

A hand is holding a tablet. On the tablet screen, there is a stack of approximately 15 books of various colors (blue, red, yellow, white, black). Overlaid on the books is the title 'Blog Book' in green and 'Be Have Social' in light blue. The tablet has a dark grey interface with several buttons: 'PREV PAGE' and 'NEXT PAGE' on the left, 'HOME', 'NEXT PAGE', 'MENU', and 'BACK' on the right, and a virtual keyboard at the bottom. The background is black.

Blog Book

Be Have Social

George Philip Birney

BlogBook: BE HAVE SOCIAL

BY

George Philip Birney

INTRO

Welcome to this blog-book. It is not a story, so it has no beginning and no end. Just a bunch of short postings, on the internet known as blogs. So, in case you have no access to my non-existing website content (I deleted all), here goes. Enjoy!

Table of Contents

INTRO	2
WELL-BEING.....	3
FEELING.....	198
SOCIAL.....	258
DATING.....	320
RELATIONSHIP.....	545

WELL-BEING

Title Content Well Being: Five Foods That Fight Flab

While on a weight loss plan, it can sometimes be difficult to decide what foods to eat. If you're attempting to change your diet for the better, you should consider adding foods that fight flab. Each of these foods packs a high nutritional punch and a low calorie count. Most contain essential nutrients – some even have necessary fats. Imagine that – fat on a diet! Let's learn what foods to add if you want to truly supercharge your diet and burn fat quickly.

1. Oatmeal

This whole grain is truly a nutritional powerhouse. Oatmeal is high fiber and low calorie. It is also very filling. Add a serving of oatmeal to your breakfast, and boost your calorie burning power. Be sure to use plain cooked oatmeal. Flavored instant oatmeal is packed with sugar, preservatives, and artificial colors and flavors. Stick to real oatmeal – steel cut oats if possible.

2. Leafy Greens

Leafy greens are packed full of fiber as well. These low calorie, high nutrient vegetables are a great filler food. Add a salad as an appetizer before your lunch or dinner to help you feel full. Choose deep green leaves such as spinach and romaine lettuce. Avoid iceberg lettuce whenever possible – it has very few nutrients.

3. Olive Oil

Olive oil is a great fat to add to your diet. Along with carbohydrates, proteins, and other nutrients, your body needs healthy fats to function properly. Sauté veggies in olive oil, drizzle it over your salad, and spread it on bread. Adding healthy fats to your diet will help you reduce cravings for fat and make it easier to cut out the junk food.

4. Nuts

Nuts are another way to add healthy fats to your diet. Nuts and nut spreads add fiber and help you to feel full. Adding healthy fats to your diet is a great way to avoid unhealthy foods, as you'll already feel satisfied.

5. Beans

Beans and legumes are a cheap, healthy food. They are packed with fiber and essential vitamins and minerals. Bean dips and spreads can be a great substitute for high fat dips for veggies or baked chips.

As you adjust your diet, be sure to add some of these power packed foods. Each is low calorie and contains high amounts of essential nutrients. As you choose, look for low calorie, high fiber foods. These are good ways to feel satisfied without eating excess calories.

This article is for informational purposes only. It is not medical advice and should not be used or interpreted as such. You should always consult a medical professional before making drastic changes to your diet.

Well Being: Eat Well And Lose Weight

It's kind of funny, in a sad sort of way, that the number of ineffective, short-lived fad diets continues to grow. And they grow despite the fact that they don't work, at least not as a long-term solution to losing weight. So, what are you supposed to do if you want to lose weight? Eat better.

Yep. That's it. Eat better.

Okay, seriously, it wouldn't be much if that's all I said. I believe we all know, deep down, that we need to eat better if we stand a chance of shedding those extra pounds. Don't worry, this is going to be as common sense as it is easy to follow. No fad diet nonsense, just what works.

Food is nothing more than fuel for the body. It contains the vitamins, minerals and calories we need to survive. We only get in trouble when we eat too many calories without burning them off. Some foods are better than others, but nothing is forbidden. Here's how you can use food to put the odds of weight loss in your favor.

