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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 Sound of Success

By Arleen M. Kaptur

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Successful people are everywhere. They are in the newspapers, on television programs, and are being interviewed and their words written down by reporters for all kinds of magazines and journals.

But, how do we know if these "successful" people are really telling us the truth or giving us advice that we can follow and learn from? Watch these people very closely – if they appear apprehensive and ill at ease, that just may be an indication that they are uncomfortable in public situations or it may clue us in on the fact that there may not be any concrete or actual facts to back up what they are saying.

Real successful people appear relaxed and have one point in common. They have the sound of success. Its not in their "actual" words, but the way they talk and react. The sound of success is laughter, enjoyment, and being at ease as well as putting others at ease. They are not afraid of the type of impression they are portraying, because they are real. They are not "putting on an act", they are just being themselves. They shake your hand confidently, and sincerely. They walk with an air of confidence that only comes naturally when you are happy and content on the inside as well as out. They have accomplished what they have set out to do, and they have the right to be proud and happy.

Not all successful people will make headline news and be interviewed by major television stations and talk-show hosts. They don't need this type of exposure to enjoy what they have achieved. All truly successful people are willing to share their insight and knowledge so that others may reach their goals and their pinnacles of ability. Successful people can find joy in simple things and the sound of their laughter is not a mimicking type of facade, but a down-to-earth real-time sound that tells everyone around them that life is good and enjoyable.

Successful individuals take their goals and their strengths and weaknesses very seriously. They can, however, laugh at themselves, but they will never cross the line to ridicule or belittle another. They are true giants in whatever they pursue and undertake. These people face problems and look for solutions. There is no mountain that they feel cannot be ventured over and each morning brings fresh, new opportunities.

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To a successful person, others are their equal, never beneath them. They may be giants of industry or the arts, but they truly listen and lift up everyone around them. Successful people are men and women in every walk of life, different ages, nationalities, and color. They are famous or live just next door. These giants of success are not afraid to lift everyone on their shoulders, so that they can see even further. A child is a vision and an older individual is a beacon of hope. Nature represents balance and the world is an arena of growth and true prosperity. Money, fame, and fortune are tangible and can disappear overnight. Family, friends, and values last a lifetime and are worth their weight in gold. Time spent in truly listening to someone else is quality time and sometimes a simple walk down a woodland path with a friend is a chance to renew strength and composure. Winning an argument to them is not as important as understanding the views of another.

You are successful if you feel successful in the small achievements as well as the larger ones. You are successful if you feel you have all that you need, but you know the difference between want and need. You can share what you have and find that it multiplies in return.

The sound of success is laughter—a ringing, relaxed, I'm enjoying life no matter what it throws at me, type of laughter. Its an I'm glad you're here, that I have the pleasure to know you, and let's work together type of laughter. It's also a can-I-help—you achieve your hopes and dreams, and feel free to climb on my shoulders and see how far the world goes.

To your success—

ENJOY!

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Arleen M. Kaptur has written numerous articles, books, booklets (fiction/non-fiction)

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Different Methods Of Sound Proofing

By Gavin Sanderson

Do you live in a noisy neighborhood? Do you have a loud home theater or band room in your home? Is your office prone to loud traffic noises? If you answered yes to any of these, you may want to look into sound proofing your environment.

Sound proofing is provided by materials that either block sound from entering an area or absorb sound to contain it in an area. Sound is measured in decibels. When you get materials to block or absorb sound, you will see that they have an STC (standard transmission class) rating. An STC rating depicts how much sound decibels the sound proofing material will block or absorb. An example: a normal wall has an STC rating of 20 or 25. This means you can hear normal speech through the wall. If you want the normal speech to only be heard as a murmur, you will need a wall with an STC rating of at least 42.

Now that you understand the STC rating of sound proofing materials, you can learn what means of

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sound proofing are available to you. A rather inexpensive method of soundproofing is to use foam sound proofing materials. The foam can fit in almost any space and can be either 1/2 inch to 2 inches thick. The STC rating of the foam is between 40 and 50. Another mean is to use vinyl sound proofing materials. Vinyl materials have an STC rating of 42 to 55. For floors (such as in the case of multi leveled buildings) you can utilize sound blocking carpet underlays that fit in between the floor levels. Carpet underlays have an STC rating of 29 to 40. Inexpensive metal wall channels are also available. These attach directly in your walls and ceilings. The STC rating for these is 38 to 50.

These are the many different means that you can use to soundproof your environment. The prices can vary depending on how much sound you wish to block and how big of an area you wish to cover. With careful research, you should be well on your way to a more peaceful and quiet environment.

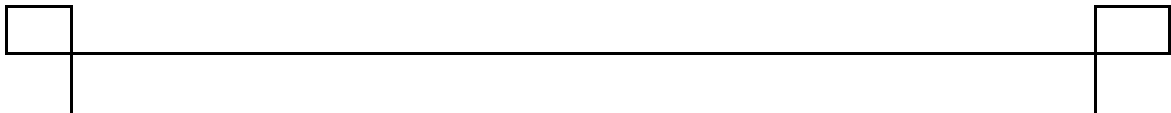
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