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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 Power of the New Year**

**By Mark Susnow**

**The Power of the New Year by Mark Susnow**

THE POWER OF THE NEW YEAR

Every year at this same time we all experience the same ritual. We assess how we did during the year. First we look at our bigger goals and that's the easy part. We either hit our goals or we didn't and we all feel differently about our success. The more difficult part is when we look at our subtle or personal goals which include our relationships, our food choices, our spiritual practices and a myriad of other possibilities. And of course this brings us to the New Year.

In the beginning of the year we are enthusiastic about beginning anew. There is a power and determination that we only experience once a year. We might implement a healthy body program which includes diet and exercise, or we might renew our business or relationship goals.

Whatever it is we usually recommit or expand upon our past goals with new fervor and new power but it's inevitable as the weather changing our most noble intentions encounter resistance. For a while we are able to resist the resistance but ultimately we falter and give in just like in other years and end up modifying our goals and resolutions. If we approach the New Year with the same old attitudes, beliefs and patterns is it really a new year? What we're really doing is giving in to our negative mind. We are letting our negative thoughts run our lives and stop us. It's the nature of the mind that it will always find ways to distract us from our focus.

We will not be able to expand what is possible in our lives until we transform our relationship to resistance. Once this occurs the way we look at goals and resolutions will also be transformed and the possibilities in our lives will be infinite including mastery over our negative thoughts.

Let's make this year have a power that you have not previously experienced. Assume there will be resistance, and assume that it doesn't matter if there is because you know what's on the other side.

You know that not giving in to resistance is the gateway to transforming your life.

A few years ago my son, Josh, brought home a quote from the gym that speaks to me and I think will speak to you. It's about "The Workout" and how a workout is much more than going to the gym and getting exercise. When we look at "The Workout" as a metaphor for life, the possibilities for transformation are infinite. And then the form of the workout doesn't matter.

WHAT IS A WORKOUT?

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A workout is 25 percent perspiration and 75 percent determination. Stated another way it is one part physical exertion and three parts self discipline.

A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind and toughens the spirit. When you work out regularly your problems diminish and your confidence grows. A workout is a personal triumph over laziness and procrastination. It is the badge of a winner—the mark of an organized, goal oriented person who has taken charge of his or her destiny. A workout is a wise use of time and investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is a key that helps unlock the door to opportunity and success. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.

A workout is a form of rebirth. When you finish a workout you do not simply feel better, you feel better about yourself.

There will be continual challenges along the way that will enable you to experience a sense of mastery over your resistant mind. Let me know what it is you discover in this quest to make a daily practice part of your life. To expand upon this opportunity you might want to rewrite this quote using a different word than workout. On a practical level what is your workout going to be? In a metaphorical sense what will your workout represent? I am curious as to what comes up for you and I love receiving your many responses and feedback. Feel free to pass this letter on to the friends in your circle and let them know about the advantages of being on the journey.

Some of you have wanted to know about my other programs and services. In addition to one on one coaching a great way to make the lessons of these letters your natural way of being is through my Ecourses and Teleclasses. In February, I will be leading a powerful and dynamic leadership retreat on the magical island of Kauai, Discover the Leader Within. Hope you can join me. Have you had an opportunity to read my webblog, Journeyon? I love writing it and hope you love reading it. I am expanding what is in this ezine and your suggestions are welcome.

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Mark Susnow, formerly a trial attorney for 30 years is a coach, speaker, and group facilitator. He's inspired hundreds of people to believe in themselves and to achieve their goals and dreams. Contact Mark to discover how you can benefit from coaching and his other programs.

## Wind Energy Systems for the Home

**By Peter Lenkefi**

Is it possible to power a home using wind energy?

In theory it is possible to become energy self-sufficient relying on purely wind energy to power your home, but in practise the situation is somewhat different. You may find that unless you have a small

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house, a large patch of land and forgiving neighbors it is very unlikely that you will become self sufficient off the back of wind energy alone. Most houses would take up to a dozen wind turbines to power their house but by combining wind energy with solar power you are greatly increasing your chances of becoming energy self sufficient.

There's no avoiding the fact that as a whole, people are depleting the already limited stock of fossil fuels that are available to us and we have to act now before things get much worse. By combining two wind turbines and full PV tiles on your roof (it's really not that much more expensive than having your roof tiled normally) you will undoubtedly be able to create enough energy to power your home and maybe have a little bit left over.

Grid tie systems.

Grid tie systems are a vital part of any energy self sufficient home; as well as having all the right equipment to produce, generate and convert your power you should also ensure that you get a grid tie system. This enables you to sell back surplus power to the grid. A grid tie system means that during those times of year when you produce more energy than you need you can sell it back but it also means for the wintry times of year when you may not be producing enough solar power you can buy power back from the grid. This means you are no longer a burden on the stock of fossil fuels.

Make a lot, use a little, make a little.

If you're really lucky and live in an area with get high wind and bright sunshine it might be the case that you will provide more energy over the space of a year than you actually use. In this case the energy you sell back to the grid will provide you with a small profit. After the space of a few years you could find that your wind turbines and your solar panels have already paid for themselves.

Neighbors.

Wind turbines can make quite a noise and anything but the very smallest will become an eye sore. You need to make sure that your neighbors don't mind the noise or the view and you may be best trying to get them to do the same kind of thing.

For more more information about wind energy systems please visit



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