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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!

Quick Life Makeover

By Kathy Gates

Quick Life Makeover

Kathy Gates, Professional Life Coach

You can try to chalk it up to "they don't have as much to do as I do". But let's face it. Anybody who has an organized, smooth-flowing life has to work at it. I even heard one client of mine try to pass it off to good genes by saying that organized people have a different kind of brain.

And yes, I'll concede that different types relate better to different things just as different bodies are easier to make lean than others. But, Please! Let's just face it people. It takes some work.

Think about it this way. If your favorite baseball team just went on the field without practicing, without working out, without a game plan, how would they do? Does your son or daughter go to soccer and just play around? No, they work on skills!

It takes making (sometimes tough) choices. It takes concentration, dedication, persistence.

And I know, with all you have packed into your life, it can seem overwhelming to even get the garage cleaned out. So here are some tips to help you "rush up" some results to make your life easier.

1. Get consistent. Pick something, whether it's big like not going over the budget, or small like doing the dishes every single night. Choose just one thing that you absolutely know you can do, and teach yourself to do it consistently. When you've accomplished that for a straight 30 days, pick another one.

2. Get Backup. Reserves are the "extra something" that back you up when things get tough. I'm a baseball fan and I don't know how many times I've seen a guy come off the bench in the last innings to get a game winning hit. Sports teams won't do without them and you can't either! Everything from extra keys to a frozen dinner in the fridge. Include some extra love, extra support. Add a dash of extra time, extra fun. You'll have a life lived from abundance, not lack.

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3. **Get Boundaries.** Learning to say No is the best thing you can do for yourself and teach to those you love. Saying No not only to people/things who want to steal your time and your energy and your spirit, but also being able to say No to yourself when it's not in your own best interest. Try saying No 100 times today — and then take a look at all the things you said YES to instead.

There are no quick fixes, because life isn't about getting "fixed". Life is a process of managing what's before you, and setting up things to create the happiest, healthiest easiest life that you can.

Professional Life Coach Kathy Gates specializes in helping people who are ready to create a simpler, less stressful, more joyful and meaningful lifestyle. Get information on her programs and services at

www.reallifecoach.com

Home Improvements and Pretty Real Estates

By Jonnalyn Ajeda

Like it or not, people will say things about your home. Or rather, your home says a lot about you. Either way you look at it, we're living in a world obsessed with image. The right one. Now, be honest. Ask yourself this question, is my house a before or after image of a home–makeover TV show?

Now, if you answered "After", you were probably just too shy, or are in denial (kidding). But if you said "Before", well, at least you know you have a problem, and you can fix it.

You don't have to call the reality TV show guys for a televised makeover of your home or property. You just need to have your local builder make a quote of your home's improvement costs. And then you can apply for a home improvement loan.

Your goal is to apply for the home improvement loan with the lowest interest rate. But don't just jump on the first one that looks promising. Shop for quotes, and then choose the best. Ideally, you should borrow money above the quoted price of your builder, just so you won't run into money shortage in the middle of the construction.

Whether it's a new paint job, or a landscaping project, or an extension room, house renovations certainly increase the value of your property. Now, your house fits the "After" photo left side of the TV screen. Of course, nothing beats a smile here and there in your home, and just plain being nice to each other by everyone living there. Now that's the best home improvement of all.

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