Start the day with something to get the internal furnace started. That means eating breakfast. There is no reason to skip breakfast. It takes virtually no time at all to grab a piece of whole-wheat toast and spread some peanut butter on it, then wash it down with a glass of orange juice. Or boil up some eggs for the upcoming week. Then have an egg, a banana and a granola bar. Even a ready made breakfast shake is better than nothing. The trick is to get your body use to burning calories for the day.

Now that you have your metabolism fired up, you need to keep it going by snacking. A light snack every two hours is all it takes. A small handful of nuts, some carrot sticks with non-fat yogurt, or a protein bar, are good choices. Regular snacking will prevent you from experience mid-afternoon burn out, too.

So, now it's lunchtime and you're feeling great! You're eating food you like and you're not hungry. Let's keep going with turkey breast on whole-grain bread, romaine lettuce, tomato and a smear of mustard. Add a veggie-rich salad and a small glass of juice or skim milk and you're all set.

Don't forget your two-hour snack break.

For supper try some baked salmon brushed with olive oil and a squeeze of lemon. Include some fresh veggies of your choice (bake them with the salmon if you like), and a cup of homemade soup. Yummy!

Remember to eat your next snack.

As you can see, this is all reasonable, simple eating. Food is there to keep you going, and it needs to be tasty, too. Remember, nothing is off limits. If you must have some ice cream, just keep the portion under control. Make it a habit to increase the better foods, and eat less of the not-so-good ones and you lose weight fast. Faster than you may have thought possible.

Well Being: What to Know About Weight Loss Products

“What to Know About Weight Loss Products”

There are a lot of weight loss products that offer that fast weight loss results, however, are these really guaranteed? Could these products live up to their assurance of a fit body?

In US, there is an estimated 50 million people who try to lose weight, unfortunately, only 5 per cent are successful. One thing's for sure, beware of fraudulent claims and extreme high cost because there is no magic to losing weight.

Samples of weight loss products in the market nowadays:

- Diet Patch – this was already removed since 1990's by FDA since they were proven ineffective.
- Magnetic Diet Pills – allegedly flushes out fat, but not.
- Guar Gum – causes internal obstruction.
- Electrical Muscle Stimulators – no proven effect.
- Eyeglasses that Suppress Appetite – These claims that the projected image on the retina decreases appetite. No proven fact.
- Weight loss earrings – through acupuncture, suppresses appetite.

There are also examples of weight loss products:

Diet drinks that are mixed with beverages or food are used as meal substitutes. A downside of this is that once a person stopped taking the drinks, they would eventually regain the lost weight after a short period of time due to feeling of emptiness in the stomach. Another is diet supplements and medicines that also don't work long-term. Over-the-counter pills that compose of phenylpropanolamine hydrochloride may raise blood pressure and palpitation. Ephedra on the other hand can cause serious side effects such as heart problems, seizure, stroke, and even death. E.g.:

§Herbalife Nutritional Program – good as two meals, dieters may rely on shakes and follow artificial dieting methods and just don't want food to work into their lives.

§Mega-Thin 100 Formula – Its formula contains an anti-fat weapon, however, diet is not emphasized that's why it's concluded that it has an appetite suppressant.

§Nestlé's Sweet Success – recommended to take three times a day and it does not promote healthy eating habits. Weight loss is difficult to maintain once intake is stopped.

§Ultra Slim Fast – this plan requires regular exercise but does not teach good eating habits.

§Diet pills with Ephedra and PPA – many of these have enclosed diet plans. Slimming can come from the diet plan and not the pill intake and there are risks of adverse side effects.

§Chitosan products – contains fibers which were taken from shellfish that may cause diarrhea, bloatedness, and gas. This will only work if a low fat diet is practiced.

§Chromium Supplements –claim that products will lower blood sugar, body fat and cholesterol but causes anemia and even memory loss. Studies show only minimal or no beneficial effect at all.

§Green Tea Extract Products – known as strong anti-oxidants that help lower cholesterol and triglycerides, and promote weight loss, however, the caffeine content could cause insomnia and

restlessness.

§Algae Tablets – Spirulina contains significant nutrients that can be an acceptable food when used as part of a varied diet but are very expensive.

§St. John's Wort Supplement – Claims that it will suppress appetite and promote weight loss but it could lead to gastrointestinal discomfort, tiredness, sleeplessness, and arouse allergic reactions.

