

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Power of 90 Seconds

By Arlen Busenitz

Power of 90 Seconds by Arlen Busenitz

You can use the Power of 90 Seconds to transform your life. This power will allow you to:

- => Prevent countless problems.
- => Add additional hours to your day
- => Maximize your efficiently while reducing stress.
- => Save hours of time as you make less mistakes and prevent problems.
- => Make Smart decisions.

Few people truly understand the power of 90 seconds and use it properly. The results are staggering: unnecessary stress, problems, hours of lost time, etc.

You will be different! You will discover this rule and use it to its maximum benefit. This article will show you how to harness the "Power of 90 Seconds."

Let's discover how to use "The Power of 90 Seconds."

You must understand two things:

1. It takes over 20 times more time or money to fix the problem than it does to prevent the problem. (Often it is one-hundred times) Thus time spent on preventing problems is as valuable as gold. (Don't you forget it!)
2. Seconds spend on prevention will save you hours of time, loads of frustration and stress, and piles of money.

Here is how you can use the "Power of 90 Seconds".

Use 90 seconds to:

- => Prevent a problem.
- => Think through a Decision,
- => Do something now which will save time down the road.
- => Fix the problem now.

Example:

=> Your boss comes in and hands you an important document. Instead of using 90 second to file it away, you toss it on a stack of papers. As usual it is gone when you want it three days later. Stress and anxiety builds as the time slips by while you frantically search for the report. You could have saved 30 minutes by using 90 seconds to file it away.

=> You decide not to write down an appointment in your book because it would have taken to long. (30 Seconds). This results in a lost customer, distrust, and a talk with your boss. Thirty seconds would have prevented all this.

=> Instead of writing down a list of the things you need, you go straight to the grocery store. You forget an important item. The result:
* \$3 of gas lost.
* 1 hour of time gone forever because you had to back to the store.

=> You look outside your window and see that your son has left his bike in back of your car. Instead of spending 90 seconds to move it or tell your son to move it, you decide to wait deal with the problem tomorrow. Of course you forget and back over his bicycle:

Ninety seconds would have prevented:
* ½ Hour changing a tire.(plus \$40 for a new one)
* \$95.95 for a new bicycle.
* 10 minutes of lecture from the your boss at work for being late.

=> One afternoon you notice that the rope that secures your dog to the tree is getting frayed. Just like human

nature, you figure you will replace the old rope with the new rope from the garage in the next few days. Three days later your dog breaks loose. Three minutes of replacing the rope would have prevented:

- * 5 Hours searching for the dog.
- * \$50 reward for having him returned.
- * \$13 spent on printing flyers.
- * Undue Stress

Get the picture? Everyday you will run into situations where you can use the "Power of 90 Seconds" to prevent problems and reduce stress.

It is all part of the 90/10 Secret. Discover the secret by

reading the article: "Discover the 90/10 Secret: It will change your life." Find it here: <http://www.magic-people-skills.com?9010Secret>

To make sure this is clear, let me throw out some specific examples where you can use the "Power of 90 Seconds."

=> Fill the car up with gas when the tank is only 1/4 full. Never will you have to waste time and money standing by the side of the road.

=> Replace burned out light bulbs, old tires, or etc. now. Take 90 some time and do it now, before you fall down the steps in the dark, have an accident, etc.

=> Think before you speak. Save embarrassment and a ruined reputation.

=> Use 90 seconds to file something away before it gets lost.

=> When you see something that could be a future problem, fix it now.

=> Make the phone call now, instead of waiting.

Do you see the "Power of 90 seconds"? Let me use one last point to illustrate it.

One day I was on the beach by the great Lakes. For six hours I played soccer, volleyball, and had a blast. However, I did not take the time to spend 90 seconds and apply sun block on my feet. My feet got scorched and I mean scorched. The result?

- => \$\$\$\$\$\$ spent on lotions and creams
- => Fiery pain for 7 days
- => Swollen feet..
- => Numerous hours lost while I laid on the couch with my feet on ice.
- => Missed activities, work, and a lack of productivity.

If I had used 90 Seconds to put sun block on, none of this would happened.

