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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!**

**Perseverance vs. Being Stubborn**

**By Susan Dunn**

**Perseverance vs. Being Stubborn by Susan Dunn, MA, The EQ Coach**

**DEFINITIONS**

Perseverance – To go on resolutely in spite of opposition, importunity, or obstacles; to remain unchanged or fixed in a specified character, condition, or position; to stick with something, especially something difficult or challenging

Being stubborn – Bring unreasonably or perversely unyielding; mulish; unyielding and unopen to reason; performed or carried on in an obstinate or rigid manner; difficult to handle, manage or treat

**COMPARISONS**

Going forward vs. Stonewalling

Working toward something vs. Refusing to do something

Having a positive goal vs. Having a negative goal

**EXAMPLE**

Henry Ward Beecher said, "The difference between perseverance and obstinacy is that one comes from a strong will, and and the other from a strong won't."

Selina persevered in her goal of becoming a teacher. She kept at it despite a lot of obstacles. At one point she had to stop and take a job to pay the tuition. At another time, her study was interrupted when her husband was transferred. To get her degree and become a teacher took a lot of time, energy and money, but she persevered and achieved her goal.

Evan was stubborn and withholding in his relationship with Esmerelda. He would not give her what she wanted under any circumstances. He would ask her where she wanted to go for dinner. She would

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say, "Mexican food." He would say, "No." She would ask him to suggest something and he would say again, "No, you choose."

### KEY POINT

It's good to persevere, and not good to be stubborn. When you persevere, you are working toward a positive goal that's attainable. You are flexible and creative in pursuing possible alternatives toward your goal.

When you're being stubborn, you're either being negative to yourself (refusing to give up when you should), or to others (refusing to do what they want or to give them what they want), or to something (being in denial and refusing to face the facts).

### BENEFITS

When you persevere, you make things happen. When you're being stubborn, you don't allow anything to happen. Being stubborn accomplishes nothing.

### RELATED DISTINCTIONS

Being open to new possibilities vs. Saying no to new possibilities

Making suggestions vs. Just saying no to other people's suggestions

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### **Find out why you haven't been able to loose Weight yet!!!**

**By Varun Pratap**

### **Find out why you haven't been able to loose Weight yet!!! by Varun Pratap**

Ok guess most of you have tried different exercise routines and lots other Diet routines but still you haven't been able to loose weight. So what exactly is the problem?

The problem lies in the stubborn Fat.

### STUBBORN FAT

here are many reasons this kind of fat comes in your body, it can be having an unhealthy diet or livers inability to break down the food or insulin insensitivity or deficiency in B Vitamins and some minerals. It

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also comes because of crash dieting or diets that make you loose fat fast.

Mostly doctors recommend on loosing fat slowly (slow as in 1 pound/week), so that you don't suffer from stubborn fat. With proper exercise plan you can avoid this kind of fat.

### I HAVE STUBBORN FAT...WHAT TO DO?

Patience, Daniel son, Patience. Good things take time.

As Said have a proper diet and exercise plan for yourself. And then don't get into fat loosing marathon. Go slowly. You didn't get fat overnight, It took time. So have some patience, Enjoy the process.

Don't eat food that spikes up your insulin level. ie. simple carbs. Control your insulin level.

Avoid food that you are allergic to.

Minimize alcohol consumption.

Drink pure, filtered water.

Avoid non-organic food.

If you keep all these points in mind and work towards your goals slowly, I can bet that you'll beat off those extra pounds and that stubborn fat in just couple of months.

Varun Pratap is helping people take the right lifestyle Decision for Health with His Website [www.lifestyledecision.com](http://www.lifestyledecision.com)



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