§Glucomannan Products – claim that two capsules before each meal decrease food absorption. Known as food thickeners but not yet proven safe or effective. Weight loss will only happen if good diet plan is followed.

Even if you plan on using over-the-counter weight supplements or even participate in a weight loss activity, the verdict is that you still have to eat fewer calories than you burn to lose weight. When choosing a weight loss product or program, collect as much information as possible.

What I personally recommend:

Eat unprocessed food. Eat like people did in the 1950's. Peel your own potatoes, cut your own vegetables, eat fresh meat & fish. Do not eat anything that was frozen or artificially conserved in any way. Eat eggs the way they are: complete. Eat real butter, not margarine.

Do NOT eat anything that is made from grains.

Do NOT starve yourself. Just stay under 1800 calories each day. DO eat your favorite sweets once in a while. Your body must stay able to digest these too.

Do NOT take any diet! Just eat quality food. Do not over-eat and do not under-eat. Simple as that.

In this way you will lose fat and weight. But not at a fast rate. One or two pounds a week permanent fat loss. The slow way. Crash diets never work. Just don't diet at all. Make your own meals in your own kitchen. From scratch. That is the way to go.

Well Being: Weight Loss Surgery: Preventing the Health Risks

Weight Loss Surgery: Preventing the Health Risks

If you have been watching your weight go up and you are worried about the rising pounds, you may be wondering whether weight loss surgery really works. Is it possible to prevent future weight gain by putting yourself on a well-known weight loss surgical operation?

Today, weight loss surgeries are gradually gaining recognition when it comes to losing weight. Many health experts contend that people who are excessively overweight or has slower metabolism would normally require some surgical operations.

Surgery at Present

The greatest progress in the care of the surgical patient has taken place since the beginning of the present century. An increasing knowledge of disease and disorder as a result of research has permitted the development of many diagnostic aids. Some of these depend upon roentgenograms, laboratory procedures such as chemical, bacteriologic, and pathologic determinations, as well as monitoring devices and computer aids.

Hence, the result is that the diagnosis of disease and disorder is made with more exactness and certainty than was possible from the simple clinical examinations of previous days.

That is why people who wish to undergo weight loss surgery should no longer be afraid of the procedure because high clinical standards are now being implemented in every surgical operation.

The Concept of Weight Loss Surgery

Health experts contend that weight loss surgery is a “major surgery.” One of the most common reasons why people would like to lose weight is to enhance their physical attributes. However, it should not be the underlying motivation that they should undergo the process of weight loss surgery.

What people do not know is that weight loss surgery is especially generated to help obese people live longer, healthier, and better.

That is why it is important for an individual to meticulously analyze his or her situation, do some research about the process, and analyze if weight loss surgery is the ultimate choice for his or her physiological condition.

Moreover, it is important to gather further information about weight loss surgery by consulting an experienced and knowledgeable barbaric surgeon or even just an expert family physician who knows the ins and outs of weight loss surgery.

In addition, the patient should also consult the other health experts such as the psychiatrist and dietician with regards to some psychological advices on long-term goals after the operation.

Generally, patients who have undergone weight loss surgery are said to be successful if they were able to lose 50% or more of their extra body weight and will be able to maintain that condition for the next five years or so. However, the results of the operation may still vary depending on the clinical information of the patient and the skills of the barbaric surgeon.

Normally, the patient will be able to lose at least 30% to a maximum of 50% during the first six months after surgery; and within the year after the operation, the patient has the potential of losing weight up to a maximum of 77%.

Best of all, people who were able to loss weight through surgical operations can actually maintain a continuous weight loss of up to 50% to 60% in the next 10 to 14 years after surgery.

Factors to Consider

As with the other weight loss management programs, there are many factors to consider before the patient should decide to undergo weight loss surgery.

Consequently, the actual weight that will be lost is reliant on the weight before surgery, surgical procedure, patient's age, capability to exercise, total health condition of the patient, dogged determination to maintain the necessary follow-up nurture, and the enthusiasm to succeed with the help of their family, friends, and their colleagues.

If you have just put on a few extra pounds and want to avoid gaining more, these weight loss surgeries

for better health may seem convincing. But, in addition to being convinced, you may also have to take some action to ensure that your weight does not creep upward.

