

Watch What You Say!

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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!

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By Rita Ballard

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Everything you say has an impact on others.

I'll never forget the time I was walking through the waiting room where I worked; there was a patient sitting there, looking very unhappy. So I smiled at her as I walked by. On my way back through the waiting room 15 minutes later, she said to me, "thank you for that smile. It brightened my day." A simple little thing, almost unconscious on my part, and yet it meant so much to her.

That was almost 10 years ago, and I remember it like it was yesterday. That smile changed both of us; it had a positive impact on her, and her reaction had a major impact on me. It made me realize how much we affect each other as we move through our individual lives. And most of the time we're totally unaware of it.

During an especially difficult time in my life I was attending a professional meeting, and my supervisor stated to the group that I had a "hardwiring problem." I felt embarrassed, chagrined, and aghast that she felt that way and would say it in front of other people, who were then drawing erroneous conclusions about who I was! For years afterward, any time I had difficulty grasping a concept, I would flashback to her saying that about me, and I'd think that maybe it was true. Maybe I wasn't like others, maybe I just didn't "get it."

Words are very powerful. They can affect you long after they've been said. They can change the way you see yourself. Words can be bullets or shelters, rocks or loving arms.

"I hate you." "I'll take care of it for you." "You are so stupid." "You're the best thing that's ever happened to me." These are simple statements, but each is full of potentially life-changing meaning. You only need to put yourself in the shoes of the listener to know how these words could impact your life.

Just think, these kinds of things are spoken every second. With every syllable that comes out of your mouth, you literally have the power to greatly enhance another person's self-perception, or destroy it.

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Some people are seemingly oblivious to the power of their words. They spout and spew, apparently never stopping to consider what those words are doing to the listener. They feel justified in "telling it like it is." I doubt that we are ever justified in purposely and thoughtlessly causing harm to another with what we say to them.

The absence of words can also have an affect. When someone does not reply to something you've said or asked, it is impossible to know what that lack of reply is really saying. Do they just consider what you've said to be totally unimportant? Are they too busy to reply?

When I was just starting out in my business, I emailed someone who had the same type of business and asked her questions about how she got started, and what was helpful for her in getting clients. I

never did hear back from her. That made me think that she just didn't want to bother with a "newbie." She'd had the opportunity to help someone else, and possibly to further her own career by generating referrals, just by being helpful. But her lack of response made me decide that she was not someone I would recommend to others.

Be careful what you say. Think about the impact your words will have. Words change people's lives.

Rita Ballard, GVA, CHThealer's Helper www.healershelper.com Virtually Restoring Balance, One Task At A Time!

The Complete Guide To Buying Watches

By Paton Jackson

As a big fan of watches in general and luxury watches in particular, I have decided to write this short guide to help you buy new watches.

I am a fan of discount Seiko watches - I have a Seiko sporture watch, a Seiko body movement watch and a Seiko kinetic relay watch. All purchased in the last six months or so. I know most of you are less compulsive about watches so I have written this five steps guide to normal people:

1. Why do you want a new watch? What are the uses of the watch?

Your answer will determine which kind of watch you should look for. For example, If you are diving, I would suggest you get a Seiko diving watch. If you are a businesswoman, I would suggest you get a ladies Seiko watch and so on. Yet, you must know that watches can do much more than telling the time nowadays. Modern watches may even have a GPS or a MP3 player embedded inside them. Some watches are actually mini computers.

2. How much money are you willing to spend on your new watch?

I would not suggest you to spend thousands of dollars buying a luxury watch (Rolex watches, TAG Heuer etc.). I do not think that luxury watches are a symbol of a person's success. I think one of the

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discount Seiko watches should fit everyone's budget.

3. Are you looking for an automatic watch or a quartz watch?

The difference, by the way, is that an automatic watch does not have batteries - it is getting charged by the physical movement of the wrist. I personally prefer automatic watches like the Seiko body movement watch and the Seiko kinetic relay watch.

4. Which firm should the watch belong to - Seiko, Swatch, Rolex, Omega or maybe a Replica watch?

You may have noticed that I am a big fan of Seiko. Seiko watches are the most reliable and have the quality of expensive luxury watches.

5. Where should you buy your new watch?

Definitely, buying watches online is much more worthy. The only question is in which online store.

Our experts made a research to find the best online watches store. Find the results on

. Find more valuable web content on



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