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Learn Faster, Change is Coming

By Daniel Sitter

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Challenges posed by recent economic and market shifts, though predicted for some time, have instigated chaos in the lives of many business professionals and factory workers alike, not to mention just about everyone else who is paying attention. Instead of embracing change and allowing it to fuel creativity and activity, many people allow the very thought of it to cripple them through fear, indecision and inactivity.

Instant world-wide communications have allowed even the smallest changes and the biggest ideas to spread immediately across continents. A new piece of information, transmitted to the world in an instant, can forever change a market, a medical approach, relationships, jobs, products, services or the very need for a product or service. Entire factories and manufacturing processes can be rendered obsolete overnight. Many have been caught off-guard and are not prepared for this escalation and frequency of change.

Many people are entering or re-entering the workforce ill-equipped and under-skilled for the constantly evolving career positions becoming available in our modern economy. Time is at a premium. How does one solve the dilemma of needing to read and study a variety of materials to enable one to be a contributing and valuable employee, while finding little free time to prepare for such a career shift? There is an urgent need to accelerate the learning of new skill-sets, but how does one accomplish this feat?

What if anyone could learn new material faster than they have ever dreamed possible? What if people could digest change easier and more quickly? Could that have an impact on careers and earnings? Could learning be the solution to the fear of change? If so, then, the ability to learn faster simply makes even better sense.

What does everyone want? We want stability. We want security. We want to get ahead. However, we fear change. In light of these observations, we must diligently seek to maximize every learning

opportunity, for therein lies our ability to earn more income, gain career stability and to get ahead.

Unfortunately, there have been very few accessible tools to enable an increase in our learning rate. The educational establishment has been teaching in the same manner for many years, even though the real world has been demanding an upgrade. In my 18 years in the formal education system, not once was any mandatory or elective training offered in goal setting, effective study habits or speed reading. Those wanting more options have been paying a premium for customized educational services through private companies. What other solutions are available?

E-books, for instance, are proliferating at an astounding rate. Everything from fiction to technical manuals is available in this exciting format. Most persons are generally in a hurry, busy with a variety of family and work related tasks, with little time available for reading lengthy, conventional, "fat" books. E-books provide a practical alternative offering the tremendous benefits of value, time savings and convenience.

Audio books are another great source of information allowing us to multi-task. While busy with another activity, we have the ability to listen to the latest advancements in our field, personal development or even learn a new language. There are a variety of available formats: the dinosaur cassette, CD's and now the MP3 player. I have been listening to audio books for years as I drive, taking advantage of "drive-time university" to further my knowledge and gain information instead of feeding my brain useless material from the radio. Part of my daily workout is a lengthy, brisk walk each evening, where you will find me with my CD player "velcro'd" to my sweatshirt feeding me nutritious "brain food" from a variety of authors and speakers. You can do it too.

Continuous learning is a necessity, becoming more important than ever before. The need to learn faster is rapidly becoming mandatory, as change accelerates around us. Each of us must adopt an attitude of learning for profit, whereby your accelerated learning abilities enable you to profit in each and every circumstance. Consider subscribing to the theory of life-long learning, where your education doesn't end in high school or even after 2-4 years at college, but continues for life. After all, the entire world and our personal place in it are quite dynamic.

Thanks to technology, each of us has the opportunity to affect an ever expanding segment of the population as well as to be exposed to new ideas and technical advancements from across the globe, all in the blink of an eye. You can count on the fact that this rate of change will continue to escalate and your opportunities will increase. Your ability to take appropriate advantage of these monumental occurrences however, is a function of your ongoing self-education. Quick response to new information is critical. Learning faster is essential.

Available information is now doubling every few years and is increasing daily. Our world will continue to grow smaller. Opportunities abound. If you don't have a plan for continuous self-education and learning at an accelerated rate, you will be left behind.

Daniel Sitter is the author of the breakthrough e-book, *Learning For Profit*, the revolutionary how-to book providing simple, step-by-step instructions to teach people exactly how to learn new skills faster than ever before.

<http://www.learningforprofit.com>

Do You Want To Change Your Belief Pattern?

By Jan Tincher

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What do you believe about yourself that you wish you didn't? This belief that limits you or, at the very least, has undesirable results. What belief is that?

There are lots of negative belief patterns out there, here are just a few: *I'm too stupid.* *I'm too short.* *I'm too tall.* *I'm too fat.* *I'm too skinny.* *I'm too poor.* *I never went to college, so I'll never get anywhere.* *My brother/sister is the successful one. I'll never get where they are.* *I don't fit in.*

Which belief pattern is yours that you want to change? One of those, or do you have a different one?

Now, what submodalities do you use as you imagine or picture it?

*** TIP: Space is at a minimum here, so I am assuming you've learned the submodalities in *Power Picture.* If you haven't, you can read it here: <http://www.tameyourbrain.com/powerpicture.htm>

Now, let's see a different picture. Imagine or visualize a picture of something you doubt. Something that might be true or might not be — you're just not sure. What does this picture look like?

Now, list the submodalities for your picture of your unwanted belief AND for your picture of doubt.

After you've done that, catalog your feelings for both by answering these questions:

How is your stomach when you see this picture? Is it tight, does it have butterflies in it, is it gurgling, is it upset, does it have a lead weight in it? Or is nothing at all going on in your stomach?

Do you have a weight on your chest/shoulders/head? Or does it feel like a weight is lifted? Or is nothing at all going on in those areas?

Is your heart beating faster or slower?

Is your breathing faster or slower?

Now, you have two lists, one for each picture. Those lists tell the submodalities for each picture and the feelings that picture has caused in your body.

Now, what new belief would you like to have in place of the belief you wish you didn't have? This belief states that you can learn to change, NOT that you have changed.

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Now, think for a minute. If you have this new belief, could it cause a problem? Think about your new belief in relationship with your friends, family, work, relationships? When you've figured out that the new belief is a win/win situation, continue.

Here is the process:

Change your belief, the one you want to change, to doubt by making the submodalities the same as the doubt picture. If your picture is far away in the doubt picture, make your belief picture far away. Now, change content, the picture is now a doubtful picture, so you don't believe what you used to, you *doubt* it. Make your old picture dim and far away, then have it come back as the new picture of doubt.

Now, here's how you change doubt to belief:

Change doubt to belief using the same technique you used in to change belief to doubt, only now, you're changing it to the belief you want. Be alert to any difficulties. If new belief isn't stated right or has negations *not or no* in it, some part of you may object. Change it until it works.

Test: How do I feel? If you feel good, if you feel successful, you did great! Congratulations! Now, that you know how to do it, change your other limiting beliefs and watch your life change!

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