Therefore, it can be concluded that losing weight is not just a question of deciding to be strong-willed and determined or upbeat and positive. Lifestyle changes are where it is at for long-term success with your weight especially after weight loss surgery.

Well Being: Weight Loss Plan: The Goal to Go For

Weight Loss Plan: The Goal to Go For

Since excess weight puts you at risk for many health problems, you may need to set some weight loss plans to help avoid those risks and prevent disease.

But what should be your long-term goal? And what short-term goals should you set to help you get there? You have a better chance of attaining your goals if you make sure that the weight loss plans that you will use are sensible and reasonable right at the beginning.

Here are some guidelines from the experts in choosing weight loss plans and goals.

1. Be realistic

Most people's long-term weight loss plans are more ambitious than they have to be.

For example, if you weigh 170 pounds and your long-term plan is to weigh 120, even if you have not weighed 120 since you were 16 and now you are 45, that is not a realistic weight loss goal.

Your body mass index or BMI is a good indicator of whether or not you need to shed of pounds. The ideal BMI range, according to the national Institutes of Health, is between 19 and 24.9. If your BMI is between 25 and 29.9, you are considered overweight. Any number above 30 is in the obesity range.

From this point of view, you will need a sensible weight loss plan that will correspond to the required BMI based on your height, because this is the primary factor that will affect your BMI.

2. Set appropriate objectives

Using a weight loss plan just for vanity's sake is psychologically less helpful than losing weight to improve health.

You have made a big step forward if you decide to undergo a weight loss plan that includes exercise and eating right so that you will feel better and have more energy to do something positive in your life.

3. Focus on doing, not losing

Rather than saying that you are going to lose a pound this week, say how much you are going to exercise this week. This would definitely make up of a sensible weight loss plan.

Keep in mind that your weight within a span of a week is not completely in your control, but your behavior is.

4. Build bit by bit

Short-term weight loss plans should not be “pie-in-the-sky.” This means that when you have never exercised at all, your best weight loss plan for this week should be based on finding three different one-mile routes that you can walk next week.

5. Keep up the self-encouragement

An all-or-nothing attitude only sets you up to fail. Learn to evaluate your efforts fairly and objectively. If you fall short of some goals, just look ahead to next week. You do not need to have a perfect record.

After all, self-encouragement should definitely be a part of your weight loss plans. Otherwise, you will just fail in the end.

6. Use measurable measures

Saying that you are going to be more positive this week or that you are going to really get serious this week is not a goal that you can measure and should not be a part of your weight loss plan.

This is another reason why you should incorporate exercise on your weight loss plan and focus on it. You should be able to count up the minutes of exercise in order to be successful in your plan.

The bottom line is, people should make weight loss plans that will only remain as it is, just a plan. They have to put it into action by incorporating goals that will motivate them to succeed.

Well Being: Gastric Bypass – Caution

Gastric Bypass Statistics – Discover The Truth

For many morbidly obese people who are facing serious health issues related to their obesity, gastric bypass may be the answer to losing weight and getting healthy. It's not a quick fix or a 'lazy persons' way out, it's a procedure that can help someone lose a lot of weight more quickly than they could with traditional diet and exercise alone. This quick weight loss is the key since the sooner the weight comes off the more quickly a persons health can improve. While everyone is different and results will be different from one person to the next, here are some gastric bypass statistics that you can consider.

The basic concept behind the surgery is pretty simple: close off a portion of the stomach so a person can't eat as much food all at once. Eating less food, and taking in fewer calories, will make it possible for someone to lose weight at a significant pace. Since this method emphasizes proper nutrition and lifestyle changes the rapid weight loss doesn't have the unhealthy aspects that many other rapid forms of weight loss have.

The most important thing to think about is how would you define whether or not the procedure was a success? Would you define it based on a certain amount of weight you lost or would you define it based on whether or not you kept that weight off? Some will define the success or failure of the procedure based solely on achieving, and maintaining, a normal Body Mass Index for over five years after the procedure. Knowing what your expectation are and making sure they are realistic is a very important step for you to take prior to making a final decision on whether or not you are going to undergo the procedure.

For those people who are classified as morbidly obese, having a Body Mass Index of between 30% and 49%, the success rate has been shown to be as high at 93%.

