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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!**

**Step On To A Larger Stage**

**By Tony Papajohn**

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Shakespeare wrote,

"All the world's a stage, and all the men and women merely players..."

The world as stage is a useful metaphor because the world offers many stages, just as actors can perform in a local amateur production or on Broadway or in a blockbuster movie.

We perform on a stage of the appropriate size and character.

The stage upon which we feel at home represents a kind of uppermost limit to our achievements.

Call this one's comfort zone or level of incompetence, the stage sets our scope and boundaries.

If you aspire to do bigger and better things, you have to get used to bigger and better stages.

If you want to surpass yourself, regardless of the issue, you have to get accustomed to a new and more expansive stage.

This may take some mental adjusting.

If you have lived in a relatively modest-sized home all your life, as I have, you know what I mean.

Say you take a tour of luxury homes or a grand estate that is now a museum.

You look around and realize you have spent most of your life living in an oversized walk-in closet without knowing it.

Maybe you imagine actually living in such a place.

## Step On To A Larger Stage

You imagine reading a book in a room big enough for 30 people and you are the only one in it. And the other rooms, let's say 15–20, are empty except for furniture and belongings.

I hasten to add that the headaches of maintaining such a residence is substantial, but so is the mental adjustment to the bigger stage.

Whatever your current stage, mentally visit a bigger and more challenging one.

Do that often enough and one day, your visit will be in real time.

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### **Staging Colon Cancer**

**By Kyle Greatbatch**

When a doctor wants to evaluate the progress of colon cancer of one of his patients he or she uses a method called Staging. This method is about finding out to what extent the tumor (colon cancer) has spread to the other regions of the patients body. Once the doctors figured out in what stage the colon cancer is, they will develop the best course of action or treatment.

At this point in time the system that is most commonly used for the staging process of colon cancer is called the American Joint Committee on Cancer's (AJCC) TNM staging system. Simply put this system used for staging places the patients into one of four stages.

#### Stage 0

Stage 0 also known as carcinoma in situ or colorectal cancer. In this stage the colon cancer has been detected in the innermost lining of the colon.

#### Stage I

In this stage the colon cancer has already begun to spread. But the cancer is still in the inner lining of the rectum or colon. In this stage the colon cancer has not reached the outer walls of the colon yet. Stage I is also known as Duke A or colorectal cancer.

#### Stage II

In this stage the colon cancer spread more deeply into or through the colon or rectum. Possibly the colon cancer may have affected other tissue as well. In this stage the colon cancer hasn't reached the Lymph nodes (bean-sized structures which can be found in the entire body that helps the body fight all kinds of infections and diseases. Stage II is also known as Duke B or colorectal cancer.

## Step On To A Larger Stage

### Stage III

When you are in this stage the colon cancer has now spread to the Lymph nodes although it hasn't spread to nearby parts of the body. Stage III is also known as Duke C or colorectal cancer.

### Stage IV

In this stage the colon cancer has spread through the Lymph node system to other nearby tissue. This is most commonly called metastasis. The organs that most likely are affected are the lungs and liver. Stage IV is also known as Duke D or colorectal cancer.

### Recurrent Colon Cancer or Cancerous Cells

When doctors talk about recurrent colon cancer they mean that cancerous cells that have already been treated have returned. These cancerous cells could possibly have returned as colorectal cancer but they might as well return in any other part of the body too.

By Kyle Greatbatch



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