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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!

Looking Back

By Rosalyn Bronstein

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Why is it that many of us have so much trouble finding joy in our lives? Often, we tend to live in the future, or conversely, the past, but not in the present. We make elaborate plans for our holidays or our retirement, but what about enjoying the moment? Smelling the fragrance of flowers, the pleasure of a walk in warm brilliant sunshine, listening to sounds of rain lightly tapping on a window pane are all ways to commune with elements of nature.

Each of us can appreciate the special beauty of nature. It has the power to stir something magical in the soul. Finding the spirit within renews the soul. The way to discover spirit is by getting quiet and silencing all the chatter around and within us. Meditation can be a helpful tool for experiencing that internal quiet. A clear mind thinks more effectively and appreciates more completely.

Frequently, we want to share these special moments with family and friends. Good times always seem better when shared with people we care about. It's nice to be able to capture the moment, in a photograph or a descriptive note. How comforting to look back with fondness at the experiences we've had, and the people who have made them so special.

Life is made up of these experiences and unique connections, and our perceptions and thoughts have a lot to do with the quality of our memories. Friends can spend an afternoon together and yet come away with different feelings about that time. Each brings his own experiences to each event, and future events can only be viewed in terms of the feelings developed in the past. Like a bridge, the previous one shapes each current moment. Building one on another, they mold into shaping the uniqueness of each individual.

We remember the special qualities of our family members and our friends - the quiriness, the charm, the brilliance, and all the things that draw us to them. Each, in their own way, has something to contribute to enhance our lives and make them better. We only need to look back and shape our present with positive thoughts from the past.

Rosalyn Bronstein, for more than 20 years an author and consultant, has been an advisor to numerous multinational corporations and international organizations. Understanding the value of maintaining relationships, www.ntouchnrat.com was created. It's a unique and secure way to never lose touch again with the people who have brought meaning to your life without having to use e-mail.

Back Exercises For Beginning Bodybuilders

By Rick Mitchell

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From a bodybuilder's perspective one of the most important body areas is the back. Not only can it be visually impressive but a strong back is essential for intensive training and day to day living. In bodybuilding you are aiming for three things with regard to developing the back muscles:

- Thickness of the upper back (traps).
- Wide lats.
- Highly defined lower back (spinal erectors and lower lats).

As a beginner there are five essential exercises for developing these muscles quickly:

1. Dumbbell shrugs – 3 sets of 10–15 reps. This exercise will develop the traps.
2. Seated V-bar cable rows – 3 sets of 10–15 reps. This exercise will develop the mid upper back.
3. Bent over barbell rows – 3 sets of 10–15 reps. This exercise will add thickness to the upper back.
4. Pullups – Aim for 25 reps. This exercise will strengthen the entire back.
5. Pulldowns – 3 sets of 10–15 reps. This exercise will define the lats.

As with all exercises you need to take care in scheduling specific body parts. To begin with you should incorporate your back exercises into a program similar to the one suggested below:

Day 1: Biceps, Back, Abs

Day 2: Hamstrings, Shoulders, Abs

Day 3: Quads, Forearms, Calves

Day 4: Triceps, Chest, Abs

For the first couple of weeks complete one set but then add one set each week to a maximum of three.

Looking Back

At the end of three months you will be ready to move on to more intensive intermediate level exercises.

Rick Mitchell is the creator of the bodybuildingadvisor.com website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to

to learn

more about the issues covered in this article.



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