

Stop Retiring Now

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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!

Stop Retiring Now

By Cecilia Mazza

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"Income Ideas for Seniors" is a brand new resource available now for retirees and those thinking of their retirement years, and looking for ways to supplement their income. This book is the result of many seniors needing to age in a productive and active way.

Packed with ideas for paid activities and inspiring testimonials from ordinary retirees that are now living fulfilled, this book is intended to help seniors take steps to feel useful and be rewarded for what they want and can do. "Income Ideas for Seniors" has millions of retired men and women in mind and baby boomers that want to age actively, specially as medical advances allow them to live longer and healthier lives. One senior echoed the concern of many others when commenting, "We seniors do not know what is out there". To this end, "Income Ideas for Seniors" has a self assessment section to focus seniors, that are considering their work options, on individual interests and capabilities. The resources available in the book as well as the stories it contains are aimed to improve the situation in this increasing sector of the population, listing activities and providing anecdotes from those that have in the past been in similar situations.

Five percent of the 2004 book proceeds will be donated to the Arthritis Foundation, an agency increasing the awareness of what sometimes can be a very debilitating disease for seniors.

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Motivation Is The First Step To Success

By Dana Goldberg

You will undoubtedly have dreams. Whether you dream of having the perfect house with the perfect car, or you dream of settling down to have a family, even if you dream of retiring by the time you're 40, the one key to success is doing something about it. It may sound obvious but if you dream of retiring before you reach 40 and yet you aimlessly skip from job to job with no hope of progressing a career, it is very unlikely you will achieve your goal.

Set goals and ambitions and write them down on a piece of paper. Make sure that you are always striving to reach those goals. Sometimes it can be difficult to get the motivation you require in order to succeed at your goals but you can use the goals themselves as the motivation you require. Keep your piece of paper on you and if you are beginning to feel downbeat or skeptical about your goals then look at your piece of paper and remember why you are pushing yourself.

Structuring your life in this way, may seem like it loses its spontaneity but that doesn't have to be the case. Find a career you like, set up a business, and have fun doing it but always remember that if a good opportunity crops up you should take it with both hands. It is worse not to try something and not know whether it would have been successful than it is to never try anything.

Presuming you have set reasonable goals you should always be able to see a way to fulfill them. If you set goals that are too difficult you will find it incredibly difficult if not completely impossible to meet your goals. You should try not to alter them if possible, however, we don't know what's around the corner so we can't always plan for it. Don't see this as a failure but take the opportunity to reassess your goals and keep going.

Dana Goldberg is the owner of Improve Life Tips. Find out how to live a healthier and happier life. Get positive thinking and life improvement tips.

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