

Shhhhhh. LISTEN!

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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!

Shhhhhh. LISTEN!

By Gloria Reibin

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This time it was Tom Hanks' turn.

Bravo hosts a show called "Inside the Actor's Studio," which each week features an interview with a well known actor. No, you won't see the latest dirt hovering around their sexual life, or hear about their fight with the director. Instead you'll learn their insights on the craft of acting.

The Audience consists of students — future writers, actors and directors — currently enrolled in the Masters Program at the New School in New York City.

You can watch the show a hundred times with a hundred different actors. When asked by the moderator "What is the one piece of advice you can give to our students here?", they all say the same thing. "Listen."

Listening is the key to success for the actor, the director, the writer.

Listening, too, is the key to success for the marketer.

Listening is the key to success for the human being.

"You convert yourself from a person who is pretending," Actor Hanks said "to a person who honestly is." Doesn't this remark apply to all areas of life?

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What exactly is listening? Is it a function of the ears? How many times have you had to ask "What did you say?" to someone after the sound waves left their mouth, swept across the room or telephone and pounded on your eardrums? Isn't listening the function of the mind?

The actors will tell you that when they listen with their minds, they'll respond in a different and spontaneous way to the other actors lines even though they already know what those lines will be! Listening involves taking in the face, the body, the environment of the other person. Yes, it includes "listening" to body language.

More than one actor on the program like to tell stories about Jack Nicholson, a master at inducing spontaneity in his co-workers. No scene is ever played the same twice -- even though his lines remain word for word.

Shirley MacLaine told about a scene in "Terms of Endearment" where Jack plays her neighbor. She knocks on his door; he opens it. Simple enough. But everytime she knocked, Jack would make sure that something unexpected would happen. One time he opened the door with a woman hanging onto his shoulder.

Directors need to listen (and that includes watching) their actors. They need to be attentive to everything happening on the set. They need to know when something is right and works and when something goes wrong. They need to listen to their photographer, their lighting people, their crew. Good directors sprouts eyes and ears in every part of their body.

Writers couldn't write without listening -- listening to the way people talk, the language they use, their gestures, movement. All that is a part of listening.

What about the marketer? You've already heard, I'm sure, that you need to fill your customer's needs. How can you do that unless you listen to them?

"The most important secret of salesmanship is to find out what the other fellow wants, then help him find the best way to get it." Frank Bettger said in his classic book, "How I Raised Myself From Failure to Success in Selling."

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Listening is the key to being a successful person. People like to talk about themselves, but they want someone to hear them.

All creative people, all successful people listen, also, to their inner voice. It's the inner voice that takes the cumulative effect of all that outer lifetime of listening, makes sense of it and tells them how to respond, what action to take.

Doesn't it seem reasonable that if you put your attention on others, help them fulfill their needs that your inner voice will be prepared to fulfill your own?

Here's a few things you can do to improve your listening skills.

1. Close your eyes. Spend a few quiet moments just being with yourself. It's a good idea to do this before you start any new task for the day, before you make a phone call, send an email, or write an ad.
2. Each time you pick up the phone, whether to answer it or make a call, remind yourself to stop and listen to the other person.
3. After contact with another person, write down all the things they said to you. Were you really listening, or were you waiting for a break in the conversation so that you could speak? Do you find you weren't sure what they said? You will probably start writing reams as you practice the art of listening.
4. After you've met a person face to face, write down what you remembered about them, their behavior, what they wore, how their facial expressions changed, their body language.

Before long, you will develop a lifelong habit of listening that will win you friends, enhance your enjoyment your enjoyment of life and, need it be mentioned, fatten your wallet.

You'll no longer have to remind yourself to:

"Shhhhhh. Listen!"

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Gloria Reibin owner of Advantage E-Com, likes to help people. Visit her site:
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Listen To Your Body Talk

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If we listen very close our body speaks to us. Our inner voice tells us when something is not right. Our body talks to us in the form of physical symptoms and reveals to us problems within through these symptoms. What we must do is ask the question of what is causing these symptoms our body reveals to us and what needs to be changed to fix the underlying problems. Symptoms need to be corrected and not suppressed.

When we get a headache the first thing we do is reach for a pain reliever, and in most cases the pain reliever then takes the pain away. What we must ask is what caused the pain, which is a symptom of our body telling us of a problem. What you actually got was a temporary fix to head pain, however what caused the pain in the first place is still there.

Several years ago, I sat at my doctors office frustrated to tears because I had a chronic skin condition called Hidradenitis Suppurativa. This chronic skin condition affects the glandular areas of the body in which causes boil type lesions that are very painful. With no known cure or cause of this condition, the doctors I saw could not offer me much help. This is when I knew that I must help myself and find the reason for my condition. I listened to my body by taking a good look at the symptoms my body was using to tell me something was wrong.

This is when I really took a good look at what I was putting into my body on an every day basis. My diet consisted of fast foods and lots of sugar filled snacks. Does this sound familiar to you? If it does then you are in the same boat as I was along with the majority of others. Eventually this diet or lifestyle leads to an illness or disease. It may not be right now but eventually in most cases some sort or illness will strike. It may not be the condition I had however, your body may react differently to your lifestyle and cause a different condition than that of mine.

So what can we do? What we can do is change our lifestyle or eating habits to whole natural foods. We can start now by eliminating refined sugars, hydrogenated oils, white flour products and cut back on red meat if not eliminate red meat completely form our diets, and start eating more whole natural foods like whole grains, fruits, vegetables, natural sweeteners and oils. This is what our body wants and needs to be healthy.

Even if you start by making one change a day towards eating whole natural foods, you are taking a step towards better health and having more energy. Not only will you gain more energy, but also you

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can lose weight in the process. And it works because it is according to nature's laws. Happily eating whole natural foods and correcting my body's balance and function, I was able to heal from the chronic skin condition I suffered with for seven years and in the process lose 70 pounds.

Shhhhhh, listen close, your body is talking to you. What is your body saying to you? Learn to listen close and to give your body what it needs to be healthy. Only you can make the changes, there are no

magic pills, and remember, you are what you eat! What you put in is what you get out. When you fuel your body with whole natural foods, your body will thank you for it and you will reap the rewards.

Good Health To all!

Barbara Collins

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True Natural Weight Loss

<http://www.truenaturalweightloss.com>

Owner of True Natural Weight Loss and author of the ebook "A Naturally Slim Reflection.Educates on the use of whole natural foods for weight loss and healing of disease.



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