

This Free E-Book is brought to you by Natural-Aging.com.

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

"Unshakable"

By Yolanda Shoshana

"Unshakable" by Yolanda Shoshana

Women rock! This year has seen some noted achievements for the sisterhood this year. For starters, there are more women millionaires and billionaires, moving and shaking, thanks to Oprah and J.K. Rowling. Speaking of Oprah, she is making fifty look "fabulous" and an age to look forward to. The film world finally got it together and nominated a woman for best director. It is fitting that the woman should be Frances Ford Coppola's daughter, Sophia Coppola.

With that said, a question should be posed. With the rising number of women trailblazers, why are there new examples of women "asked" to take steps back?

Janet Jackson caused shock waves around the world when her breast made a guest appearance during the Super Bowl half time performance. It may not been the best decision that Ms. Jackson has ever made, but weeks later she is still paying for her mistake. The question that came to my mind is why is it okay for Dennis Franz to show his out of shape bare ass on television? Also, it is impossible to keep up with the media sources that show half naked women or ads with women in erotic and kid like poses. Janet Jackson's breast has created a backlash on women being able to have control of their sexuality. Is a woman in control of her sexuality so evil to the world? Maybe this is one of the many reasons why fewer married women and women in long term relationships are having orgasms. Somewhere down the road women went back to the "men have needs" form of sexual pleasure.

A few huge issues from the women's movement have come back to the forefront. One of the most controversial is reproductive issues. Women from around the country will gather in Washington to march for the rights of women. The statistics show that there are numerous women in danger daily due to reproductive rights. Thanks to "The Apprentice", women in the workplace is a hot topic on the tip of people's tongues. The problem remains that women in the corporate world still find themselves plagued with the same issues, juggling, money, baby or career, the list goes on. With shows like "The Apprentice" it looks as if a woman can use sex at work and get anything she wants. Maybe Martha Stewart did it the wrong way. If memory serves me correctly, she used her mind and not her model looks to create her empire. Some believe she is a scapegoat because she is a woman with as much chutzpah as a man. It is interesting how the old boys from Enron and Worldcom are chilling

"Unshakable"

somewhere, while Martha is being told to admit to being "guilty" and told to apologize for her actions.

No matter what the outcome in these various issues, women will find a way to shine. In any case, I bet on women fighting for what rightfully belongs to them. When times get hard for women, they come together in a defying " oh, no you don't ". Women bloom where they are planted in unshakable ground.

Yolanda Shoshana, "The Woman Booster" is a life strategist for women. She helps women make their dreams their reality. To learn about her email her @ shoshi@shekhinaharts.com or www.shekhinaharts.com

7 Key Steps to Unshakable Confidence

By Steve Brunkhorst

7 Key Steps to Unshakable Confidence

by: **Steve Brunkhorst**

Do you remember that day? Perhaps it was your first job interview. Perhaps you were speaking to a group for the first time. Maybe you were starting a challenging new career or meeting a special person for the first time. Your throat became dry and your knees wanted to shake.

You were about to leave a place of mental and emotional safety. You were putting your skills on the line and taking a risk. If you were successful, there could be great reward. However, self-doubt was trying to discourage you.

Confidence is essential in our lives; without it, we will not make the first attempt to do what we really want. Confidence allows us to move forward despite temporary discouragement. So where does confidence come from, and how can we become and remain confident? Here are seven actions that will help to develop unshakable confidence.

1. Expand Your Knowledge

Gaining new skills for any endeavor – personal or career – is the first step toward confidence. Identify key areas where you need more confidence to be successful. Then expand your knowledge by taking courses, reading books, and attending learning events. Tele-classes are enjoyable and convenient for learning and discussing ideas with a peer group. Continuous learning is essential for maintaining a high level of confidence.

2. Experience Small Successes

Confidence also comes from experiencing small daily successes. They are like rewards for putting knowledge into action. They may not be the final goal. Yet they are important. Even a pat on the back from a colleague or a compliment for a job well done will boost a person's level of confidence. Keep track of each small success you experience. You will begin to feel your confidence grow day by day.

3. Exercise Passionate Faith

Confident people have faith that the Creator has a special plan for their lives. They appear to know inherently that when they follow this plan, they will be successful. If you want to achieve something, you absolutely must believe that it is possible for you. You must believe firmly in your potential. A passionate faith will lead you to find and follow that purpose.

4. Enable Firm Resolve

There will be disappointments and set backs. It is natural to become discouraged at times. However, disappointments are not the end of the road if we view them as learning tools.

Faith in your abilities will lead you past discouragement into a firm resolve. Resolve overcomes

obstacles because it displays patience. Instead of giving up, you will meet challenges by continuing through difficult times. Keep your mind on your intended outcome, not on the obstacles. Think of reasons why you can, not reasons why you cannot.

With time, talents develop and abilities grow. Then you will get a taste of what is possible — a measure of success that leads you forward with enthusiasm. Enthusiasm keeps you fired up to achieve more of those small daily successes.

5. Enlist Expert Help

Enlist the help of experts in areas where you need more confidence. Experts can be found through books, articles, videos, seminars, or via a phone call. A professional coach will help you stay focused on your objectives and hold you accountable for taking the necessary actions to complete your plans.

Confidence also attracts more confidence. Experts will support your plans and offer to help you in tremendous ways if you are enthusiastic and believe in your goals. Moreover, when you show confidence in others, they will show confidence in you.

6. Envision Confidence

Envisioning confidence begins to make confidence real in your experience. Imagine how you will feel and act if you already had the confidence you need for a specific situation. See yourself in your mind's eye, acting with courage and conviction. Hold that picture in your mind, and your vision will start to become real.

7. Expect to be Confident

Expectation is faith in action. Now that you have imagined how confidence will feel, act as if you were already confident. Move assuredly and energetically as you go for your goals. You are now seeing, feeling, and acting in a confident manner. You will achieve what you expect. Expect to be confident, and you will become confident.

"Unshakable"

Give yourself time to increase your confidence by using these actions during the next several months. Get a sheet of paper now, and write down how you will apply each of these actions. They can make a tremendous difference by allowing you to move more quickly and assuredly toward your objectives. Today, you can begin developing an unshakable confidence that will bring you joy and success in every area of your life.

© Copyright 2004 by Steve Brunkhorst. Steve is a professional success coach who assists individuals to achieve their objectives and lead joyous confident lives. Get Steve's popular ezine, Achieve! 60-Second Nuggets of Inspiration, bringing inspirational and motivational nuggets to help you achieve more in your career and personal life. Visit



This Free E-Book has been brought to you by Natural-Aging.com.

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