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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 Ten Reasons To Let Go

By Monique Rider

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The Top 10 Reasons To Let Go

We tend to control or try to hold on to so many issues, people, and situations in our life. Many times we have absolutely no true control over these things or the outcome of situations. Below are ten reasons why we should let go.

1. You will be much lighter

A tremendous weight will be lifted when you stop controlling.

2. You will be able to admit your flaws

By letting go, you will learn that you cannot do, and be responsible for, everything. You aren't perfect – surprise!!

3. There may be someone else who can handle it better

By giving up your responsibility for the person, feeling, issue, etc. – you are encouraging the universe to search for the right person for the job. There may be someone who is much better equipped to deal with it!!

4. Lower your stress level

Control takes so much effort. Why put yourself through the stress?

5. Release negative emotions

When you let go of an issue, a lot of negative emotions go with it: anger, resentment, fear.....

6. Make room for positive things

Letting go frees up room for bigger and better things. Emotionally, you can focus on the positives.

7. Form a great habit

The more you become aware of the importance of letting go, the easier it will be to do it. Once you

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form the habit, life will be much more effortless.

8. Others will appreciate it

When you're not constantly controlling someone or something – you become more authentic and relationships will improve.

9. You find out more about yourself

When you're not busy fixing someone else, you have more time to fix yourself!! You can explore and get to know yourself. Remember, the only thing we can truly control is our own thoughts and actions!

10. Have fun

Once you've established a habit of letting go, you'll see just how much fun you can have with life!!

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Monique is a survivor of adversity! She believes there are blessings in our struggles. Monique is also the owner of Trinity Coaching Services, a company that provides personal development coaching services. In addition, Monique is a competitive bodybuilder, wife, mother, and published author. To learn more about Monique and personal coaching visit:

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Top Ten Reasons To Give Blood

By Michael P. Westhead

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10. Life is give and take. So take a break and give some blood.
9. When you give blood, somewhere in this world you have a blood brother.
8. It's better to give than receive. (Unless you're on the receiving end)
7. It's the only time at work, when you do something good, you get a cookie.
6. It's one of the few things you can do in this world that's free.
5. It's the only time you get to give someone a pint that doesn't cost \$5.00.
4. Action leads to personal satisfaction (And a positive and multiplied reaction).
3. You can't say no if you're A, B, AB, or O.
2. You're wanted whether you're positive or negative.
1. Giving blood creates a Survivor, and that's Reality IV.

Michael P. Westhead is a former Marine and the founder of www.cutthroatcomedy.com

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