

Wanted: A Diva for the job of a lifetime!

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!**

**Wanted: A Diva for the job of a lifetime!**

**By Merci Miglino**

**Wanted: A Diva for the job of a lifetime!**

by: **Merci Miglino**

"When I was a child, I always thought the world was mine, A stomping ground for me, full of opportunities. I always had this attitude that I was going to go out into the world and do all the things I wanted to do." -Madonna

So, what happens to the diva or Adonis in us? What happens to the girl or boy who is convinced of their career choices, bold enough to use their imagination, and powerful enough to take risks and survive setbacks?

The world gets a hold of us, that's what. And before we know it, it is all about fitting in, safety at all cost – making ourselves small so others wouldn't feel uncomfortable, rolling up our boldness in favor of security, or what we think is security. In short, we make a trade off.

So what is the very first step in turning our career paths around? It all starts with a perspective makeover. Get rid of that drab black and white, all-or-nothing thinking you wrap yourself in every day! Hit the stage with a new and colorful perspective! We need to fully awaken the child inside of us but with our adult sense of perspective.

See, children are all about the black or white, always and never, all or nothing, either-or attitude. If a child fails to get what it wants they feel as if they are just going to die!!! Which of course we adults know is NOT true. But we haven't leveraged the Diva or divine aspect in us to actually act as if we know this! Your divine self knows that life is NOT either-or, all or nothing...so calling on your inner Diva or Adonis shifts that perspective!

OK so I hear you...how do you go about adopting this new perspective? First write down every reason you can think of for why you don't have the things in life that you really, really want! A new job, a promotion, more money...

## Wanted: A Diva for the job of a lifetime!

Next write down any fears attached to these desires. For example, "I want a great job but I'm afraid to change my current job, or I'm afraid I'll never get the job I want, or I'm afraid I won't pass the schooling or training needed for this position."

Now, identify where you are in all-or-nothing thinking! Underneath every fear, my Divas and Adonis' is a misconception...a perspective that says, "I know the outcome will be bad." But do you really know this? Couldn't it be just as likely that the outcome will be good? Or even better than you thought?

I am not telling you it will always be good...or bad. Somewhere in the middle is where most of life's choices shake out. Being conscious of this perspective is the first step to adopting a true Diva-like outlook...one that says, "I have a 50-50 chance of getting what I want and those aren't bad odds!"

Merci Miglino is well qualified to help you take the next step to accomplish what you want in your professional and personal life. Merci was educated as a teacher and worked as a journalist, paralegal, communications director and campaign manager. She has also been on the front lines of the retail, hospitality and advertising industries. Armed with this background Merci is a noted speaker, trainer and career coach. She is also a facilitator of the Personal Catalyst™, a unique, web-based life and career design tool that inspires extraordinary achievement. As if that were not enough, she has written a book, *From Doormat to Diva© Taking Center Stage in your life*. This woman knows success, personally and professionally, and she knows how to help you find it too.

### **3 Ways To Life Happy And Healthy With Irritable Bowel Syndrome**

#### **By The IBS Diva**

Let me ask you something. What do Tyra Banks, Camille Grammer and Cybil Sheppard all have in common? They all suffer from irritable bowel syndrome - along with about 20% of the rest of the population, according to recent studies.

I'm the IBS Diva. And I say having irritable bowel syndrome doesn't have to be a death sentence. There are ways not only to cope but to thrive and live a happy, healthy life. Yes, I know, it can be a bit embarrassing at times - always searching for the nearest bathroom whenever you go out, getting up in the middle of movies and only eating certain foods.

The IBS Diva doesn't let that get in the way of her good time, though. And you shouldn't let get in the way of yours, either.

Here are the IBS Diva's three simple pieces of advice for coping with irritable bowel syndrome.

1. You're still fabulous, honey. Act like it. Change your mindset about this functional disorder. You're not an outcast. You're a tough, no-nonsense leader. Believe it.

2. Don't stress - just rest. Just like the IBS Diva, you need your beauty sleep. Make sure you get at least eight hours per night. Let your body rejuvenate and heal during the night. Then you can wake up

Wanted: A Diva for the job of a lifetime!

fabulous like the IBS Diva.

3. Keep searching. Even the IBS Diva searches for solutions for irritable bowel syndrome. Let's face it. Having this disorder is no walk in the park. But there are ways to cope and live a happy, healthy life. Search for them while you're on your journey to self acceptance. It can only help.

Honey, you have to look at irritable bowel syndrome as a challenge that you must overcome, not as a death sentence. With the proper mind set and a willingness to try new and effective dietary changes and medical solutions, you can live a healthy and happy life with IBS.

For the rest of the Diva's no-nonsense advice on living with IBS, visit:

. And

remember, the IBS Diva says, "Stay fabulous, baby!"

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



Wanted: A Diva for the job of a lifetime!

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!**