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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!

Life Engagement

By Diann Cannon

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What is your level of engagement? I'm talking about your level of involvement in your own life. If you check in with your spiritual, mental, emotional and physical selves, what do they tell you about how engaged you are in LIFE? If you had to put a score on yourself between 0 and 100, how would you fare?

Are you frightened of resolutions? Try engaging yourself. If you think you'd like to focus on a resolution for the New Year, the following is a great place to start:

Visit <http://lge.perfprog.com> and take the test, (max. 5 min.). When I took it, the results said I was 80% engaged in life. The conclusion was that if I strengthened my physical side, my overall life would improve. I often view these kinds of tests with a grain of salt, but this time it seems as though the results were really on to something. I was looking through my "life" box of goodies filled with mementos and treasures from my life and came upon some old report cards from my school days. And what do you think they showed? Sure enough, my lowest grades were in physical education! I had forgotten that my average score in Physical Education was indeed a C. It was true, the test was correct; my lowest level of engagement in life was and still is physical!

So, I made up my mind that I was going to become fully engaged. Doesn't that sound FUN????? Since then, I've taken up hiking and I am having so much fun!!!! Downhill skiing is something else I enjoy, but I've found hiking to be an excellent alternative because it's inexpensive and accessible nearly year-round.

Let me back track for a moment. My husband hates hiking. He refuses to even walk around the park with me. I was afraid to go alone, afraid of being mugged, and since he wouldn't go with me, I initially allowed that to be a stumbling block. But then I began asking my women friends if any of them liked to hike. Some of them did but we just couldn't seem to coordinate our schedules. But I didn't give up. I finally struck up a friendship with a woman who walks at the park around the same time that I do. After

a time, we decided to hike outside of the park. Since then we've gone on several hikes together including this beautiful place called Red Rock Canyon right here in Clark County, Nevada that I never would have experienced if not for my willingness to engage in something different.

Then another facet of this wonderful new period in my life began to unfold when my church started a hiking club. So now I've been on two very fun hikes with them. These hikes have typically been anywhere from 4 to 7 miles in length, not really steep and so beautiful.

What has happened to my physical body because of this is very encouraging. My shape overall is better and my heart feels stronger. But what has happened to my mental and emotional body is even more impressive. I am more joyful? I feel like I did when I was a child playing all day long. Being out in the fresh air doing something physical, fun and adventurous is most definitely giving me a new sense

of vitality. Not to mention a great night's sleep?

While I'm not going to share my exact scores on the rest of the test I will say that my highest score was spiritual, followed by emotional, mental and physical in that order. I agree with the experts who say we are encouraged to change what we measure. Had I never taken this test I would not have identified this weak area in my life, nor realized that focusing and engaging with it could make my life richer. Laughter and fun = joy and since I've engaged my physical self more I am engaged in life in a way that makes everything I do have more meaning.

Diann Cannon, founder of Signals Personal and Business Coaching, works with individuals facing major life transitions, such as divorce, unemployment or career change. She helps them identify their strengths and confront limiting beliefs and behaviors. Ultimately, she helps people achieve success and balance in their business and personal lives. Contact Diann and sign up for her newsletter at <http://www.signalscoach.com>.

Buying A Cheap Diamond Engagement Ring

By Low Jeremy

Face the facts. If you are looking for a cheap diamond engagement ring, better be prepared to find a not that cheap diamond engagement ring. Engagement rings are expensive as it is and wanting one with a diamond on it is enough to dry up anyone's pockets.

Still, if you are really that determined to buy one in such a limited budget, here are some tips that may help you in your search. These may not of course guarantee success but at least you will not be getting any headaches while you scour the metropolis.

Set a realistic budget.

As mentioned before, diamond engagement rings are pretty costly. Finding one that is dirt cheap will be next to impossible. Save yourself a lot of headache by setting a budget that would actually allow

you to buy a diamond engagement ring.

To do this, try looking at the prices in jewelry stores, both upscale and those that are in the mid-range. Ask about the specifics such as the carat, the color and the clarity. Compare prices and then decide just how much is the cheapest one. When you have already determined that, try looking at what you have saved up. Is it enough?

Thrift stores

There are stores that specialize in selling second-hand stuff. Try looking at these stores and find out if they are selling used diamond engagement rings. You can also try joining garage sales or estate sales. Here you will find great stuff. Who knows, you might even come across antique engagement rings that you or the person you'll be giving it to will love.

Surf the Internet

There are also online stores that sell diamond engagement rings. Some are brand new while some are already used. You can also try eBay and see if their price range is within your budget. Be careful though as some items are up for bid and you may end up paying more than what you have in your budget.

Try other gemstones

Although diamond engagement rings are really great, if you really cannot afford it, why waste the effort. Engagement rings set with other precious stones will also look great on the fingers of your loved one. Sapphires, amethyst, topaz and even rubies make great engagement rings. One thing that you can also do is to match the color of her eye with the gemstone. You can also buy multiple colored gemstones, even with a small diamond on it. This is less expensive.

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