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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!

"Raising Cain" or Overcoming?

By Janet L. Hall

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Are you "raising Cain" with yourself or others regarding your clutter or are you taking the necessary steps and actions to overcome your clutter situation?

You can choose to do one of two things when your clutter conditions become overwhelming – you can fight the clutter or you can overcome your clutter problems.

To overcome your clutter successfully you must leave behind and release your old ways of thinking and how you do things now. You must release your fears about your stuff, your doubts of what to get rid of, your attitudes towards your clutter and stuff, your resentments, prejudices, negativity, and those old tapes in your head.

If what you did yesterday didn't help towards getting organized or if you didn't like how your day went then you must NOT do the same things you did yesterday in order for a change to start taking place in your life.

To change your life or circumstances, to rise above your problems or situations you might have to disassociate yourself from friends or family members that bring you down or that are in the same boat as you. You need to STOP commiserating with others like you, whether in person, phone, or cyberspace that continue to complain or whine

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about their situations BUT take no action towards changing if you REALLY want to change.

You can lift yourself up and choose to associate with people and others of a lifestyle that you secretly dream of by identifying your dream robbers, planning, and seeking out others that can help you.

Identifying Your Dream Robbers:

You become like those around you. You take on their personalities, their attitudes, and their problems. Like

magnets you are attracted to and attract mirror images of yourself – everyday, all day! Your thoughts and your environment become like those around you. This happens to EVERYONE ... if they let it....

==>Make a list of your family, friends, co-workers, associates, acquaintances, and how they act around you. Are they sad or happy, healthy or depressed, violent or kind, controlling or abusive?

==>How do they effect you, your thoughts, and your habits?

==>What are they talking about?
Bills, debt, clutter, time, soap operas – real life and television.

==>What are their attitudes?
Negative or positive?

==>What might you say or do when they start "acting" in a negative or inappropriate fashion? Please be kind, walk away or completely disassociate.

==>What's in their world?
Clutter, chaos, drama, or organized, calm, and peace?

Planning:

=>Find a quiet place and time when you won't be interrupted

=>Get a notebook or journal and write down how you'd like to see your life or environment, and answer the following questions:

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- =>What would be an ideal day for you?
- =>How would you like your day to unfold?
- =>What would you like to do throughout your day?
- =>How would you like your environment to be?
- =>What do you need to do – change – before you can live that way?
- =>What obstacles do you need to overcome?
- =>What clutter do you need to get rid of?
- =>What rooms or areas do you need to get organized?

- =>What outside or inside activities are taking away from your ideal day?
- =>Whom do you need to disassociate from?
- =>What issues need clearing up?
- =>What negative thoughts do you need or want to replace?
- =>What exactly do you need to do in order for you to move forward with the life of your dreams?
- =>Which of the above can you start working on today?
- =>Create a timeline to work on the other circumstances and areas you identified above.

You have the **POWER** to plan your life, change your circumstances, and get organized, but it takes more than planning. You will need to take some action, make some tradeoffs, and possibly get professional help.

Getting Help:

There are multitudes of people and organizations that can help you overcome your circumstances but it takes a little legwork.

You must be willing to:

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- =>Seek out professionals whom can really help you and hold you accountable. =>Make the call or send the email.
- =>Pay the price (and not just in money).
- =>Do the homework.
- =>Make the commitment to change.
- =>Invest in YOURSELF!

To me getting organized is not just getting rid of the piles or the stuff that has taken over your life. It's not about getting everything nice and neat. It's about life management, overcoming challenges, and changing the energy of yourself and your environment to reflect the lifestyle you REALLY want.

What does getting organized mean to you and how will you overcome your clutter obstacles?

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If you are serious and committed to overcoming your clutter then check out Janet's Home Clutter Support Groups at:
http://www.overhall.com/home_clutter_support.htm
A FUN learning and support experience to help you

get your life back. While you're there, don't forget to sign up for our FREE newsletter!

For additional help: The Organizing and Feng Shui Wizard, Janet L. Hall, FSII has a FREE newsletter, OverHall IT! at <http://www.overhall.com/newsletter.htm> and many organizational products for your office, home, and computer at <http://www.overhall.com/products.htm>
Janet is a Professional Organizer, Certified Feng Shui Practitioner, Speaker, and Author and can help you regain control of your life, your time, your stuff, and your environment.

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The Organizing and Feng Shui Wizard, Janet L. Hall, FSII has a FREE newsletter, OverHall IT! at <http://www.overhall.com/newsletter.htm> and many organizational products for your office, home, and computer at <http://www.overhall.com/products.htm>
Janet is a Professional Organizer, Certified Feng

ShuiPractitioner, Speaker, and Author and can help you regain control of your life, your time, your stuff, and your environment.

Raising A Puppy: Who Is The Boss?

By Michael Colucci

Raising a puppy could be as difficult as raising a child. The only consolation you'd have is that you won't need to buy diapers. However, you'd have to settle for "crap land mines" if you haven't trained your dog very well.

Your dogs may have impregnated another dog or just come home pregnant, but you won't have any problems with its puppies. In fact you can even sell those puppies. Whereas when your teenager has impregnated someone or comes home pregnant, you'll have lots of moral dilemmas at hand.

Raising a puppy has got its similarities with raising a child. In fact, one could even consider that raising a puppy could be the training ground for you raising your own child in the future. Both of them would involve responsibilities, although the latter one involves more. Raising a puppy will help you learn how to be more responsible as well.

Just like a child, you'd love your dog to be a great companion and dependable as well. To make this happen, you'd have to realize that raising properly with proper training and proper owner attitude is the right way. One of the things that you could do is show the dog that you are the boss.

Showing your dog that you are the boss or alpha male will work because your dog always thinks that you are a pack member. That is how dogs view relationship with owners. In the world of a pack, there is always an alpha male.

That alpha male is always the leader that dogs will respect and follow. That alpha dog is like the mayor of our city. The alpha dog is the most powerful among the pack and makes him respected.

That is how your relationship with your dog should be like. Show the dog that you are the boss or alpha male while they are still puppies. If you are not able to show that you are the alpha male, the dog may become aggressive knowing that he or she is free from the powerful leader.

You wouldn't want your puppy growing up to be a brat would you? Just think about it, how you would feel if your puppy is taking over your space or makes you walk him around hours or times you'd hate. They may even bite you in the worst cases.

However, to establish your Alpha male status with your dog, you wouldn't have to lower yourself to their level. You wouldn't have to resolve to physical aggression such as biting or fighting your dog. There are peaceful ways out there to show your dominance.

Dogs will even be happier submitting to a master. After all, that is how they were bred throughout time. They will even gain a sense of security and confidence from following a leader.

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To establish you as a good pack leader without being too aggressive try to see things in the alpha male's point of view. The person can establish him or herself as a good leader by projecting strength through the use of a steady and deep voice, giving rewards when good behavior is present and reacting nonchalant toward situations that makes a dog nervous. To reinforce that you are the leader you should try to make the dog have a lower submissive position.

These things may seem a bit harsh for some. But in reality, that's how things work. Even when raising a child too. You would need to show that you are a person to be respected to command leadership. This training will only be for a time only, and after that time, you and your dog will have a great time together.

Michael Colucci is a technical writer for

– A site that offers free advise

and resources on dog training.



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