

The power of writing.

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**The power of writing.**

**By Udo Vieth**

The power of writing..

My heart sank as I glanced at the tattered piece of legal size paper in my hand. I remembered it well, I had written it, many many years ago.

It was my dream list:- my list of things and experiences that I wanted to achieve in my life. It was a very long list, with well over a 100 items on it, scribbled in pencil (just in case I changed my mind?).

The reason that my heart dropped only really came with my next activity – ticking off what I had actually achieved. Tears welled up in my eyes, when I realised that I had crossed off all but a handful of the things written there. (Things like owning my own helicopter – duh)

When I originally read about drawing up a list of my desires, in my twenties, I went about it with an attitude of disbelief, but "Hey it can't hurt" and did it anyway.

Now, like being hit with a sledgehammer, it reinforced that this was exactly the same method I had used to attract my present partner into my life.

After having my heart ripped apart by my last partner, my sensibility made me decide to use a totally different approach to relationships in the future.

I could not stand the thought of being hurt again, or ending up in a meaningless non-fulfilling relationship. So I did a very smart thing, I sat down and actually thought about what I wanted from life, and if a relationship with another person was even desirable.

The right person to share my life with sounded great, the wrong person – no thank you.

This left me in a dilemma. And this was the best thing to ever happen to me. I had to sit down and think about what I really wanted from a partner. Not in the sense of getting stuff from them, but the attributes, mental, physical and spiritual etc

## The power of writing.

This is what I did, and you can do too.

Sit down with a pencil and a legal pad make a list of all the human traits that you can think of. At this stage do not try and separate what you are looking for from the list. Merely write down any and everything you can think of, good bad, mental physical spiritual, whatever. It is important to just let it flow naturally from your hand onto the paper. Don't use a computer for this, manually write it down. (There are sound psychological reasons for this, which are beyond the scope of this article)

Likely you will end up with a list of over a hundred items, the more the better. These items would include things like, Doesn't smoke, is sexually adventurous, is slim and attractive, is financially independent, is outgoing, loves sports etc. etc. So it covers pretty much anything.

Next draw two lines vertically down behind the list, giving you two columns. Label these "Yes" and

"No". Now tick off how you feel about the traits you have listed.

So if you are looking for a non-smoker, because you don't smoke, tick "No" for smoker in the list. Work your way down the list from item to item, and tick off whether that was a trait you definitely wanted with a yes, a trait you definitely did not want with a "No" and if it really didn't matter one way or the other, just leave the column blank. When this is complete, you have a list describing your ideal partner. You are now 95% ahead of the game in your chance of ending up in a great relationship.

Glance over your list a few times, and think carefully about your choices. You might want to copy out your list of "Yes" on a sheet of new paper, to have a summary of what you really want.

What you have just done, is actually programmed your mind, to attract into your life your ideal mate. This works. Period. By writing it down, you have actually released the energy into the universe to start acting on your behalf and finding your ideal partner.

A word of warning! This is extremely important. This is such a powerful method, that you need to make 1000% sure of what you ask for. Trust me on this one.

Remember that this method is for attracting the correct persons into your life. There are still other aspects of relationships that are of course vital for long term happiness. Always be aware that any relationship is a two way street. You have to play your part as well.

By using the above, you have put yourself into the game of finding happiness so much more effectively, than you would ever believe. Keep an open mind, and miracles could happen.

Who is Udo Vieth? He is fast becoming an expert on love, relationship, romance, as well as being a qualified EFT and Biofeedback practitioner. He has a website:

<http://www.Toprelationships.com>

with

information regarding all aspects of relationships.

## **Power Words And Phrases**

**By Al Martinovic**

### **Power Words And Phrases by Al Martinovic**

I like to use power phrases when writing sales material. These power phrases add punch to a line or a paragraph and I usually use them to start off a sentence.

You can generally find a lot of "power phrases" when reading good sales copy. I usually keep a notebook nearby so that whenever I come across a line or a phrase that I like in sales material, I write it down for possible future use.

They are also great for writer's block too. When I am stuck in the middle of writing, I'll usually refer to my power phrases, and the next thing I know, the sentences sometimes start writing themselves.

Some examples of the power phrases I use include:

"Listen closely..."

"As you may already know..."

"Now, I don't know about you..."

"Well, I've got news for you..."

"Let me explain..."

"And best of all..."

"In fact..."

"Here's the bottom line..."

"Quite frankly..."

"Now, I know what you're thinking..."

"Take a deep breathe and relax..."

"The answer is yes..."

Power phrases can be used to grab and hold people's attention so that they keep reading. Some may even call these "hypnotic" phrases.

Even single words can invoke a reaction in some people that can be used to add "punch" to your sales material. I call these power words.

Some power words to use in your marketing include:

Free, Powerful, Incredible, Easy, Shocking, Cheap, Revealed, Best, Uncovered, Hidden, Proven, Results, Revolutionary, Profits, Fantastic, Inside, Learn, Enhance, Hottest, New, Improved, Unbelievable, Ultimate, Offer, Master, Scientific, Private, Breakthrough, Save, Guaranteed, Tricks, You, Love, Limited, Special, Secrets

## The power of writing.

You can use power words to add punch to a headline, sentence, a short ad, or whatever fancyes you.

Those are just a few of the power words and phrases that I have collected over the years.

Do yourself a favor:

Another power phrase...?

No really... do yourself a favor:

Always keep a notebook nearby and look out for words or phrases that capture your attention in sales material. Then write it down. If it captured your attention, it's sure to capture other people's attention too.

And over time, you'll have plenty of power words and phrases to choose from when writing your sales material.

They sure make life alot easier...

And profitable too!

Al Martinovic publishes a popular internet marketing newsletter at <http://www.milleniummarketers.com> and runs a successful home business at <http://www.ineedsmokes.com>

The power of writing.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**