A new category, Super Obese, has been coined and that indicates anyone with a Body Mass Index of above 50%, for those people the success rate actually goes down somewhat to about 57%. (though it should be noted that for many this simply means that they didn't get or maintain a normal Body Mass Index for five years or more. That doesn't mean that they didn't make dramatic improvements to their overall health).

Many studies have shown that patients who undergo the procedure, and make the required lifestyle changes, will reduce their other obesity related health issues such as high cholesterol and high blood pressure.

With the very real, and life threatening, health issues associated with being obese, it's imperative that anyone who is overweight take significant steps to lose weight and improve their mobility. Eating less and moving more can have a huge impact on your health, your appearance, and your overall sense of well being. For some people, surgery will provide them with the best chance of a positive result. While the actual results can vary dramatically from one person to another, the actual gastric bypass statistics tend to show that for many people who are seriously overweight, this surgery can help them achieve the normal Body Mass Index that is at the heart of having a healthy body.

Gastric Bypass Surgery Cost

If you are one of the millions of people who are morbidly obese and you are desperate to find a way to lose the weight as quickly and safely as possible so that you can help save your own life, you have probably considered having some sort of gastric bypass surgery. When someone gets to the point of considering surgery one of the first questions they ask are what are the gastric bypass surgery cost?

Of course, many people will tell you that you can't put a price tag on good health, which is true, but you still have to be able to come up with the money to pay for the surgery which can range widely in price based on your physical condition, the exact type of procedure performed and even your location, the cost will generally average between \$15,000 and \$35,000.

Some people have even traveled to other countries to find doctors who will perform the surgery more cheaply (one reason is that U.S. doctors have gotten so burned with frivolous lawsuits that they have to pay enormous premiums for their malpractice insurance and that cost is passed on to the patient for every procedure that is performed).

One thing that you need to look into is whether or not your insurance company will cover the expense of the surgery. Many people mistakenly believe that since this is elective surgery that their insurance won't cover it, just like many plastic surgery procedures aren't covered, the truth is though that more and more insurance companies are starting to recognize that obesity almost always leads to other life long health issues and that the cost of the one surgery may actually be less, a lot less, than continuing care for heart disease, diabetes, high blood pressure, etc.

If your insurance company does cover the cost of the surgery they will likely have some pretty strict guidelines as to who will be covered and who will not. For example, many companies will only consider people who are at least 100 or more pounds overweight, people who have been overweight for at least the last 5 years, and people who have demonstrated a real commitment to trying to make

lifestyle changes in order to control their weight but have been unsuccessful.

Another cost you will have to consider is the significant lifestyle changes you must be willing to make after your surgery. You will have to drastically alter your eating and drinking habits and despite what many people think, you can gain weight after the procedure if you aren't careful to eat right and get enough exercise. This isn't a quick fix.

Gastric bypass surgery cost isn't just about the dollars and cents of the procedure, it's also about what you can gain if you were to achieve, and maintain, and healthy weight and lifestyle. If you are morbidly overweight and have tried to lose the weight but haven't had any luck, you may want to seriously consider having this surgery. Just be willing to make the needed changes and you may be on your way to a much healthier lifestyle.

Gastric Bypass Problems

Any type of surgical procedure comes with risks, some have higher risks than others. When it comes to gastric bypass problems the risks aren't only associated with the surgery but with the lifestyle after the surgery as well. In order for you to have a successful outcome it's very important that you fully understand, and follow, your doctors post op advice when it comes to the type and amount of food you can eat.

For most people the potential health benefits far outweigh the risks. Everyone knows that to be overweight is to invite a myriad of health issues such as high blood pressure, high cholesterol, diabetes, stroke, and heart disease. For people who are hundreds of pounds overweight the sheer act of moving at all can be close to impossible which will make weight loss next to impossible without some medical intervention.

Here is a list of some of the most common surgery complications:

1. Death
2. Anesthetic complications
3. Infection
4. Leaks where the incisions are located.
5. Bleeding post surgery.
6. Blood clots.
7. Kidney failure.

