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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!

Ten Tips To Create A Brand New You!

By Chris Green

Looking to reinvent yourself, to create a brand new you and get even more happiness and fulfilment from life? Here's the first 5 of 10 exciting ideas to help you transform yourself...

1. First and most important of them all, is the attitude to how you approach your new life. Realize that from this point on, you start with a clean slate. Whatever has happened before no longer matters. The past is the past, it has been and gone so leave it behind you. Now is the time for a fresh start. Accept that whatever happens from this day forward is your responsibility. It's solely up to you to take the necessary action to create the changes you desire. A new, happy, exciting chapter is about to unfold. No going back!

2. Change the way you start each new day. Rise one hour earlier and go for a walk, a swim or workout. You could also listen to a motivational audio CD, checkout

www.nightingale-conant.com

for details.

Another good idea is to vary the breakfast meal each day: cereal, yoghurt, fruit, toast, continental, so that breakfast doesn't become a mundane routine.

3. Fancy a change of image? If you're not sure about the styles and colors that suit you best, visit an image consultant. Use Yellow Pages to find one in your area. You could also have a change of hairstyle, have a tattoo, a body piercing or get a tan. But try not to overdo it, either in the sun or on a sunbed.

4. Drop any destructive habits. Smoking, excessive drinking, junk food are the obvious ones, but there's other habits that can seriously restrict your quality of life. Procrastination - continually delaying taking action - is one. Resolve to take action to bring about changes you want. Watching too much television is another. Television is the biggest thief you will encounter in your life. If you let it, television will rob you of over 100 non-productive hours every month. Control how much TV you watch and do

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something more productive instead.

5. Develop an appetite for learning and start a course. There's hundreds to choose from: Computers, languages, design, crafts, art, astronomy, psychology, literature, technology I could be here all day with subjects! As well as courses in schools and colleges in your locale, you'll also find thousands of courses being run over the Internet. Whatever subject you're interested in, you will find a course for it online. However, if you can attend a course at a school or college, you'll get out of your home and you'll meet new people. And there's nothing to stop you doing both, especially now that you've restricted the amount of TV you watch! An extension of this is to start a new hobby: learn to play a musical instrument, stamp collecting, bird-watching, model railways, amateur dramatics, renovate a car or a house, you get the idea I'm sure!

Give these 5 a try over the next month, there'll be five more exciting ideas for you to continue your regeneration next month!

Chris Green is the author of the new book "Conquering Fear", a special program which will show you how to conquer fear and attract greater happiness, success and prosperity into your life. You can learn more about this new book and purchase it at

<http://www.conqueringfear.net>

Creating An Unconscious Brand

By Rachelle Disbennett-Lee, MCC, MS

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Creating An Unconscious Brand

Branding is a big topic in today's business world. Everywhere we look we can see examples of branding. Just think of companies like McDonald's, Coca Cola, and Toyota. These companies work hard to create and maintain their brand images. Branding is actually somewhat of a recent phenomena in business. It was started back with Proctor and Gamble when they decided to name one of their soaps Ivory. Naming the soap proved to be an excellent idea to the detriment of their other soap products. People stopped buying the generic soaps and began buying Ivory. Because of the success of Ivory, P&G realized the importance of branding and began a branding revolution. Moreover, branding is not just for companies; individuals have their own brands too.

You may not think of yourself as a brand, but you are. Most of us do not work at creating a specific brand like the big name products that we have all come to know and love. But, it doesn't matter. We are creating a brand everyday, consciously or unconsciously. Unfortunately, most of us are creating our brands unconsciously.

Everything we do, say, wear, every expression and even things we don't say and do create a brand.

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We cannot not communicate our brand because it is part of who we are. We might have a brand as a trustworthy person, or a good friend, or perhaps something not as positive such as someone who is always late. Our brand is communicated everyday by every action we take.

Stop creating an unconscious brand. Your brand is important because it says who you are and what you stand for. It communicates a great deal of information about you and can help or hurt you. Instead of being oblivious to the brand you are creating, begin taking charge of your brand. Your brand lets others know what you stand for, what they can expect from you and what kind of person you are. Make sure it communicates accurately.

Coach Lee is a Certified Master Coach specializing in working with business owners and professionals in being more profitable and productive while staying sane and balanced. Coach Lee is the publisher of the award winning e-zine, 365 Days of Coaching, because life happens every day. Visit Coach Lee at her websites coachlee.com and 365daysofcoaching.com. True Direction, Inc. Copyright 2003



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