

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Letting Go Of Our Negativity

By Stephanie Davies

Letting Go Of Our Negativity by Stephanie Davies

Everyone has something, whether it be a habit, or aspect of their personality, that they wish that they didn't have. For me, that something is fear. I am constantly afraid of just about anything you could name...car crashes, meeting new people, tornados, driving in the dark, sleeping with the closet open, public speaking...you name it, I'm probably afraid of it! This is a negative habit, and certainly one I would like to change.

Most people can name at least one similar habit or personality trait off the top of their head. Think about it for a moment. What part of yourself would you truly like to be rid of? Now take that part of you, and imagine it disappearing forever. If you want, you can even make it more physical and real by writing that trait down on a piece of paper, then burying it or destroying it.

It IS possible to change our lives for the better. The hard part is knowing how to do it. If you are aware of that part of you that you want to let go, it makes it much easier to not let that part of you develop or take over in your life. Also the support of friends can help immensely as well – whether they be in real life or on the internet!

This is the season of changes, and you need to BELIEVE that you can change your life for the better. Be aware of your negative aspects, and actively try to stop them from developing. Focus on the positive, and realize that as the seasons change, so do we, as we mature and grow into the people we wish to be.

Stephanie is the webmaster of StephanieDavies.com and provides live telephone advice of all kinds to people from all over the world. She gives advice on depression, mental health, spirituality, sexuality, relationships, and many other topics. For more information please visit her website at <http://www.stephaniedavies.com> or subscribe to her newsletter by visiting <http://groups.yahoo.com/group/liveadvice>

How to overcome negetivitiy in your life?

By Ajay Pats

How to overcome negativity in your life? by Ajay Pats

A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort. A strong positive mental attitude will create more miracles than any wonder drug. Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives. I know I'm not going to get that job. I need to lose weight, but I can't. Everyone keeps telling me walking and exercise will help me to lose it, but I know it won't work for me. Nothing works for me. I'm overdrawn on my checking account and I have no way of getting any money to put back in there.

All of these things you say you can't do or won't happen for you will not happen with that attitude. Thinking negatively will keep you from getting the things you want or being where you want to be in life. The only person who can remove all that negativity out of your life is you.

How do you remove negativity from your life? The most important thing you can do to remove negativity from your life is to have a positive train of thought about every situation. What you think is what will happen. Thinking you can't accomplish anything will keep you from doing that. Having negativity in your life is a major downfall. You can't accomplish anything without having positive thoughts. Anything you want from a new job, losing weight or gaining financial stability require you to think positive thoughts to succeed. Negative thoughts will develop into negative actions. That's when you physically won't go after the things you want because your thoughts will keep you from doing something to get it. Since you think you can't do it or have something anyway, you won't go after it and you will never get what you want.

We usually have negativity in our life from low self-esteem and lack of confidence. This is when we don't believe in ourselves and feel we don't deserve things. The first thing you have to do is build your self-esteem back up to believe in yourself. Believe that you can accomplish anything in your life and you have the reliance to go after it to get it. This will help you lose a lot of negative thoughts right there. You have to remove all negative thoughts and actions from your life.

Think positively about everything you want to do and it will come to you. Develop the attitude you can get anything you set out to have and once you decide this, nothing can stop you from accomplishing that. With keeping your thought train like this you are removing all the negativity from your life. Surround yourself with positive people in your life. If you are around negative people you can't help but to be negative, too. There is no one to encourage you to have positive thoughts if everyone you are around is negative like you. Birds of a feather flock together. Remove yourself from negative people.

It takes time to develop and keep a positive train of thought. Once you decide that you don't want negativity in your life anymore and disconnect yourself from the people who have nothing but negative thoughts, you can accomplish being a positive person. Whenever something happens in your life don't automatically think negatively about the situation, no matter what it is. Practice to think only positive thoughts and eventually this will become a part of you. Once you have no more negativity in your life, you will have the tremendous life you want and deserve

Ajay Pats is a professional manager. He runs inspirational ezine available at

<http://www.topica.com/lists/venturemall>. He also runs community for home based business entrepreneurs available at <http://groups.msn.com/venturecon> .



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!