Because many of these risk factors are exacerbated by having too much fat on your body, your doctor may require you to lose weight prior to the procedure. It's important that you understand that this type of surgery isn't an easy way out. You will need to be strict with yourself both before and after the surgery. You will set yourself up for failure if you go into this with the idea that this is some sort of quick fix, or easy solution. You will still need to watch what you eat and get plenty of exercise, just like everyone needs to do if they want to lose weight.

Another thing that you should consider is that due to the bypassing of part of your stomach and small intestine, your body will have more difficulty absorbing nutrients. For this reason you will need to take a vitamin supplement. Most often your doctor will recommend iron, calcium, protein, and B-12 to name a few. These are the vitamins and minerals that won't be as readily absorbed by your body after your surgery.

Another common side effect of the surgery is depression. Up to 23% of the people who undergo the surgery report feelings of depression post surgery. This is commonly thought to occur because many people blame all the problems in their life on the fact that they are overweight and they subconsciously expect their life to be wonderful after the surgery. When they realize that they have many of the same problems after the surgery as they did before the surgery they can get depressed. That's why it's so important for anyone contemplating the surgery to make sure they have realistic expectations about what the surgery can, and cannot, do for their lives.

For many people who are morbidly obese, a gastric bypass can literally mean the difference between life and death. Even so, it isn't something that should be entered into lightly. Much thought and care needs to go into your decision to undergo this procedure. It's also important that you carefully consider all the possible gastric bypass problems both during and after the surgery that you may encounter so that you can be prepared for them when, and if, they occur.

Gastric Bypass Post Op Lifestyle

Losing weight really can be a life or death situation, particularly for those people who are morbidly obese. Time is of the essence and the longer it takes to lose the weight the greater the risk to their health. For this reason gastric bypass surgery may be the best option. If you are considering this procedure but would like to know more about the recovery process, this article on gastric bypass post op can help.

This procedure has been available for decades and though there are some risks, as with all surgeries, they are minimal and rare. The most common issue faced by someone is the lifestyle changes they will need to make. These changes can be challenging which is why most patients are given a lot of pre-op counseling so that they fully understand what they will need to commit themselves to.

Most people understand the basic concept of gastric bypass, your stomach is made smaller so that you can only eat small amounts of food at one sitting. So, obviously, one of the most drastic changes will be a dramatically reduced food intake at each meal.

Other post op lifestyle changes may not seem so obvious such as the fact that you can no longer eat a lot of high sugar and high fat foods. Eating too much of this type of food can lead to fainting since it will be absorbed much more quickly than it would have been before the surgery when your stomach literally had more room.

When you are eating less, you are also drinking less which means that you will need to drink water, in small amounts, throughout your day to avoid dehydration.

While everyone is different and each individual's results will vary, on average many patients will lose up to 50 % of their extra weight within the first six months after surgery. From six months to two years the amount of weight loss will generally be as high as 70%. After two years post op the average weight

loss tends to level off at about 80%. It's very uncommon for someone to lose 100% of their excess fat so some people will claim that this type of surgery isn't successful.

Only the individual can judge the success for themselves, but my guess would be that if someone is morbidly obese and weighs in excess of 300 lbs, they would be thrilled to lose 60 – 80% of their excess weight!

If you are extremely overweight and you are anxious to get yourself to a more healthy weight you may want to look into gastric bypass surgery. This is a viable way for you to take control of your weight more quickly than just diet and exercise. Your gastric bypass post op lifestyle will be considerably different and if you're not willing to make significant changes to your lifestyle the process will not work for you. This article has given you a brief overview and now you have an idea of what's involved, your doctor will answer the rest of your questions.

Gastric Bypass Mexico – Expensive Or Not Be Careful

Gastric bypass surgery may sound like a life saver, literally, but if you don't have insurance, or if your insurance won't cover the procedure you may think that you have no choice and won't be able to get the surgery. There has been a lot of evidence to suggest that in the long run an insurance company would actually save money if they covered this type of surgery since the cost of treating heart problems, and diabetes, two common health issues related to obesity, would be significantly higher over a persons life span than the cost of gastric bypass surgery and recovery. Until the insurance companies change their policies many people are having their procedures done in other countries, gastric bypass Mexico is one such option.

