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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!

Plan And Dream a New Body Shape

By Cheryl Haining

Plan And Dream a New Body Shape by Cheryl Haining

Young children are full of dreams of what they will do, be, see when they grow up. As adults most of us have given up the habit of having big dreams. Or if we do, never following through with them. Why do so many people let their dreams die un-lived?

One reason is the negative cynical attitudes of other people. These people are not enemies they are friends, even family members. If our friends are negative towards our dreams or aspirations -our friends can kill our dreams.

A person gets excited about the possibility of losing weight, getting in shape or another new idea. They see the opportunity to make a healthy life change, do more meaningful work, rise to a personal challenge, change their lifestyle. They get excited about this stimulating new prospect. But then they tell their neighbour about it over the back fence one evening. The neighbour gets a smirk, a laugh that says, "You can't do that", a foot long list of all the problems and obstacles and fifty reasons why they will never make it and are better off to stay where they are.

The person's enthusiasm disintegrates. They lose all their excitement and self-confidence and begin to think of all the reasons why they can't succeed this time, when they have failed before, instead of the reasons they can succeed in their new healthy life plan. They have let the negative attitude of someone else become more powerful than their belief in their dream of a thinner, fitter person, whose health is greatly improved.

Friends can do more damage than a dozen enemies. Remember, the easiest thing to find on earth is someone to tell you all the things you cannot be. Don't listen to them. Often they have the best intentions. They don't want you to be hurt or disappointed. Sometimes they have a vested interest in you remaining overweight and perhaps less attractive. Often those that try to steal your dreams are really thinking of themselves.

If you have a dream of a new you give it a chance to happen. Don't let your sister-in-law, the plumber or the person in the next office, rob you of that faith in yourself and your new body shape. It is that belief in your dream that makes it into a reality. Don't let the person who lives on the couch and watches TV every night tell you how futile life is.

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Don't take on other people's negative attitudes. Surround yourself with positive people. Read inspiring authors. A few suggestions are Susan Jeffers, Paul Hanna, Anthony Robbins and Jim Rohn. Spend at least half an hour a day nourishing your dream. Believe in yourself and you will make your dreams a reality.

If you have that flame of a dream deep down inside you somewhere, do something about it. And don't let anyone else blow it out. Believe you can, and you will find you can. TRY! You will be surprised at how many good things can happen to you.

Cheryl Haining is a skin care, body shape and nutrition coach. She has her own successful business. Her mission statement is to ensure everyone reaches his or her optimum body shape, size and

condition. Contact Cheryl at www.ulooseweight.net or email her at cherhaining@yahoo.com.au. To learn how to create an income stream from home visit www.keybusinesstips.info

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THE TRUTH ABOUT DREAM–REALIZATION

By Sasikumar

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We all have our cherished dreams. Held close to our heart and sometimes hidden even from our closest people, we expect it to be realized one day. But how do we do it.

Dream vividly: Let the dream flow. Try to see all the details. Feel as if the dream has already happened. Fantasize like a child.

Visualize: Visualize your dream now. Let a vision about that cherished dream be formed. Picture all details like a three dimensional movie with colors, sound, objects. Believe to the core that it already exists and you only have to go through the motion of completing it.

Make a model: Make a miniature model of your vision just like an Architects building model. That is give the vision a form. This can be a concrete plan also with all the details. Become obsessed with this model and see it regularly.

Manifest: Begin the process of manifesting the dream. Act on your

gut feeling. These inner signals are very important and is beyond logical explanation. Calmly and with full belief go through the motions willingly. Soon the obvious signals of that cherished dream manifesting on the physical plane will become self evident. You might suddenly bump into a stranger who has the perfect solution to a solve a problem. Or you might 'accidentally come across the article which might give you a better idea.

Realizing your dream is simpler than it's made out to be.

Sasikumar is a Mgt Pro turned writer and a spiritual enthusiast. His articles can be subscribed for Free at <http://www.themestream.com/authors/364856.html>



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