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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!

Make 2002 Your Best Year Ever

By Rinatta Paries

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May your next year be magical, prosperous and overflowing with love!

How will you make 2002 magical? Start by reviewing this passing year. Honor and celebrate all you have accomplished. Put behind you the things that did not work by looking for blessings in them. Reaffirm the flow of love between you and those important to you.

Below are some questions to help you discover the gems of this year. Take time to answer with a few sentences each and you will free up energy to make 2002 your best year ever.

* What positive things did you learn in 2001 about relationships, work, money, life, spirituality?

Did you discover...
you deserve a relationship?
you can express your feelings?
you can create a new career?
there is an abundance of money?
there may be something more to the universe than
meets the eye?

* What have you radically changed about yourself that you thought you never could?

Have you learned to say "No?"
Let go of a past relationship?
Met someone new, radically different from your past partners?
Become hopeful about the future?

* How have you contributed to others?

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Did you touch someone deeply?
Help someone make a drastic change for the better?
Give someone the gift of friendship?

* What have you accomplished that you are proud of?

Did you put an end to something that was bothering you?
Start a business? Get a promotion?
Begin a relationship?

* How far along are you on your path?

Are you closer than you've ever been to buying that dream home?

Nearly finished reorganizing your garage?
Almost ready to enter into a deep, mutually-fulfilling relationship?

* What did not work out and how was it a blessing?

Did you make a financial decision that went astray, and learn about accepting help from others?
Enter into a relationship too quickly and learn to slow down?

* What do you still want to accomplish?

Having a relationship?
Running a successful business?
Living in a home you love?

* To whom do you need to communicate thanks, apologies or love?

Have you told your family, friends, clients how much they mean to you?
Shared with your partner how much he/she is treasured?
Apologized where needed?

Now, find a way to wrap up 2001. Read through your journal, if you kept one. Look at photos you took throughout the year. Get in touch with friends to reminisce about good times you had this year. Say everything you need to say to someone.

Mostly, honor the YOU in the passing year and get a great start on creating 2002!

Let's move on to intentionally making the New Year your best year ever. Make sure you follow through on your New Year's resolutions to have the most fun and joy in 2002!

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Below are five questions for you to ponder. Don't feel that you must have the "right" answers to these immediately. It is actually more important to really focus on the questions and allow the answers to emerge in a moment of clarity.

Caution: If you want your life to remain exactly the same, stop reading now! The following is guaranteed to change you and is dangerous to boredom, routine and loneliness! :-)

1. What would be outrageously fun to do in 2002?
2. In what new and exciting direction do I want to take things I am already doing?
3. How do I want to spend my time in this New Year?
4. What talent do I want to express this New Year?
5. How much love, intimacy, connection, friendship, togetherness and companionship will I allow into my life this year?

While you are thinking about these questions, don't worry about how you will create what you imagine. Don't get bogged down in the details – dream BIG for 2002!

Set your sights on the most outrageous, glorious life. Set your heart to open. Set your mind to take risks. Spread your wings this year and dare to fly!

Have a glorious New Year!

Your Relationship Coach,
Rinatta Paries
www.WhatItTakes.com

(c) Rinatta Paries, 1998–2002. Do you know how to attract your ideal mate? Do you know how to build a fulfilling relationship, or how to reinvent yours to meet your needs? Relationship Coach Rinatta Paries can teach you the skills and techniques to attract and sustain long-term, healthy partnerships. Visit www.WhatItTakes.com where you'll find quizzes, classes, advice and a free weekly ezine. Become a "true love magnet(tm)!"

With nearly a decade of relationship coaching experience, Master Certified Coach Rinatta Paries works with singles to help them attract their ideal relationship, and helps couples create more love and fulfillment in their existing relationships. Visit her web site at www.WhatItTakes.com or e-mail her at coach@WhatItTakes.com.

