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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!

Massage Your Mind!: Tongue–Biting for Excellence

By Maya Talisman Frost

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We do a lot of thinking. We also spend a lot of time defending our ideas. In the process, we often attack (okay, more like poke at) the ideas of others.

Let's try something new for the next few days. Instead of poking at other's ideas, make two SUPPORTIVE statements about what they have to say, even if you don't agree with the main idea. Find something INTERESTING about their viewpoint. It doesn't have to be positive exactly. But for this week, try to pause long enough to note interesting points FIRST.

Practice doing this when you read the paper or listen to the news. Pause to come up with something INTERESTING first before attacking. Even if your least favorite politician just did something idiotic. Even if your least favorite actress is quoted as saying something inane.

It's tempting to make a snide remark immediately. It's fun to sneer. Hold off. Think "interesting". And see what comes up.

Is your tongue bleeding? Are you biting it while thinking of "interesting" points first before attacking? Good job! This is a critical part of becoming an excellent human.

Let's add something more. Every day, let someone else be right. No, really. Even if you know they are wrong, let them have the last word. You can fume if you want to, but it's bad form.

Take heart in knowing that you still know better (if that is indeed the case) and also in recognizing that your generosity in allowing someone else to be right will ultimately come back to you in some way. Okay, only if you believe in that, but I do.

Every day. One person. That's it. That's not so hard, is it?

Pause. Look for interesting points. Refrain for knee–jerk cynicism. Allow someone else to be right.

Try it for a few days. But I've got to warn you—it could be habit forming.

You just might find yourself becoming excellent.

Maya Talisman Frost is a mind masseuse. As a teacher, facilitator and mediator, she has helped others engage their formidable frontal lobes since 1983. Her popular course, "Massage Your Mind!: Defining Your Life Philosophy", has inspired thinkers in over 60 countries around the world. Her free weekly e–zine, the Friday Mind Massage, is designed to ease you into a thoughtful weekend. To subscribe, visit <http://www.massageyourmind.com> today. Thanks for thinking!

Hypnosis Cures For Nail Biting

By Trevor Dumbleton

One little–thought–of application for hypnosis is to help people stop their nail biting habit. While this may not be on par with splitting the atom, it is a serious problem for people who always seem to find themselves gnawing their nails.

The problem with nail biting, unlike some other compulsions solved by hypnosis, is that one needn't make any effort to have the tools at hand. Smokers need to pull out a cigarette. People who have trouble dieting need to actually go to the fridge to get food. If you will excuse the pun, fingernails are on hand all the time. One merely move their hand near their mouth and nail biting will almost instantly ensue.

People who bite their nails often try to quit. Unfortunately, it is not so much a question of will as it is a question of habit. The person bites their nails because they've always bitten their nails. So, when they are not thinking about the fact they are trying to quit their nail biting habit, they start right back into it. It becomes an unconscious activity. This is where hypnosis comes in. The purpose of hypnosis is to reprogram the unconscious — or, more properly, subconscious — mind.

Many hypnotists will provide help for your nail biting. Along with weight management and quitting smoking, nail biting is the most common reason for people to visit hypnotists. Ask at your local alternative health stores or book shops for their recommendations.

If you are nervous about seeing a hypnotist (I promise you they won't make you leave thinking you're a glass of orange juice), there are a few other options available. There are self–hypnosis books and subliminal tapes you can buy that will help you with your nail biting habit. These will probably not be quite as immediately effective as an actual, qualified hypnotist, but they will help nonetheless.

So for those of you out there who are tired of worn down nails and sore, bleeding fingertips, there is hope. Through hypnosis, you can finally quit that nail biting habit that you find so tiresome. No longer will you have to hear, "Oh gross," from some aspiring med student who is "only trying to help." No longer will you have to hear another speech about how much dirt and bacteria gets under your fingernails. No longer will you have to hear that speech from your mother, again, about how you should just quit doing that. Hypnosis can help you kick that nail biting habit that has plagued you for

longer than you care to remember.

teaches you how to use hypnosis to improve your life. Hypnotism can help with

weight loss, stopping smoking, fear of public speaking and more. You can also learn to hypnotize yourself.

Hypnosis Cures For Nail Biting

Nail Biting Basics

Relax With Aromatherapy Massage Oils

The Benefits Of Pregnancy Massage

Is Massage Therapy School For You?

The Buy Impulse

Cure Bad Breath

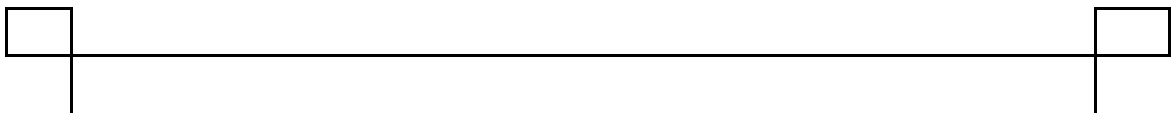
Money Saving ideas

Natural Pain Management

Mind Power Creative Thinking



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