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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!**

**THE SECRETS OF SUCCESS IN LIFE**

**By Craig Lock**

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I believe some essential qualities in achieving success in life are:

# DRIVE

# PASSION

# ENERGY

# SELF BELIEF and INNER CONFIDENCE

and  
most importantly,

# having a life PURPOSE

HOW to do it?...

Listen to that still inner voice deep within you– your soul.  
Nurture your inner qualities. Focus on your strengths and build on your weaknesses (but also build up your strengths even more).  
Develop strategic relationships where you build teams with people whose skills you lack. Build "win-win" relationships with your complementary relationships, so you all win. To do this effectively, you need to share a common vision of where you are headed.

To do this you need to be an effective communicator in communicating your goals and vision to others. We all need the help of others to move ahead. As John Donne said so well: "No man is an island".

## THE SECRETS OF SUCCESS IN LIFE

N.B.: Have a positive outlook on life. ATTITUDE is the most important ingredient in whether you will be successful. You can do everything else, but without the 'big A', it will be very hard.

Think differently to the masses and let your creative imagination work for you. The human mind has amazing power. Let it find numerous unique business ideas for you, if you only ASK it. Then sit back and wait for the answer to come. There are many lucrative undiscovered business and life opportunities out there, just waiting for you to take action. Be a person of ACTION. Don't just talk your ideas away.

Just be YOU. You are not in this world to live up to anyone else's

expectations but your OWN.

Summary:

The key steps to achieving success in whatever endeavour you choose in life: "ABCDE"

A ATTITUDE

B BELIEF

C COMMITMENT

D A DREAM (+ DETERMINATION + DISCIPLINE)

E ENERGY

+ PASSION

+ PURPOSE

= SUCCESS

To YOUR success

Craig Lock

Craig has studied and written extensively on the subjects of self help, personal success and how to live your dreams... after finding and following his dream for many years (at least he thinks so!). Craig is a writer, who through his various books, believes in encouraging and helping others to find their talents and gifts, to strive for and accomplish their dreams in life – whatever they may be. He truly believes people can overcome seemingly insurmountable obstacles, rise to any occasion and accomplish their entire dream with enough faith and commitment.

Craig LockCheck out my various books\*

at:<http://www.nzenterprise.com/writer/books.html>and<http://www.novelty-gift.com/>

## **Secrets We Keep From Those We Love**

**By Timothy Cole**

Everyone keeps a few secrets from a husband or wife, boyfriend and girlfriend. And people keep their secrets for a lot of reasons. Often people are embarrassed or they are fearful of a partner's hostility or possible rejection.

And research shows that it is in one's best interest to keep some things private, especially when partners or spouses are likely to respond poorly to the truth. Being rejected, scorned, or stigmatized does not help any one work through a serious issue.

But, keeping secrets can also be harmful.

Keeping secrets often prevents people from dealing with the problem at hand. Keeping secrets leads to increased stress, anxiety, and it often makes people think about the issue (event or topic) more frequently.

For instance, people who have a secret crush on someone often dwell on their feelings more than people who are able to talk about their feelings out in the open. More often than not, keeping something secret makes it seem more important than it really is.

Likewise, revealing secrets is very helpful when it is done right; that is, in a safe, non-judgmental environment. Revealing secrets can reduce stress, it helps people let go of an issue and think about it more clearly.

If a secret is bothering you, it really does help to get it out – as long people don't respond negatively or use the information against you.

In fact, research shows that the simple task of writing down a secret, even if no one ever reads it, makes people feel better. Writing a secret down reduces stress – it is cathartic.

With this in mind, we have created a place where people can anonymously reveal the secrets they keep. Maybe you will find that letting go of one of your own secrets is helpful and not so embarrassing after all.

Article by Timothy Cole, PhD. Take a look at the secrets people keep from their romantic partners at



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