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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!

Taking the Bull by the Horns

By Lisa van den Berg

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How successful people beat fear.

The first thing to realize is that Fear is all in the mind. We are a product of our perception of reality. Why is it that some people faint at the sight of a cockroach and others consider it a delicacy and eat it?

How is it that we see people being cured of their phobias in a matter of hours? I mean it took an entire lifetime to build that fear and people can be rid of it in an hour or two?

Consider the circumstances of fear. Why is it that a person will do something, in a moment of instinctively protecting a loved one that they would never even contemplate in the cold light of day?

The reason for all of these 'miracles' is that the automatic pattern of our fear is overridden either by a stronger instinct or by conscious reasoning. Therefore we see that we CAN overcome our fears!

It is a matter of breaking down the different components of your fear, into bite size chunks (excuse the pun).

-Feel the emotional response to your fear. In other words, feel your heart pounding, your stomach churning, your hair standing on end and concentrate on the physical feeling. It is said that the body cannot experience the

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emotional feelings of fear while concentrating on the physical effects.

–Concentrate on reversing the physical events. Calm your heartbeat, watch your hairs lie back down and relax your screwed up stomach.

–Imagine how the being that is instilling the fright, is feeling (if applicable) and why they are reacting this way. The youth may be starving and just want something to eat; the snake may be completely out of its environment and lost and scared; the cat may be

protecting its young.

–Sometimes realizing the lack of emotion also helps. The audience have no opinion of you, but are looking forward to hearing what you have to say; whether you come out of your house or not, will not affect the passers–by in the least; fulfilling your career goals will affect only your self–esteem.

–Your emotional involvement and the reasons behind it. Was failure not tolerated in your household, growing up; were you caught in a swarm of bees one day?

–Visualize the result you want to have. Imagine stroking the loving dog; having a smooth, uneventful, turbulence free flight; getting the raise you deserve.

–Think of the tremendous feeling of personal power you will have, when you stop allowing this 'phantom' to rule a part of your life. When you can stand up and shout, ' I beat it and it will never exert an influence over me, ever again!' WOW, what a wonderful feeling.

Using these steps to help you in any fearful or stressful situation will assist you in beginning to gain control over your fears.

Two fabulous goals to strive toward are

–The feeling of accomplishment and pride in your own ability and

–the connection with your inner self. Your body and

mind produce fear reactions in order to let you know that there is something wrong and it needs to be fixed.

Set about 'fixing' your Life today.

Cheers To a Life where Fear is a Motivator as opposed to a Barrier

Lisa van den Berg is the author of `Alleviate Stress - 12 Simple and Easy Ways to Transform Your Life!' Take the free online Stress Test at <http://www.Alleviate-Stress.com/web/ar13> to see how much stress you're under and why you need to do something about it right now!

Car Horns

By Michael LaRocca

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CAR HORNS

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Let's pretend that you live in China. Perhaps not in my neighborhood, but in China. Let's also pretend that, unlike me, you own a car. A Volkswagen Santana, of course. Who do you honk the horn at?

Well, you honk at everyone who's in your way, and who you think is in your way, and who you are passing, and who you think is trying to pass you. Every bicycle needs a honk in case the driver can't see you. Every pedestrian, most definitely, because they're not looking at anything except their feet as they float out in front of you.

Every car does this, and the roads become a constant cacophony of car horns. The noise is such that everybody tunes it out in order to function, so the horns are pointless. Nobody is listening to the horns. But honking them is a habit the Chinese driver can't break.

Okay, now here comes a legitimate reason to honk the horn, an emergency, perhaps some fool walking right in front of your car. What do you do? Flick the headlights. Just how stupid is that? If he can't hear your horn, he sure can't hear your headlights. Of course he can't see your headlights, because he's not looking at you. That's what caused the crisis in the first place. Plus, it's

daytime.

I offer this little tale for authors who wonder why I prefer understatement. Superlatives are your car horns. Save them until you actually need them.

Michael LaRocca's website at <http://freereads.topcities.com> was chosen by WRITER'S DIGEST as one of The 101 Best Websites For Writers in 2001 and 2002. He published four novels in 2002 and has two more scheduled for publication in 2004. He also works as an editor for an e-publisher. He teaches English at a university in Shaoxing, Zhejiang Province, China, and publishes the free weekly newsletter Mad About Books.



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