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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!

MIND-OVER-MATTER

By Sara Hardy

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What is holding your business back?
You follow every lead you get about the
"best" thing to do to enhance your business,
you read up on everything, but nothing is progressing.

- What is most likely the problem?
- Will it cost a lot of hard-earned money to fix it?

Well, one of the most common and easiest problems to fix is
YOUR LACK OF CONFIDENCE!

Be it in your business, yourself, your product,
in dealing with people, whatever,
it can be a HUGE wall blocking your way to succeeding!

- How can that be?
- What could that possibly have to do with success?

Consider these examples:

- Have you ever held yourself back from;
- *Writing an article for publishing?
 - *How about that award you almost submitted for, but thought your site was not good enough?
 - *What could be holding you back from trying to design your own webpage or graphics?

You may have an adequate knowledge to accomplish these things
and more, but lack the confidence to proceed with the benefiting action.
(Just look at what confidence did for that certain naked survivor from the

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first Survivor show! It helped him win a million dollars!)

When you have a Internet or home-based business, of course you are very proud of what you accomplish, but what happens when it comes to telling others about it? There is a certain stigma that comes with having this type of business. People react one of two ways. It's either- "Tell me more about it, I want to do that too!" OR "Oh, do you make any money that way?"

Just because you don't have a big office in a big corporate building does not mean that you do not have a reason to be confident.

But fear of rejection can cause you to be hesitant to tell people what it is that you do. It is so common that people close to you will tell people, "I am not sure exactly what it is all about." This can kill any confidence you may have.

I'm sure you are asking,
-What can I do?
-Where can I get this great key to success?"

Of course, confidence comes from within. We HAVE to constantly battle our thoughts. One way to find confidence in what you do is by identifying the whole problem. Once you realize that you are better at what you do then you think, you will find ways to reach out to learn more, to try more, and to take more chances. You have to be convinced that "what you do and how you do it" is the best thing next to sliced bread.

You must also put effort into being more then confident when you tell others about your business. If you aren't exactly sure what your title would be, or what words to use to describe your business, then why not do a little footwork. Surf around the internet and see what terminology is the most impressive for what you do. That way you have no reason to even THINK that you need to be less then confident in what you have worked so hard to build. You must reflect confidence for others to think highly of your business.

When it comes to taking your business in a different direction, if you can jump into anything with both feet, that is great! But, if you have to test the waters first, at least you ARE testing them. If you keep the momentum going forward instead of standing still, then you will eventually get to where you want to go, all because of confidence!

Written by Sara Hardy Owner of MarketingTrendz, and Publisher of The OnLine Exchange Ezine. To subscribe to her ezine goto: <http://www.online-exchange.com> This will automatically make you a member of The Profit Zone, a FREE Members Only Club that gives you unlimited access to FREE marketing tools, ebooks, resources and more!

Why Writers Write

By Gary R. Hess

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Writing is not just another hobby, it is an emotion. The words are not just fitted together in sentences and paragraphs hoping to pass on a message, but it is form of expression of our greatest fears, hopes and dreams.

As a teenager I had my share of problems just like any other, but I was different... special. My mind was not at ease telling my parents or friends about a situation that had occurred or even might occur. I didn't feel that a journal was just as my feelings were hard to explain in ordinary English. I had to find a way to express my love and hate about certain subjects, no matter how large or small.

I grabbed a pencil and paper and started writing. Using images, sounds and smells was easier than I had thought. My mind then became at ease with myself and I could live another day without wondering who or what I was going to tell my thoughts to. As the weeks and months ran on I became even more comfortable with writing my thoughts and feelings on paper, I didn't feel discomfort any longer.

Ever since I have written. It doesn't matter what others say or think about my writings, because I know what these poems meant and the history behind each one. Knowing that every single poem has a story and emotion greater than the comprehension of others give me satisfaction when receiving flame mails stating that I suck potatoes or bananas are more interesting than my poetry.

Writers write not because of what others think. We write because it makes us feel great about putting something on paper that will stay apart of us forever. No matter how much someone says our writing stinks, there will be ten others who appreciate the time, effort and emotion put into each one, and we will know that our writing was meant for us and only us.

Gary is a writer for



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