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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!

Mentors Around Every Corner

By Josh Hinds

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Do you have a library card? At this point you're probably asking yourself how in the world this is possibly going to translate into a commentary on self-improvement. Bear with me on this because it's going to fit together I assure you.

Sadly, if you're like most folks you don't have one. Not only that, you might not even remember the last time you took advantage of these incredible repositories of knowledge. In actuality the word incredible is a gross understatement to describe just how much is waiting for us all on those bookshelves. And in many cases for FREE to boot!

It's been said many times that a person can become an expert in just about anything provided they take the amount of required time for them to learn the subject. I won't go in depth here but suffice it to say I am huge proponent of continued self education. I hope that you are as well.

There are many methods you and I can apply to put ourselves on the path towards continuous education. We've got the Internet. We've got those around us & our mentors. We have all kinds of formal education and not so formal... and of course we have libraries.

As promised in my opening statement, here's how it all fits together. I read a whole lot of personal development books and listen to a lot of tapes. It's not uncommon for me to not know what's currently playing on the radio stations because I prefer to use my driving time as learning time.

In addition to personal development I also like to read biography's and auto-biography's of people I am interested. There's an old quote that I simply love which says "Success Leaves Clues". It's in this truth that leads me to read a lot of biographies. So this past week I wanted to get a better grasp of courage, persistence, and the will to simply not give up in the face of dire situations.

On stroll through the audio section of my library I found a copy of the autobiography of Lance Armstrong, called "It's Not About The Bike – My Journey Back to Life". If you're not familiar with Lance's story let me tell you it's an incredible example of courage and a willingness to prevail over the odds. I simply can't do justice to

what an impact listening to it had on me.

You see, Lance is a cyclist who at the peak of his career was diagnosed with testicular cancer. The story did not end there. Not by a long shot! Lance Armstrong went on to not only beat his battle with cancer, but to become the 3-time winner of the Tour de France (1999–2001). It's told from a very real stand point, he points out in the beginning that it's not your traditional rose colored story of overcoming the odds. It's a wonderful heartfelt example of courage and hope and willingness to keep going no matter what might come our way.

Such examples of courage, hope, and just about anything else you care to learn about are all around us, many of which are available in places such as your area library. Take an active role in your own personal growth and start taking advantage of such resources.

As follow-up to the story of Lance Armstrong I've just started listening to "Still Me" an autobiography of Christopher Reeve. The simple fact is that mentors are all around us. They can come in many forms, from the people we interact with, to recounted stories in books and tapes... Your in success, Josh Hinds

Josh Hinds – Founder <http://GetMotivation.com> Get the *BEST* in motivation and self-improvement directly in your inbox for FREE, visit: <http://getmotivation.com/myezines.html> Get a copy of the dynamic ebook "Principles Of Success" absolutely FREE when you sign-up!

Who Is Randy Gage and Why Is He One of My Mentors and Heroes?

By Chris J Lloyd

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Who is Randy Gage? I first read about him in a newsletter by his friend, and another of my mentors and heroes, Stuart Goldsmith.

At first he came across as a bit too much 'in-your-face' for my liking but, as he was challenging some of my long held beliefs, I came to realise that I was in a state of denial.

I will always be grateful to him because, by forcing me to face up to reality, I made some major breakthroughs by changing my thinking about certain issues.

If you need to get over some hang-ups that are keeping you from the life you deserve, and you can stand a strong dose of the truth, then Randy is the guy to tell it like it is.

Randy's message is that you can, just like he did, change just about everything in your life by changing your mindset. The story of his life as he came from being a 'victim' to becoming a self-made millionaire was an inspiration to me and whenever I stray off the 'path', I read or listen to Randy again to set me straight.

How many light bulbs went off in my head? 4/5

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