, everything seems worse than it really is.

It's much harder to cope with things when you are tired. The mechanism in our brains that keeps us from being overwhelmed requires a lot of energy, and when we are tired

it no longer functions properly.

Why is it important to know that? For the same reason it's important to know that your car won't run without fuel. If you're feeling down and you're tired too, give yourself a break! Don't be so hard on yourself... there is a good reason why you feel as you do.

Once you realize that, a glimmer of hope appears because you know you'll feel better in the morning. Try to divert your attention away from what is bothering you. If it is only bothering you because you are tired, give it a rest until tomorrow when your energy is back. Here are some ideas to try:

1. Spend your time doing low-brain activities, such as opening mail if you can't allow yourself to "goof-off".
2. If you have to press on because of deadlines, for example, take a nap or eat something that will give you more energy.

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3. Take a walk. Get away from the pressure and let your mind relax. Give yourself this gift; you deserve it!

The main thing to remember is this: it's much harder to cope with life's stresses when you're tired. Get into the habit of recognizing that fact and put your worries to bed long before you get there yourself.

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