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So You Think Things Are Going Rough For You

By Ken Leonard Jr

So You Think Things Are Going Rough For You

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I hope your week is off to a great start...

If it's not and you are feeling frustrated or depressed, I have a project for you that will give you a huge attitude adjustment in about 153 minutes.

What's this all about?

Ray Charles and you.

Unless you are really young or from a remote part of the world, you know Ray Charles. He was one of the most talented and innovative musical artists of our time. As a horn player, I always loved the large bands he put together. I even had the pleasure of seeing Ray live back in the '80s. He was truly something special.

If you are feeling down about the progress (or lack of progress) you are making with your home business, I have a simple prescription for you that will fix your bad attitude and give you a new perspective on life and it's challenges. This is serious stuff, so please stay with me on this.

I saw the movie "Ray" with Jamie Foxx recently. Besides the Oscar winning performance given by Mr. Foxx, there is a huge lesson you can learn from this movie. If you have not had the chance to see "Ray" yet, I am giving you a homework assignment. Set aside a few hours this week and watch this movie (it's out on DVD now). If you have seen it but don't remember what I am about to go over with you, please do yourself a favor and watch it again.

Some people think of Ray Charles as just another successful entertainer. This could not be further from the truth. To say he led the life of a tormented soul would be a huge understatement.

Not only did he battle a life of heroin addiction, racism and blindness, but he had to live with the memory of watching his childhood brother drown in a wash basin right in front of him. Ray lost his sight as a child, but not before living that terrible day. As he watched his brother drowning, he stood paralyzed from the shock of what he saw.

His poor sharecropper mother could only ask him why he did nothing to save his brother. Shortly after his brother's death, Ray lost his sight.

The flashback scenes throughout the movie show vividly how Ray lived with the horror of this day as he got older. Ray's severe depression led to his heavy drug use. The man we know as Ray Charles, respected as one of the most brilliant and successful entertainers of our time, was a complete mess for most of his life. Only when he found the courage to break free from heroin near the age of 60 did he

find true happiness and success.

The movie shows one last flashback (or hallucination) before he reached this point in which he saw his little brother. Ray's brother told him "It wasn't your fault...". That's when he found the strength to kick the drug addiction and change his life forever.

Ray Charles lived his entire life being tormented from within. He struggled for 60 years to have just 20 years of happiness and true success.

Lucky for you, your life will never be such a mess as most of Ray's life was. So when you get frustrated or depressed because you may be struggling to make your dream life a reality, think of Ray Charles. When you are feeling down, watch this movie again. It is very well done and very powerful. "Ray" will help you put your troubles into perspective. What you think is bad in your life is actually not that bad at all. If Ray Charles could get through a life like he had and come out on top, so can you.

Your homework assignment is this...

Go to your local movie store and get a copy of "Ray". Set aside 2 1/2 hours to watch it where you will not be disturbed. Then send me an email the next day, once you've had some time to really think about what you've seen. I want to know how this movie changes your perspective on your own problems and the frustration you may have in regards to building a successful home business.

Please be a good student and complete this homework assignment. It could help you get what you want out of life, whether you have a bad attitude or not. No matter how bad you think things are for you right now, it is really nothing compared to the tormented life that Ray Charles led.

I hope this article helps you to be positive through the ups and downs of building a successful home business.

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Hair Styling Tools

By Stephanie Foster

There are a few things you need when you're styling your hair. Obviously you need a good hairbrush, but some other tools can make things easier too.

A rat tailed comb is very useful if you like hairstyles that involve separating small sections of hair. This can be useful when making some kinds of braids, for example.

Elastics are very important for holding your hair style in place. I strongly recommend you not use actual rubber bands or any elastic with metal. These tend to tear and otherwise damage your hair and just aren't much fun to take out of your hair. Instead, make sure to get elastics that do not pull your hair. You'll find them quite easily.

Alternatively, use a scrunchie. Some people consider these to be very much out of fashion, but I use ones that don't have all that much fabric, a kind of thin scrunchie. These are very gentle on your hair.

Hairpins are also quite useful for keeping your hair under control. You can get some that come close to blending in with your hair or use them for decoration.

Curling your hair isn't the kindest thing you can do to it, but there are times when you just really want that look. Heat is just not good for your hair, so while it looks great you are doing damage to your hair. Also don't blow dry your hair unless it's an absolute must. Get good quality when you choose a curling iron or hair dryer.

Claws can look nice, but they often have rough edges that are really not gentle to your hair. Feel the edges when choosing claws to find ones that are not too rough.

Metal barrettes can also be hard on your hair. They can tear your hair when you take them out.

Hair sticks, if properly made, can be quite kind to your hair. Watch for rough edges, and also see if the decorations are likely to catch and tear your hair.

Stephanie Foster runs

http://www.whylonghair.com/

and has a lot of fun doing so. For more tips on

growing long hair, visit

http://www.whylonghair.com/long−hair−care/

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