Prevent problems and you will prevent trouble. Use this secret now. Find more articles at <http://www.Magic-People-Skills.com>

Arlen Busenitz is a freelance writer specializing in people skills and personal improvement. Free articles and "Secret to Making People Like You." <http://www.Magic-People-Skills.com?Power90>
Mailto: Arlen-Power90@Magic-People-skills.com

8 Basketball Power-Dribbling Drills

By Mark. S.

8 Basketball Power-Dribbling Drills by Mark. S.

Most children first learn to crawl, then walk, and finally to run. Basketball requires players to not only effectively move their feet, but also to maneuver a basketball. Basketball players first learn to dribble the basketball with one hand, then to alternate hands, and progressively to increase to more advanced dribbling. As a basketball player, a powerful and effective way to keep defenders on their toes and increase your threat as an offensive player is to develop an agile and quick dribbling technique. The power dribble can do this.

A basic power dribble is when you dribble the ball at a very intense rate. Maintain your normal form and posture. Use your muscles to thrust the ball forcefully down, and then expect the ball to quickly bounce back to your hand.

The drills described below will help you gain confidence and agility to handle a basketball in a power dribble. This will help you run a fast break, cut through the defensive, and outmaneuver your opponents.

Power of 90 Seconds

1. Power crossovers – Power dribble in your right hand, then quickly bounce the ball to your left hand. Power dribble with your left for a few seconds before bouncing the ball back to your right hand.
2. Dribble blindfolded – Wrap a cloth around your head as a blindfold, or you could simply close your eyes...no peeking. Power dribble a ball for at least 60 seconds. This drill helps you enhance your tactile sense of the ball. You can enhance the drill by performing it in the center of a deserted basketball court, walking around while dribbling. To make the drill even more challenging, try power dribbling two balls, one in each hand, while being blindfolded and slowly walking around a deserted basketball court.
3. 10–5 repeats – This drill exercises power dribbling with one hand at a time. Choose which hand you would like to practice. Power dribble for 10 seconds, then soft dribble for 5 seconds. Repeat multiple times. This exercise teaches your arm muscles how to alternate between various dribbling speeds that occur during game play.
4. Dribble between legs while walking – In order to do this drill you will need a segment of floor, such as a basketball court floor, a street's sidewalk, or a wide hallway that is deserted. Power dribble while walking up and down the walkway. Power dribble the ball between your legs to practice fancy dribbling skills. To enhance the drill, perform the drill at a quicker walking pace, maybe at a light jogging pace.
5. Double ball power dribbling – Power dribble two balls, one in each hand. This will increase your arm strength for dribbling and enhance your dribbling control. Since you can't look at both hands at the same time, this drill will also practice your ability to power dribble without looking at the ball.
6. Power dribbling sprints – This drill requires you to power dribble for an extended period of time and run back and forth on the basketball court. Stand at one end of a basketball court. Dribble to the nearest foul line, then return to the baseline. Dribble to the middle of the court, then return to the baseline from which you started. Dribble to the farthest foul line, then return to the baseline from which you started. Finally, dribble the entire length of the court, and return to the baseline from which you started. This entire continuous power dribbling exercise counts as one complete cycle of the drill. Repeat multiple times to practice your dribbling, speed, and direction-changing abilities.
7. 3–chair dribbling – Set up 3 chairs or cones in a line, spacing each chair/cone 10 feet apart. Power dribble around the chairs/cones in different shapes, such as figure–eights, circles, or any shape. Use your imagination.
8. Dirt dribbling – This drill actually requires you to leave the basketball court and find a patch of dirt. Power dribble on the dirt for a minute or two. You will need to power dribble the ball even harder than usual in order to get the ball to bounce on the dirt. This drill is an extremely good arm workout with power dribbling.

Start with just a few of these exercises, and then expand your workouts to include more drills. You can also modify the drills to be more challenging by increasing the number of repetitions or slightly modifying the drill. The key is to vary your routines and have fun with them. By practicing the power dribble, you will greatly improve your dribbling.

Mark S. has been participating in club basketball teams for 8 years. He writes basketball articles for www.TeachMeSports.com



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!