24 (DVD) Review

By Britt Gillette

First airing in November 2001, 24 quickly established itself as one of the best television series around and solidified itself as a cult classic icon. Utilizing a novel premise, each season of 24 comprises a

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single day in lives of its characters, with each of the 24 episodes representing a one-hour time segment of that day. Kiefer Sutherland stars in the imminent role of Jack Bauer, a government agent periodically faced with enormous challenges within a single day. Each season is reminiscent of a fast-paced Hollywood action thriller, but it's only a busy day in the life of the heroic Bauer...

Season 1 unfolds in Los Angeles during the California presidential primary as CIA agent Jack Bauer and his colleagues uncover a murderous plot to assassinate front-running candidate David Palmer. With only 24 hours to uncover the identity of the determined killer, Jack must race against the clock if he has any hope of thwarting the plot. Meanwhile, Jack is distracted by his crumbling marriage and the disappearance of his rebellious teenage daughter. The clock is ticking... Can Jack save the man who may become president? And can he do so while keeping his family intact?

The 24 DVD features a number of breathtaking episodes including the season premiere in which the groundwork for the series and the season is laid. Jack plays chess with his daughter Kim (Elisha Cuthbert) before receiving a call from Nina Myers (Sarah Clarke), his colleague at the Los Angeles Counter Terrorism Unit, telling him to report in for an emergency meeting. Meanwhile, Jack and his wife Teri (Leslie Hope) realize that Kim snuck out of the house during the phone call... When Jack arrives at headquarters, he's informed of a plot to murder Senator David Palmer, the first serious African-American presidential candidate... Other notable episodes from Season 1 include (#8) in which Nina and Tony discover the identity of the mole who is working for Gaines, and (#23) in which terrorists threaten to kill Kim unless Jack complies with their wishes...

Below is a list of episodes included on the 24 (Season 1) DVD:

Episode 1 (12:00 A.M. – 1:00 A.M.) Air Date: 11-06-2001 Episode 2 (1:00 A.M. – 2:00 A.M.) Air Date: 11-13-2001 Episode 3 (2:00 A.M. – 3:00 A.M.) Air Date: 11-20-2001 Episode 4 (3:00 A.M. – 4:00 A.M.) Air Date: 11-27-2001 Episode 5 (4:00 A.M. – 5:00 A.M.) Air Date: 12-11-2001 Episode 6 (5:00 A.M. – 6:00 A.M.) Air Date: 12-18-2001 Episode 7 (6:00 A.M. – 7:00 A.M.) Air Date: 01-08-2002 Episode 8 (7:00 A.M. – 8:00 A.M.) Air Date: 01-15-2002 Episode 9 (8:00 A.M. – 9:00 A.M.) Air Date: 01-22-2002 Episode 10 (9:00 A.M. – 10:00 A.M.) Air Date: 02-05-2002 Episode 11 (10:00 A.M. – 11:00 A.M.) Air Date: 02-12-2002 Episode 12 (11:00 A.M. – 12:00 P.M.) Air Date: 02-19-2002 Episode 13 (12:00 P.M. – 1:00 P.M.) Air Date: 02-26-2002 Episode 14 (1:00 P.M. – 2:00 P.M.) Air Date: 03-05-2002 Episode 15 (2:00 P.M. – 3:00 P.M.) Air Date: 03-12-2002 Episode 16 (3:00 P.M. – 4:00 P.M.) Air Date: 03-19-2002 Episode 17 (4:00 P.M. – 5:00 P.M.) Air Date: 03-26-2002 Episode 18 (5:00 P.M. – 6:00 P.M.) Air Date: 04-02-2002 Episode 19 (6:00 P.M. – 7:00 P.M.) Air Date: 04-09-2002 Episode 20 (7:00 P.M. – 8:00 P.M.) Air Date: 04-16-2002 Episode 21 (8:00 P.M. – 9:00 P.M.) Air Date: 04-23-2002 Episode 22 (9:00 P.M. – 10:00 P.M.) Air Date: 05-07-2002 Episode 23 (10:00 P.M. – 11:00 P.M.) Air Date: 05-14-2002 Episode 24 (11:00 P.M. – 12:00 A.M.) Air Date: 05-21-2002

Britt Gillette is author of The DVD Report (

), a blog where you can find

more reviews like this one.



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