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The Big Fat Lie About "Trying Harder!"

By Jill Ammon-Wexler, PhD

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The Big, Fat Lie...

About "Trying Harder!"

By Jill Ammon-Wexler, PhD

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You've been searching for a way to improve your life. To make your business more profitable...maybe lose weight and buff up...achieve your personal potential...or perhaps build an MLM downline! In short...to reach an important personal goal!

You're on a meaningful quest! But if you're running into problems...it may come from something you were taught as a child!

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Do you remember being told: "Just try harder...you'll get it!"

Well...that advice is actually the worst possible advice to drill into a child's head. Are you surprised to hear that from a success coach? Then allow me to share a true personal story.

I'm sitting in a screened porch in a peaceful little cabin by the shore of Lake Tahoe reading a book. It's a warm late August afternoon. It's very quiet...except for an

irritating "buzz-thump."

I look up and see a large fly desperately throwing itself at the window at the far end of the porch. The fly has staked its life on a doomed strategy: Just try harder...try harder...try harder!

Obviously...the fly's goal seeking behavior is not working! Its efforts hold no hope for success. No matter how hard it throws itself at the glass, it can't escape.

I watch and wonder at the irony of its situation. The little creature has literally staked its life on reaching its goal through determined raw effort! But its very struggle is a trap!

I look over at the open door just a few feet away. A short flight and it could be free. The possibility of a breakthrough was there. It would be so easy. But the fly had made its commitment!

Why doesn't the creature explore its options, I wonder? Why doesn't it try something different? How did it get locked into one doomed course of action? Into just trying the same thing harder and harder. Into just hoping for some miraculous success...in spite of the evidence to the contrary!

The next morning I found the fly dead on the dusty windowsill.

I was reminded of an earlier period in my own life. I had wanted to create a breakthrough in my own life. Like that

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fly...I too had tried harder and harder and harder...until I finally gave up in exhaustion.

Here's what I learned (the hard way):

Attempting to achieve a goal by trying the same thing harder and harder is a dead end approach!

First: The very word "try" indicates you actually expect failure (you're going to "try"). If you already know an approach is failing, trying it harder won't get you anywhere! You'll just fail harder!

Second: Failing again and again does NOT take you any closer to success. All it does is dampen your spirit and damage your self-confidence!

"So," you ask, "How else can I achieve my goals?"

The answer lies in a pulling back and trying a completely different approach!

Think of that fly on the dusty windowsill the next time you find yourself "efforting" to achieve a goal.

Let go...relax...then try another approach! Sometimes just letting go will clear your mind to see a better way of getting what you want.

"Just try harder" will seldom get you to your goal. It's just a big, fat lie that needs to be replaced with more flexible goal-directed behavior!

Plus...flexibility will protect you from discouragement and possible burn-out!

How much would you pay for a month of personal training from a reknown success coach to top corporate leaders? Get Dr. Ammon-Wexler's month-long "Personal SuperPower" course FREE (Sells for \$135 in an exclusive members-only forum.) Your's FREE at=><http://www.ez-lifestyles.com>

Dr. Jill Ammon-Wexler is a reknown successcoach to corporate executives and performing artists. A

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Doctor of Psychology, her advice comes from years of personal and professional experience.

The Gov't Wants You To Be Fat

By Maya Pinion

(Los Angeles, CA) -- The U.S. federal government may actually be encouraging Americans to be overweight, fat or even obese. The Food and Drug Administration (FDA) recommends an adult diet of 2,000 – 2,500 calories daily, with 30% derived from fat. That means, according to the FDA website:

if you eat 2,000 calories a day you can have up to 65 grams of fat per day.

if you eat 2,500 calories a day you can have up to 80 grams of fat per day.

And teenagers (3,000 calories a day) can have up to 100 grams of fat daily.

Thus, according to the federal government, the average person can eat between 65 and 80 grams of fat per day or, if you are a teenager, 100.

Now, if you go to the

website you will see that one Big Mac contains a total of 33

grams of fat. And 2 Big Macs would contain 66 grams of fat, an allowable amount of daily fat.

Therefore, in effect, the U.S. government is telling its citizens (depending on their caloric intake) that it's perfectly OK to have the equivalent of 2 Big Macs or more every day. I don't know about you but if I ate like that I'd gain weight. A lot of weight. I'd be looking in the mirror saying "Hello Chubby!" And then I'd have to force myself to run like 50 miles a day just to lose the extra weight and keep it off.

Based on the FDA guidelines the government must want us all to be fat. And, considering the already overweight population and the epidemic of obesity in America, regarding fat content in our diet it looks like the politicians and health officials in Washington are out to lunch. Perhaps at McDonald's.

Maya Pinion is a freelance writer based in Los Angeles, a contributing editor at News4Net, and a big fan of

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When I Lie Safe In Your Arms

Scales Are For Fish, Not Weight Loss

Fat Loss Supplement

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