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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!

Success Doesn't Always Come Easy

By Dave Cole

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On a raw, cold day in the European Alps, Lance Armstrong steered his bike into the sleeting snow, then stopped. His partner riding in the car behind him urged Lance to give it up for the day and return to the comfort of his shelter.

But Lance Armstrong considered himself a winner, and a person who was willing to do whatever it took to accomplish his goals. With the frigid cold and wailing wind biting at his back, Armstrong said, "No, I'm going on."

Hopping back on his bike he rode for seven more hours, in that storm.....alone. Lance was determined, determined to winand win the three week, 2,290 mile Tour de France bicycle race he did!

He won because he was willing to do absolutely anything, including riding in weather conditions when no one else would ride.

Growing up his mother Linda taught Lance a most valuable lesson he never forgot: "Son, you never quit." That lesson was to prove invaluable to Armstrong in 1996.

After winning the Tour Dupont and competing in the Olympics, Lance became ill and was diagnosed with testicular cancer. At one point, his doctors gave him chances of surviving at less than 50%.

Undergoing chemotherapy and even a very risky brain surgery to remove cancerous lesions, Armstrong became physically weak, but managed to stay mentally strong.

He began to set goals of having his blood counts being at levels doctors told him they should be. Lance would actually visualize his counts meeting the doctors hoped for marks. He says, "I would concentrate on that number, as if I could make the counts by mentally willing it."

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Between his efforts and the excellent care of his physicians, it worked. Lance Armstrong was soon declared cancer free!

Racing didn't come easy for him either. His first race in 1992, Lance finished dead last – 111th out of 111 riders. In fact as he was pedaling up the last stretch of the race, the crowds jeered and laughed at him calling him name after name.

Armstrong really thought about giving up the sport, but then his mother's words flashed through his mind – never quit!

One year later Armstrong became the youngest athlete to ever win the World Race Championship held in Oslo, Norway.

Soon after his Tour de France win in 1999, critics accused him of taking performance enhancing drugs.

But Lance proved that wasn't the case by testing clean over and over.

His response to the critics: "Everybody wants to know what I'm on. What am I on? I'm on my bike busting my rear six hours a day!"

Lance Armstrong is a firm believer in setting goals. Big long term goals and small short term goals. He doesn't believe in luck or any of the traditional success acronyms; he does believe in hard work to accomplish what he wants to do and in never, ever giving up or giving in until those goals are met.

Dave Cole
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We also publish a Motivational newsletter, info at:

Your Success

By Frank Schmidt

Success starts in your mind.
Positive Thinking creates the advantage.

Success comes with a good mood.
Listen to your most preferred CD before an important meeting.

Success is increased with a little attention.
Give others something maybe a nice gesture is enough.

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Success comes when your body is healthy.
Body and soul are inseparable.

Success comes with partnership.
Show this others by thinking for them.

Success is also a question of your outlook.
Do not leave it up to coincidence; instead plan carefully from head to toe.

Success is determinant with your security.
Everyone wants to be on the side of the winner.

Success is ruled by your target.
Set yourself realistic but always higher goals then demanded.

Success is a question of stamina.
Stay in the court! Hang in there! (Even when things seem to drift away)

Success is based on systematic work.
Without engagement no success.

Success is predetermined.
Train over and over again all possible situations.

Success is a state of your mind.
Check and if necessary change your old attitude towards others and situations.

Success is also the success of others.
It is no secret how they are successful! Watch them and let them teach you.

Success is the opposite of failure.
Delete the possibility of failure from your mind, since you are successful only.

Frank Schmidt is a seasoned Management Consultant. Over the past 12 years he has worked with multiple Fortune 500 companies to assist other managers improve success ratios and performance within their organizations. Visit his site

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