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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!

Top 4 Reasons Women Ride The "Emotional Roller-Coaster"

By Dr. Shawn Byler

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1. Women have learned and are in the habit of being driven by the approval of others. Most women allow the expectations of others to define them and therefore making the approval of others is responsible for their happiness. This pattern gives others' the power to make and take your happiness at any time. Approval seeking steals your happiness and doesn't allow you to ever get to know yourself, your wants, your desires, or your needs. A total disconnect. Thus an up and down roller-coaster of emotions. Not a pleasant way to live.

2. Women their achievements define their value. This belief causes several problems. When you believe that you are defined by your achievements, you are unable to feel good about yourself or have strong self-esteem unless you are accomplishing or producing which does not allow for down time, relaxation or free creativity. There is no room for you to just be... you. You identify yourself as results. This way of living allows for little or no joy, peace, or contentment because you are always looking for the next way to achieve. This is very different from healthy goal setting. Attaching your value to your achievements will ensure that you will not exit your emotional roller-coaster.

3. Women believe their children define them. Holding this belief can be very damaging for the parent and the child. When parents (unconsciously) hold the belief that their children define them or give them value, they will act in a way that pressures kids to perform at a standard they cannot match up to. Or parents try to force kids to have goals that the parent thinks is best and disregard what the kid or teen wants. Parents with this belief tie their sense of purpose to their children's results or who they become. This will steal your child's own sense of worth because he/she will only feel good about themselves when they meet your standards and expectations. And quite frankly this is not the unconditional love your child deserves. This is pushing your own agenda on your kids. Children, teens, and young adults need some (increasing as they age) space to figure out what they want and what is important to them! Discover your own identity and allow your children to do the same. Anything else will push your children away emotionally as they grow up. If you depend on your children's results (or your perception of what these results "should" be) you will stay on the emotional roller-coaster!

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4. Women believe that their husbands are supposed to make them happy. Who of you thought when you got married (if you are married), or perhaps moved in with a significant other, that, "this person will make me so happy"? Or if you have experienced a divorce or a break-up, you may have thought, "this person makes me so unhappy". I am simplifying a bit, but the principal is true. The problem with this thinking is that if we allow people to "make" us happy, then at any time that person can "take" our happy. Only you are responsible for your happiness. You must create or develop an inner knowing that you are completely loveable, worthy, and valuable regardless of who is or isn't a part of our life!

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Internet Marketing Is Like A Roller Coaster Ride

By Jo McNamara

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Personally I don't like roller coasters. I'm afraid while riding on one, I'll discover I have an undiagnosed heart condition. I was brought up Southern and nice Southern ladies DO NOT have heart attacks in public. The only exception might be if you're wearing nice underwear ("Don't forget to put on nice underwear in case you're in an accident").

Yet here I am on the roller coaster ride of my life. It's called Internet Marketing.

At the beginning of a roller coaster ride you always have that steep climb to the top. It's the same when you are just getting started in online marketing. The initial learning curve is your steep climb. It's l-o-n-g; it's slow. Some people would like to skip that first part. They just want to get to the top as quickly as they can. They squirm in their seats, eyes fixed at the peak; completely ignoring the breathless scenery all around them. Too few savor the slow ascent; drinking in everything around them.

Then the ride reaches the pinnacle. Wow! You look

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down and you can't even see the tracks. Just a sheer drop. With sweaty hands, you grab on to the side rails, anticipating the ride down. Your heart feels bigger; it starts beating faster.

The top of the ride is like your very first sale. You did it! The slow climb was worth it. It took a while...now you're at the top. It's exhilarating!

Then the roller coaster makes its rapid descent. You feel pressure against your chest.

The descent in Net marketing is when you go days, even months, without another sale. What am I doing wrong? How come I'm not making any sales? You are depressed and feel let down.

Again the l-o-n-g, slow climb up another hill. You

study more; you learn more. You apply what you have absorbed. And once again you reach the top. Only this time the ride down is not so steep and it doesn't last as long.

At some point, the roller coaster ride is over. As nervous and scared as you were when you initially got in your seat, you can't wait to get back on and ride it again.

That's what Internet marketing is. A series of slow climbs to reach the top; exhilarating moments; depressing descents. Peaks and valleys. Successes and failures. Times when sales are flowing and times when you are dumbfounded because there are no sales.

The people who don't make it on the Net are the ones who don't rush to get back on the roller coaster when the ride is over. They rush off looking for another short-lived thrill. The winners are the ones who enjoy the peaks and valleys and can't wait to get back on again...and again...and again. For them, the ride is never over.

"Hold on; hold fast; hold out. Patience is genius."
George de Buffon



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