

What Are You Going to Inoculate Yourself Against in 2004?

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!**

**What Are You Going to Inoculate Yourself Against in 2004?**

**By Susan Dunn**

**What Are You Going to Inoculate Yourself Against in 2004? by Susan Dunn, MA, cEQc, The Emotional Intelligence Coach™**

Ever wonder why there's a new flu vaccine every year? That's because the flu virus mutates a little every year, in order to infect us better, and we have to come up with a new vaccine to keep ahead of the game.

The virus keeps evolving so it can do us in, and we keep trying to find new ways to combat it. There is no such thing as a permanent "flu" vaccine, and there never will be.

Getting the vaccine makes us resistant to that particular strain, or resilient. We're likely to stay healthy and be able to fight it off, or to get over it quickly if we get infected.

Resilience is an Emotional Intelligence competency and the same principle applies: when we learn the skills that give us resilience, we're better able to cope with the stresses of our lives. Today more than ever, the stressors are changing rapidly, and we need to be able to change quickly too; to keep injecting ourselves, as it were, with new "vaccine." Emotional Intelligence gives you the power to do this.

Last year maybe it was a layoff, a forced retirement, depression, or sending your firstborn off to college. This year it may be major surgery, marriage, a promotion, or having your first child. Learning Emotional Intelligence competencies will make you better able to cope with whatever comes your way and will assist you through all your transitions.

The quicker we can change, and adapt, the more resilient we'll be!

Start the year off right by honing your Emotional Intelligence competencies. Take an EQ Foundation course, and work with a certified EQ coach.

Your health depends upon it!

## What Are You Going to Inoculate Yourself Against in 2004?

©Susan Dunn, MA, cEQc, The EQ Coach™, <http://www.susandunn.cc> . Bringing the power of EQ to your life through coaching, distance learning, eBooks and Special Reports. Take The EQ Foundation Course ( <http://www.webstrategies.cc/Equcourse.htm> ) and start building your Resilience. Mailto:[sdunn@susandunn.cc](mailto:sdunn@susandunn.cc) for FREE eZine.

### **Smallville (Season 3) DVD Review**

#### **By Britt Gillette**

Premiering in Fall 2001, Smallville centers around the life of a young Clark Kent in the years that lead up to his transformation into the Metropolis savior and hero Superman. After a number of TV versions of the superman's life since the comic book character first appeared, Smallville manages to set itself apart from the rest of the field by focusing on the earliest year's of Clark Kent's life. With a rock solid cast and stellar writing, the series is one of the more popular shows on television today, establishing itself as one of the WB network's most profitable and beloved programs ever...

The Smallville (Season 3) DVD offers a number of exciting episodes including the season premiere "Exile" in which Clark Kent engages in a massive crime spree in the Metropolis (having been transformed by the effects of red kryptonite). Meanwhile, Lex Luthor must grapple with his own conscience while secluded on an island, and Jonathan Kent frantically searches for Clark, going to great lengths to obtain the power necessary to end the ill effects of the red kryptonite... Other notable episodes from Season 3 include "Magnetic" in which a mysterious newcomer to Clark's school exhibits special magnetic powers (including the ability to attract Lana), and "Hereafter" in which Clark's discovers that his classmate Jordan can see into the future, prompting a prediction that Lana will die in the next few days...

Below is a list of episodes included on the Smallville (Season 3) DVD:

Episode 45 (Exile) Air Date: 10-01-2003 Episode 46 (Phoenix) Air Date: 10-08-2003 Episode 47 (Extinction) Air Date: 10-15-2003 Episode 48 (Slumber) Air Date: 10-22-2003 Episode 49 (Perry) Air Date: 10-29-2003 Episode 50 (Relic) Air Date: 11-05-2003 Episode 51 (Magnetic) Air Date: 11-12-2003 Episode 52 (Shattered) Air Date: 11-19-2003 Episode 53 (Asylum) Air Date: 01-14-2004 Episode 54 (Whisper) Air Date: 01-21-2004 Episode 55 (Delete) Air Date: 01-28-2004 Episode 56 (Hereafter) Air Date: 02-04-2004 Episode 57 (Velocity) Air Date: 02-11-2004 Episode 58 (Obsession) Air Date: 02-18-2004 Episode 59 (Resurrection) Air Date: 02-25-2004 Episode 60 (Crisis) Air Date: 03-03-2004 Episode 61 (Legacy) Air Date: 04-14-2004 Episode 62 (Truth) Air Date: 04-21-2004 Episode 63 (Memoria) Air Date: 04-28-2004 Episode 64 (Talisman) Air Date: 05-05-2004 Episode 65 (Forsaken) Air Date: 05-12-2004 Episode 66 (Covenant) Air Date: 05-19-2004

Britt Gillette is author of The DVD Report (

), a blog where you can find

more reviews like this one.

