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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!

What You Lead With, You Are Valued For

By Stanley J. Leffew

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Leading-with-the-body!

We see this phenomenon all around us. Cleavage, short skirts, body piercing, sensual tattoos and suggestive conversations clearly show that ours is a culture saturated with a mindset that life revolves around our sexual appetite.

Oh, for the innocence of days gone by before we lost our ability to blush.

Are we confusing desire and longing?

A Britney Spears music video at 2:00am may awaken desire, but it does nothing to satisfy the cry of the human heart for intimacy, love, acceptance, compatibility, oneness and commitment.

Our site message is that the human heart longs to be wanted for a lifetime of nights and not just a night of a lifetime. Are we selling this longing short?

Stop and think for a moment.

Have you noticed that marriage is universal? Have you noticed that marriage isn't a hard sale at all? We don't have to go to any country in the world and hold seminars explaining what it means to get married. From the most populated nation in the world, to the most remote, the human heart longs for and desires to connect.

So, it really shouldn't surprise us when we hear that Jennifer Lopez may be married again. The human heart longs to connect!

Let me bring some closure to all this with a question.

If I mention the following names, what comes to your mind?

What You Lead With, You Are Valued For

Pamela Anderson
Britney Spears
Hugh Hefner
Larry Flint

That's right, leading–with–the–body!

What we lead with is what we are valued for. If we lead with the body, we are valued for the body. If we lead with the mind, we are valued for the mind. If we lead with the spirit, we are valued for the spirit.

What do you want to be remembered for?

Are you living for desire or are you living for longing?

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Stanley J. Leffew is the author of, "How To Be Wanted For a Lifetime of Nights and Not Just a Night of a Lifetime." His Website is based on this same theme and refutes the societal lead–with–the–body approach to relationship building. His Site's unique Newsletter takes its readers into, "The Coffee Shop of Make–Believe", for life and relationship empowerment. The Coffee Shop is OPEN at <http://advice–for–lifetime–relationships.com>.

The Self Appreciation Enhancer

By Peter Murphy

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Do you like receiving compliments? So do I! And when someone does pay you a compliment do you enjoy that wonderful glow that only comes with feeling appreciated and valued by another person?

Very often when you are talking to people what you really want deep down is to feel significant, liked and important. Consequently you watch what you are saying and are careful not to say the wrong thing. This in turn can mean that the way you express yourself is stifled and constricted.

What if there was a better way? What if you could feel better about yourself and at the same time express yourself with greater freedom?

What you need is the Self Appreciation Enhancer!

What You Lead With, You Are Valued For

All you need to get started is a mirror, some memories and a few minutes.

The Self Appreciation Enhancer:

1 Wear clothes that make you feel good about yourself

2 Stand in front of a full length mirror

3 Close your eyes and go back in time to an occasion when someone paid you a compliment. Recall what this person said and hear the words in your ears. See what you were seeing at the time and notice how you felt. Imagine that you are stepping back into that experience.

As the feelings of appreciation and the sense of being valued build – open your eyes and look yourself in the eye in the mirror as you bask in these pleasurable feelings.

As soon as the feelings fade close your eyes.

4 Repeat step 3 by picking a different memory to indulge yourself in.

By using this approach you can quickly feel great about yourself

and as a result you will express yourself with more confidence and with less concern for the approval of others.

When would this process be most useful to you?

- * Anytime you are not feeling good about yourself
- * before an important meeting
- * in preparation for a job interview
- * after getting severely criticized for your abilities or actions

Go on, give it a go and enjoy feeling deeply appreciated and valued.

Peter Murphy is a peak performance consultant. He recently produced a Five Day Persuasion Skills Mastery ecourse. To signup for free, just send <mailto:5daypersuasion@sendfree.com>

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