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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!**

**Let Go Of The Past And Look To The New Year**

**By Dale Odeyemi**

Do not begin the New Year by mentioning to yourself or others all your losses and sorrows. You must let the past go...

If a good friend gave you a present (say a nice new pair of shoes) would you insult her by throwing them aside and describing all the beautiful pairs of shoes you have had and already worn out in the past?

The New Year has given you the structure and material for a fresh start in life, why dwell upon the events which have already long gone, as the saying goes

"let bygones be bygones".

A "bygone" is something which has already happened; the time when it happened has "gone by".

**Do Not Tell Me It Is Too Late To Be Successful Or Happy**

Do not tell me you are sick or broken in spirit; the spirit cannot be sick or broken, because it is of energy.

Forget about all the money you may have lost, the mistakes you have made, the injuries you have received, the disappointments you have experienced...

It is unreasonable and untrue to imagine destiny has selected you for any special kind of suffering. Say to yourself with the beginning of this year that you are going to consider all your troubles as an education for your mind and that you are going to use them as lessons with which to learn from.

**Do Not Tell Me You Are Too Old**

Age is all imagination. Ignore years and they will ignore you. Eat moderately. Exercise thoroughly and regularly.

## Let Go Of The Past And Look To The New Year

Be alive, from tip to toe. Breathe deeply, filling every cell of the lungs for at least five minutes, morning and night, and when you draw in long, full breaths, believe you are inhaling health, wisdom, success and courage.

Anticipate good health. If it does not come at once, consider it a mere temporary delay, and continue to expect it.

If you will study your own mind and its limitless powers, you will gain a secret which shall give you whatever you desire.

Think of your body as the silver jewel box, your mind as the silver lining, your spirit as the gem. Keep the box polished and clear of dust, but remember always that the jewel within is the precious part of it.

Think of yourself as arriving just at the entrance or gate of never-ending success. A full, clear and glorious year lies right before you...

In a year you can gain health, fortune, calmness and happiness!

Dale Odeyemi, is the developer of a great new resource on personal power and development. So if you would like to get your hands on 10 Mind-Power Lessons at absolutely no cost to you whatsoever?

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Create the life you desire – Starting Right Now...

### **Get Ready To Set Goals in January**

**By Wendy Hearn**

#### **Get Ready To Set Goals in January by Wendy Hearn**

December tends to be a hectic time for most of us and before we know it January is upon us. Your thoughts may then turn to the goals you're going to set yourself during next year. As a coach I work with people to set goals that work for them and encourage them on the route to achieving them. I've found that many people want to set goals in January and this is great, but they often forget to review what they've achieved previously.

December is a great time to reflect on your achievements during the past year, both personally and professionally. I really encourage you to take some time to write this down. Think back to January 1st and ask yourself, "How far have I come this year?" "What have I achieved?", "How have I

improved myself?" and "What were my strengths?"

Remember to include achievements which relate to you as a person. Perhaps you've become more relaxed or more focused. The feeling of success which derives from reviewing the past year's achievements can be a wonderful inspiration for what you can strive for during the next year. In the quest to achieve more, we often forget how far we've come. This continuous driving forward can leave us feeling that there's something missing in our success. I challenge you to harness and use your strengths fully and be ready to set goals in January. What will it take for you to do this?

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