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STRETCHING YOUR Outer Limit

By Ed Hirsch

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You can't prove anything to anybody who doesn't want to believe you ... just like you can't attempt to help somebody to improve their circumstances if they won't let you coach them in that direction.

Why would you want to help someone to do this anyway?

The main reason that I do this is because as I help others, I improve myself in the process ... a self-perpetuation if you like.

The word *success* comes from a Latin word meaning "to follow." It's a future-oriented concept. If you don't consider what's ahead when pursuing your goals, you may reach the place where you thought you would find success only to discover that it's not there.

Take for example a quarterback throwing a pass. He has to lead his receiver; to throw the ball not where the pass-catcher is now but where he expects him to be at some future moment. He must be able to improvise: if his primary receiver is taken out of the play he has to target on another before he's thrown for a loss. And he has to move the ball downfield: three completions don't mean a lot if they don't result in a first down.

When you were born, you were blessed with only Good. Being of free will (unless born into slavery), you were given the choice (as you came of age) to create whatever

kind of life you wanted for yourself. Unfortunately, there is a great chance that you *fell into* a world where you observed others who were self-centered, self-delusional and basically demonstrated laziness and lack of ambition. This is prevalent in society.

Your Choice to get on a Success Journey engaged you into a process of expanding your potential for achievement. But in a wider focus, you're also creating for yourself what Maxwell Maltz called a *success-type personality* —one that will empower you to set and achieve goals throughout your life. "When we say that a person has a *good personality*,

Maltz wrote, what we really mean is that he has freed...the creative potential within him and is able to express his real self.... A good personality is one which enables you to deal effectively and appropriately with environment and reality, and to gain satisfaction from reaching goals ... "

The catch is that *environment and reality* today are changing at a faster rate than Maltz could have envisioned back in 1960. To develop a success-type personality means *leading* your self-image, anticipating what skills and qualities will be needed for success in the years ahead.

He used the letters in the word SUCCESS to help to see an easy-to-remember picture of the successful personality ... (S)ense of direction, (U)nderstanding, (C)ourage, (C)harity, (E)steem, (S)elf-confidence and (S)elf-acceptance.

It is necessary to keep your mind filled with forward thinking thoughts ... a process usually satisfied with reading material, planning, note-taking, etc. Don't leave ANY room at ALL for negative thought to creep in ... because it will and destroy your hope for success.

Get your hands on a reading list from someone who has achieved what you want to achieve and keep reading it and more. Learn and apply everything that falls in line with how you see your life 5, 10 even 20 years from today.

Get started today.

Ed Hirschmailto:ed@dreamstyles.comICQ# 55939361 650-872-1024So. San Francisco, California

Driving in the Outer Hebrides

By Steve Hatherley

When you think of the Outer Hebrides, you normally think of sandy beaches, ancient standing stones and lilting Scottish accents. You don't normally associate the Outer Hebrides with some of the best driving in the British Isles...

I certainly didn't expect to enjoy the driving so much when I visited the Western Isles (the other name for the Outer Hebrides) in Scotland recently.

It certainly isn't speed that makes the roads in the Outer Hebrides so exhilarating. In fact, for much of the time I didn't get out of third gear...

The roads are often single track with passing places. And where they are single track, often there are rocky ditches either side of a surprisingly narrow track. If you are at all in doubt of the width of your car, don't drive on the Outer Hebrides!

If the width of the roads wasn't enough, there are other distractions to keep you busy. The first are sheep. There are several times as many sheep on the Outer Hebrides as there are people, and for some reason sheep enjoy standing around in the middle of the road. Lambs are particularly lively and you have to take care when passing.

The other distraction is the often jaw-dropping scenery. Sometimes it's all too tempting to look at the view when you should be watching the road...

The roads themselves are often sinuous, snaking their way through rugged scenery. You can't relax for a moment when you're behind the wheel in the Outer Hebrides.

Fortunately there isn't much other traffic. And while it's always polite to wave to someone who pulls over to let you pass (and return their wave), you quickly find that everyone waves anyway - even where you don't need to pull over. (One chap painting his fence even waved as we drove past.)

The combination of sinuous, single-track roads with awesome scenery populated by obstructive sheep and polite drivers makes driving in the Outer Hebrides such a pleasure.

My top tips for driving in the Outer Hebrides: Make sure you have a car with a good third gear. You'll spend most of your time in third. The B8011 from Calanais to Uig Sands on Lewis is fantastic. The beach at Uig Sands is wonderful, but it's worth going there for the drive alone. If you have a passenger with you, get them to help by spotting approaching cars. An extra pair of eyes can be invaluable.

And although I have now returned from the Outer Hebrides, I have found that I've brought a little of the islands with me: I'm much more patient and polite than I used to be behind the wheel - and that can only be a good thing.

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Steve Hatherley enjoys driving in Yorkshire as well as the Outer Hebrides. He is also a fan of murder mystery games murder mystery games (

) and is a

founding partner of Freeform Games LLP (

)

Driving in the Outer Hebrides

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