

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!

Who Do You Trust?

By Arleen M. Kaptur

Who Do You Trust? by Arleen M. Kaptur

Experts abound in every phase of business. There are those that have achieved, have built from the ground up, and there are those that wish they had, but are willing to share their knowledge anyway.

If you are looking for expert advice, there are sites ranging from A to Z and everything in between. Everyone at some point feels they are an expert in their chosen field of endeavor and they all want to share their expertise and knowledge. So, who do you listen to and what advice do you take to heart and use?

This is not such a simple question to answer. You can always learn something from everyone. Each individual has had unique experiences, and has learned and grown from whatever it is they encountered. Their advice, however, may be one-sided- their version. Advice can be helpful, or it can be vented anger or frustration coming from someone who tried and failed. So what do you do with an uncertainty such as this?

Read, read, and read more. You will notice a pattern to certain individuals. They will give you facts, from their view point, but there are no actual "facts" to back what they are claiming. There are no concrete numbers, or value attributed to their advice. These you can take with a grain of salt, but they have taught you something as well. You know what to look for, you are more selective in what you choose, and you are beginning to separate the chafe from the grain.

Individuals who are well-known are also not necessarily the best teachers. Many times these giants of industry or business forget how it was in the beginning. They take for granted that you know the baby steps and are just ready and able to take the plunge. Many times success gives someone the ability to see the future but they forget many of the steps that it took to get to this point. Learn what you can and continue your investigation into finding out step by step what it takes to succeed in your field and to learn from the masters. You cannot, in one lifetime, learn what ten or twelve other people learned in their lifetime. You're just one person, with twenty-four hours and you need to do the best you can with what you have. There is absolutely nothing wrong with asking questions or seeking advice. You will learn the most from those who have been there, achieved, and now feel secure enough in what they

Who Do You Trust?

have done to offer expert advice and skill training.

Leaders are usually hailed as giants of their chosen fields. A giant can be gentle or it can be an ogre. Look for those whose values match yours, who are willing to take a beginner by the hand and lift them on their shoulders of greatness. In other words, these individuals still want to see further into the future of life, but they are only this tall. By adding you to their shoulders, your view is greater and more grandeur. These successful individuals know that they can learn from you, even though you are still feeling your way around. By sitting on their shoulders you have a pinnacle view and can tell them what you see and how far your vision is. The young can learn from the old, and yet, the old can learn a lot from the young. Beginners have new insights, visions, and creativity while seasoned individuals can advise as to what to avoid and what stones to skip across. There is no one that has absolutely nothing to offer someone else. There is not one person you will ever meet that you cannot learn something

from. The ripples in a pond are not contained, They reach out further and further into a never-ending circle. When you throw your pebble in the water of internet marketing and business online, there are concentric circles that can join yours, and these circles will widen to an even greater width and depth. Also, as you trudge up the hill of learning the basics, try and remember them so that you can help another. You may just be the lifeline they need to call upon when all hope is gone and they are ready to throw in the towel. Others are there for you, so return the favor someday.

ENJOY!

©Arleen M. Kaptur 2002 July

Trusting Yourself and Others

By Yasmeen Abdur-Rahman

How come, as women, we always second-guess ourselves? Are we not confident to choose a mate that has the characteristics of what we yearn for or start and operate a business that we have a passion for? Who can you trust?

For most of my teenage and adult years, I'd sit in front of my computer going over a wish list of things to accomplish before growing old. Unfortunately, others tried to degrade my dreams, dissolve my opinions, and demean my competency. My self-esteem was not as high as it should be after achieving numerous awards in high school and business school. Despite the ongoing negativity from nay-seers, life goes on. Can you relate? There is always someone lurking in the wind saying who does she think she is?

Trusting yourself to others is tough if you grew up around negative individuals. Did you grow up around people that never expressed their thoughts openly and honestly? Again, whom can you really trust?

Trust is a five, letter word but it has many definitions. My definition of trust is: having faith, belief and conviction of someone or something. Trust is a word that carries the weight of a dump truck.

In our personal lives, we trust our husbands, boyfriends, family and friends. We trust that others will

Who Do You Trust?

love us and treat us with dignity and respect. We trust that they will support and appreciate our thoughts and beliefs regardless of their personal beliefs. We trust them with our hearts and inner thoughts. If that trust were broken, whom would you go to confide your thoughts to?

In our business lives, we build relationships with other entrepreneurs in order to grow our businesses and become successful. We meet people from different cultures and industries that we trust will support us in our endeavors. However, when we mistrust a business partner, we tend to build a wall around ourselves because that hurt is like losing a good friend.

How many people do you trust with your inner thoughts? Take time out to keep those that are trustworthy in your circle by planning monthly outings, weekly phone chats, or create and deliver handwritten letters. Since its hard establishing trust in your life, it would be beneficial to acknowledge why you became trusting in the first place. More importantly, trust in God first and man second.

This article was written by Yasmeen Abdur–Rahman, Lifestyle Entrepreneur Coach and owner of The Brownstone Workshop in Cary, North Carolina. For a free consultation, contact Yasmeen at 919–319–6271 or via email

and view a detailed description of all services

at

.

Trusting Yourself and Others

Deed Of Trusts vs. Mortgages, Which Is Better?

Trust

How To Make Sure Your Customers Still Trust You

How To Build Trust and Sell More Products!

E@sy List Cleaner

Super Charged Linking

Blogs and RSS Revealed

Profitable Crafts Vol 4

Baby's First Year –What Parent Needs To Know

Who Do You Trust?



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!