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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 Top 10 Rights You Don't Have**

**By Susan Dunn**

**The Top 10 Rights You Don't Have by Susan Dunn, MA, Emotional Intelligence Coach**

1.To have your needs met.

No matter how legitimate you feel they are, or how obligated you feel the other party is to you, it isn't a requirement, and sometimes isn't even possible. Learn to meet your own needs!

2.To feel good about everything all the time.

You can survive negative emotions (they don't last long), and taking your emotional temperature all the time is counter-productive.

3.To be the center of the universe.

There are always other people, and other wills to consider. Be willing to be the trailer sometimes, not the main attraction. It isn't always about you.

4.To have your expectations met.

The lower your expectations, in fact, the better you're likely to feel, because then you can only be happily surprised. Deal with intention, not expectations. How you intend to be, and act; not how you expect things to be, or others to act. You can experience great joy planning a trip. When it doesn't live up to your expectations, be glad you had the planning process! As Eisenhower (US president) said, planning is useless, but necessary.

5.To dish out what you don't want to get back.

Self-fulfilling prophecies are all too often true. If you're bitter and cynical and expect the worst, that's likely what you're going to get. If you expect the best from others, that's also what you're likely to get.

6.Justice.

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Yes, it's supposedly one of your inalienable rights, but that's not always what you'll get in real life. Bad things do happen to good people. However, quite often if you look back on events, you will see they worked out for the best in the long run. While life is not always fair, there is a sort of rough justice out there. It takes perspective, however ...

7.To lie and sleep well at night.

Authenticity has its own rewards, one of them being that you can look in the mirror and like the person you look at.

8.To judge and criticize others and feel good about yourself.

When we judge others, we're asking for the same in return. It's often allied to perfectionism, which is a formula designed to make you miserable. Demanding perfection of yourself or anyone else is a sure-fire way to be unhappy.

9.Unconditional love.

Even Freud said the only true love was that of a mother for her son (he being a son, of course, to a mother.) Aside from that there are always "conditions" to mortal love and that's just something you'll have to deal with.

10.To not be bored.

Your boredom is in your own hands, or rather in your own brain. You must keep generating new experiences and challenges for yourself, and learn to look at old things with new eyes. Your brain needs just the same workout as your body does. Studies are showing we can keep generating new cells and new connections throughout our lifetime WITH the right stimulation.

New toys and new playmates must constantly be sought! Get out of your field, and out of your element often enough to keep yourself interested. It's up to you!

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### **You Have Always A Choice**

**By Rene Graeber**

People often say they have no choice when faced with a dead end. They say they have no choice but to take the one direction available, which is often a wrong one.

## The Top 10 Rights You Don't Have

When they say that remark, they must understand that they have to take the blame for the consequences of what they will do.

However, truth is far from the often-circulated concept that man has no choice.

We do have choices. As long as you have rights to protect, you have a choice. When rights are denied, then so are options. When you let your rights be denied, this too is an option.

Just look at slaves. Most of them obey not out of willingness, but because they have no rights; and thus, they have no choice but to obey. Yet, in another light, it is really their choice that they are slaves. Even not having a choice is still a choice.

Some are willing slaves. They voluntarily throw their rights away because they believe the person to whom they render service to is worthy of treating them as such.

Some simply accept their lot as slaves, and that is their choice. Some refuse to be slaves and choose to assert their rights. All these are choices.

The kind of life you have is the life you choose. You cannot blame anyone for how your life ends up.

For instance, you can choose to live happily or miserably. It all depends on you. If you live a hectic life, that's because you choose to be busy. No one can force a kind of life upon you, not even a superior who points a gun to your head. Every choice has its consequence.

Thus, if you choose to be healthy, live up to that choice. Be healthy. The choice will have to be followed by a decision to be disciplined.

Being disciplined means that you must exert effort to attain and maintain a healthy body. Eat right, exercise right, sleep right, and live right.

Don't blame anyone else if you get sick. Getting sick is a choice. Some people cannot afford to be healthy because they choose not to afford it.

They can spend for something else but not for good health. To be able to prioritize good health in your budget, you have to live a simple life. Every choice entails a consequence, so you have to live up to your choices.

Do you believe that you can attain anything your heart desires? I'm telling you, you can! Rene Graeber uses and teaches will power and mind control for more than 10 years. Visit his website and learn how

to unleash your full potential of your mind – just visit



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