

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Taking Over

By Bryan Hall

Taking Over by Bryan Hall

4:49 AM ... can't sleep.

Actually, I've been awake most of the night. I just finally decided to stop fighting it, make some coffee, and make good use of the time.

Why am I awake and back to work when I just made my way to bed a few short hours ago; when my typical sleep pattern is at least 5 hours a night of solid sleep-time?

I'm sick – "under the weather". It's a head cold.

(Excuse me ... I have to blow my nose ... again!)

A few days ago, I was holding my youngest daughter, four years old Gabbi, while she cried streams of tears in pain from her head cold and double-ear infection. I cried with her, feeling her pain and praying with her for the pain to go away and make her all better.

I promised her, my sweet angel-baby, that God would hear our prayers and take her pain away soon. Without her knowing, I also asked God to allow me to take on her pains and ailments, if nothing else ... but to take it away from her, for certain.

Two days later, my left ear started giving me some problems. Another day later, I have a full-blown head cold.

So, I'm awake. It's going on 5 AM. Luckily, I work from home and set my own hours, schedule, etc, etc. My friends and coaching clients are very understanding and loving people. And, luckily, I can recognize a "sign" when I see one manifest like this; it's been time to "shut down" lately ... and I've done so, like it or not. Or, at least, that's how I've chosen to excuse it.

Taking Over

Are you sick right now? If so, do you know why?

The other day a friend of mine was telling me, "I always get sick this time of year. It's like clockwork – once in the winter time, once in the summer time", she said.

"You do", I asked, as if I couldn't believe it. Accordingly so, because I couldn't believe it.

"Yep – it happens EVERY year! Heck, I just plan on it. I know it's coming, so I just make sure I'm ready". And she was so matter-of-fact about it. Unbelievable!

"Whaaaaaaaaaaaaaaaaaaaaat????? You've GOT to be kidding me!!"

"No – I'm not kidding at all. Why are you acting like that about it", she asks. I could tell she wasn't

amused. However, I was ... incredibly!

I went on to explain my thoughts about this to her ... hopefully to her benefit.

Stop for a minute and think – do YOU get sick every year at a particular time? And how many people do you know who say something like this ... and live up to their word?

Scientists can say all they want to about our susceptibility to illness being greater during certain times of the year. That's fine. But I suggest we pay attention to what we're telling ourselves. I mean, come on – if you TELL YOURSELF you're going to get sick – "like clockwork" – then WHAT do you expect to happen?

Think about the people you know. It's fairly common to hear people say something like that – "I get sick this time of year EVERY year". You've heard that before – right? You've maybe even said that before. And what usually happens?

Exactly!

Me? I never get sick. It's a pact I made with myself years ago. I don't have to buy into all that garbage – so I don't. I figure, why waste my time being sick when all I have to do is BELIEVE I don't GET sick?

This time, it's the shut-down thing. Too much overload, from releasing a new ebook to working on another major book project to working with clients to spending hours upon hours in my email program every day and feeling like I'm getting nothing accomplished.

And THAT, my friend, is a list of excuses, too. The very fact is, I ASKED to get sick. I asked – prayed, even – to take on the illness and pains that were affecting my four years old daughter. And I've GLADLY done so, for her sake. She's feeling much better – I talked with her on the phone last night – and Daddy's going to be just fine, too. No worries. Glad to help her out.

So, are you sick? Under the weather? Did you ask for it? Or, worse ... did you promise yourself you

Taking Over

would bring that into your reality ... like clockwork?

If you doubt my philosophy here, just test it out. Tell yourself you're going to get sick. Say it a few times a day or so, out loud and to yourself, too. Then just watch what happens.

How powerful are your thoughts? What are you "sending out" ... and what are you "getting back"?

Here's a little exercise for you ...

Stop right now and write down three things you're thinking about. Jot down the date and time, and initial or sign it. Write a reminder on your calendar to look at that piece of paper in a week; even in a few days will work. Wad up that piece of paper and put it away in a drawer where you can forget about it. Just let it go – don't even think about it anymore.

When the reminder comes up on your calendar, get your crumpled piece of paper and unwrap it. Read it. How many of those thoughts have come to be in your reality?

Are you sick? Did you ASK for it?

Is it NOT that simple??

The next time you feel so compelled to tell yourself you get sick every year at this time – or ANYTHING that will have a negative effect on you in any way – think again. Remember – it's your thoughts that create your reality, your experience of life.

Change your thoughts, and you change your life. Transform your life ... by starting with changing your thoughts.

Be well, have beautiful moments, and peace

Bryan Hall is a Success Coach, motivational expert, author, and networker whose coaching and writing is based on his "Peak Performance ... Peak LIFE!" philosophies and practices, as found in his new ebook (<http://BryanHall.net/peak.html>) by that name. To find out more about Bryan, his book, his coaching, forums, and more, please visit <http://BryanHall.net>

The Benefits Of Taking A College Course Online

By Tawee Subsomboon

There are many reasons why you might want to consider taking a college course online. By far the greatest advantage of taking a college course online is convenience. You can take a college course online from anywhere that has an internet connection. These days, with many wireless notebooks you can connect to the internet from almost anywhere which makes taking an online college course even more accessible. No more sitting in classes or being cooped up indoors. You can access your college

Taking Over

course online from anywhere you want to.

Many people don't think that they can find the time to fit in getting a college qualification with their other commitments. Taking a college course online can be the answer to this problem. You don't have the same fixed schedule to attend classes when you take a college course online. You get to study at your own pace and at a time that suits you. It doesn't matter if you want to do all of your college work in the evenings or at weekends, with a college course online you can do exactly what you want.

Many of the institutes that offer a college course online do not set any time limits for you to complete the course in. This means that you can take as long as you need. If you find that you are unable to study for a few days, weeks or even months there is no problem when you are studying your college course online. You simply start studying again whenever you are ready.

Another benefit of taking a college course online is that a large number of them do not have a formal exam that you have to sit at the end of it. Many of the courses are awarded based on the marks gained in assignments throughout the course. However, if the particular course that you want to take does require that you take a supervised exam to qualify then you will be offered a time and place to suit you.

There are no age limits for people who want to take a college course online. This is ideal for more mature students who don't relish the thought of going back to college and being surrounded by students who are half their age. So if you are 18 or 80 you can take a college course online and obtain the qualification that you have always wanted. You are allocated a personal tutor who is available to help you with questions and help you work through your assignments and will mark your college course online or by post if you prefer. Some courses also have facilities for students to chat to others taking the college course online to exchange ideas and offer support.

Tawee Subsomboon writes extensively on online education for anyone wanting to further their education, His knowledge and invaluable resources fill his comprehensive website with information, resources links and advice.



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!