

Imagine A Powerful Energizing Motivation Pill To Get You Almost Anything You Want In Life

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**Imagine A Powerful Energizing Motivation Pill To Get You Almost Anything You Want In Life**

**By Noel Peebles**

**Imagine A Powerful Energizing Motivation Pill To Get You Almost Anything You Want In**

**Life by Noel Peebles**

If you don't know what you want and why you want it, how can you make a realistic plan to get it?

Easy! Take the energizing "motivation" pill. It will clarify your thinking, boost your creativity and improve your focus. And that's just the beginning; it will increase your productivity, stimulate you mentally and uplift you emotionally.

No, this is not some illegal substance, or even a new breakthrough in medical science.

It is something that has been around for centuries and is used by successful athletes, entrepreneurs and people from all walks of life.

The energizing "motivation" pill is made from a special formula to make you brighter, happier and healthier. It's a powerful preparation for success.

What's in this formula and how does it work?

It's simple – the "motivation" pill is a blend of these special ingredients: the force of discontent with things as they are, combined with the power of hope for things as they might be. Mix these positive and negative ingredients together and you'll have the motivation to take action. It's that easy!

A closer look at the formula reveals –

Negative Ingredient: The Force Of Discontent

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Discontent can lead to frustration and anxiety. Frustration with things as they are... a feeling of powerlessness, anxiety, depression and lethargy. It's when your goals become more distant, or unrealistic in your current circumstances. Your discontent and dissatisfaction with things as they are inspires you to do something to change the situation. This discontent triggers the motivation to take action.

### Positive Ingredient: The Power Of Hope

The power of hope is when you know you can have what you want. You know it is possible... you know that if you really want it, you can achieve it. This belief gives you hope. The power of hope leads to motivation and action. And, in my experience, staying motivated is

much easier when you enjoy what you are doing.

Here's another interesting fact; when you improve your skills and develop your thinking capacity, you become more valuable to yourself and to others. Investment in yourself is an asset that will pay dividends throughout your life. In short, having useful skills will make you feel good about yourself!

Think about this too. Personal growth takes commitment, goal setting and responsibility. But, for best results, you'll need to add a daily dose of the energizing "motivation" pill. After all, you can't just say, "I'm going to be successful" and expect it to happen automatically. You have to be motivated enough to make things happen.

### Prescription For Success:

Take the "motivation" pill daily. Combine the forces of discontent with the power of hope. These positive and negative ingredients will help you get you almost anything you want in life. You'll be motivated to take action.

So, let me summarize and review. Discontent is often a prelude to success. However, wanting something is not enough. Hope is no replacement for action. Your motivation must be totally compelling if you are to conquer the obstacles that will test you in life. Success does come to those who are truly motivated and hunger for action!

Noel Peebles. Market Leaders Limited.

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### **The magic pill to fat loss**

**By Charles Blain**

## **The magic pill to fat loss by Charles Blain**

Have you ever wonder if there was a secret to fat loss?

Have you ever wonder that a few lucky people knew something about it?

Have you ever wonder what secret might be?

I am sure you have heard of so many theories about fat loss that it would make your head spin in confusion.

Some experts will tell you that the secret lies in your nutrition. You just need to eat better; most people can understand that logic so they go out and learn about "EAT RIGHT". But you are still not going anywhere, so what is wrong?

Other gurus prescribe a load of aerobics or cardio training, so you go out and buy the next big trend in cardio exercise that promise to blast the pounds away. You do it for a few weeks but you are not getting the results promised. So were you lied to or do you just have bad "genetics"?

Other experts will say that you need to train with weights to get rid of bodyfat and they show you hundreds of different resistance workouts. So you are still confused.

So if you are still looking for that elusive secret, you can stop looking now.

The truth is if you only focus on nutrition, you will not get the best results. But then if you only focus on resistance or cardio instead you still will not get optimal results.

To maximize your genetic potential and get the best body you ever had, you need to combine the right nutrition, aerobic exercise, resistance exercise with motivation.

It is the synergy created by your motivation, nutrition, aerobic and resistance training that will carry you to the Promised Land.

Unless you are eating in a way that allow your body to become very efficient at burning foods (read metabolism boosting nutrition), then you combine it with some form of aerobic training and some resistance training, you will fail to get desirable results in the long term.

And finally motivation is what gets you to take action. Motivation is the glue that transfers the knowledge into real life results. Without it all the knowledge in the world will be worthless.

Motivation is the first and most important thing that you need to uncover if you want to be successful.

You need to find out exactly WHY you MUST lose the weight.

Yes, the WHY is more important than the HOW. The WHY will carry you through the HOW. Without the WHY, forget about finding out HOW. Most people have a hard time discovering a WHY powerful enough that will get them over the edge, to live in a body that they can only dream about right now. If you are having trouble finding your empowering WHY, please do yourself a favor and download my Free report "the truth about fat loss" and answer a series of questions that will help you uncover that missing piece to the puzzle.

Yes here lies the secret

The combination of nutrition, aerobic exercise, resistance training exercise and motivation IS the magic pill you have been looking for.

Charles Blain is the owner of FitMind personal training and he is a certified personal fitness trainer. His main desire is to aid others reaching their full potential and build their best body through sound advice

in the areas of nutrition, training and self improvement. He also walked the talk by shedding 75 pounds of fat himself. He also exposes the shocking and sometimes frightening truth behind the weight loss and nutritional supplement industries. He can be contacted at [www.thefitmind.com](http://www.thefitmind.com).

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