Many American doctors have found that they can practice medicine just over the border for a fraction of the cost that it would cost them in the U.S. Why? Simple, one of the biggest reasons for skyrocketing health care costs is the mal practice insurance that every doctor must carry. Thanks to the greed of some lawyers and the eagerness of some patients to earn a quick buck, the number of frivolous law suits against doctors has risen dramatically. That makes every single procedure cost more since the doctor and the hospital have to pay huge premiums to their insurance company to protect them against law suits, the cost of those premiums get tacked on to the price of every single procedure you have done. Did you ever wonder why an aspirin in the hospital costs \$6 or more?

Since a doctor practicing medicine in another country, like Mexico, doesn't have the same restrictions, they don't need to pay the sky high mal-practice insurance premiums, and they can pass that savings onto the patient. While the quality of care is comparable to what you could get in the U.S., you can get it for much less for this reason.

When choosing a clinic to perform your surgery, whether in the U.S. or Mexico, make sure you take a lot of time and care. Just like any other profession some doctors are better than others and when it comes to your health you want to make sure you choose the best doctor to perform your surgery. The first place you should start in your search for a qualified doctor is by asking friends and family for a referral, then keep checking their credentials, how many procedures they've performed, etc until you find the doctor and the clinic that you feel comfortable trusting your care to.

Don't let the bottom line mentality of your insurance company stand in the way of you receiving a potentially life saving surgery, all you have to do is broaden your horizons and consider having gastric bypass Mexico. If you take time to find a qualified doctor and clinic south of the border, you can not

only save yourself a lot of money while still getting the same level of care you would right here in the U.S., you'll also potentially be saving your life. That is certainly worth a road trip!

Well Being: Negative Calories

Free List Of Negative Calorie Foods What Are They.

Are you looking for a free list of negative calorie foods? These are the foods that actually take more energy to consume than the calories they contain, so it's easy to understand why anyone who wants to lose weight would be going for these types of foods.

Here is a short free list of negative calorie foods—some of them may surprise you:

Celery
Grapefruit
Watermelon
Lettuce
Cauliflower
Oranges
Apples
Strawberries
Tomatoes
Cucumbers
Apricots
Zucchini
Tangerines
Carrots
Hot Chili Peppers

The other great thing about negative calorie foods such as those in the list above is that they actually use calories from other sources in your body in order to be digested. So, eating these calorie burners should definitely be included in any weight loss plan.

Keep in mind that when your body runs out of energy from carbohydrate sources, the next place it looks for energy is in your fat. This is one way to get rid of excess fat in your body and this is how negative calorie types of food help you lose weight and maintain the weight that you eventually achieve.

In general, negative calorie foods come from fruits and vegetables as listed above. Other examples include pineapple, papaya, peach, honeydew and cantaloupe. These are beneficial because of their negative calorie properties and because they hold strong detox properties. Other vegetables include broccoli, green beans, asparagus and carrots. Celery is especially worthy because it only holds 10% of the amount of calories required to digest this vegetable, so the remaining 90% has to come from somewhere else, like your fat stores.

To get the best results from these types of foods, remember to alternate eating them with other healthy proteins, carbohydrates, whole wheat products and those which contain a lot of fiber. While you may enjoy eating these foods for a while, you can easily tire of them so don't go overboard. Choose one or two a day to substitute into a meal or snack. A diet limited to only these foods could lead to malnutrition. However, when it comes to snack times, these choices are real winners.

Also remember that losing weight isn't just about what you eat or don't eat. Another important key to dropping pounds is regular activity. This part scares many people because they envision themselves having to enroll in a gym or to go running for an hour every day.

Regular activity should be something that you can maintain throughout your life so it should be something that you look forward to doing (or, at the very least, that you don't dread doing). Also, regular doesn't mean "every day". It means "consistent". One easy type of regular exercise is walking. Taking a 20 to 30 minute walk three to four times every week would be considered regular activity.

Combining the free list of negative calorie foods with a healthy, well-balanced diet and consistent activity will get you where you want to be with your weight.

Well Being: Pointers on Losing Weight Safely

Pointers on Losing Weight Safely

People who want to lose weight commonly, and first of all, think about reducing the amount of food they eat. This may be quite a solution but not exactly the best there is. In fact, depending on the amount you reduce in your food intake, it may even be dangerous to one's health. So how does one lose weight effectively and safely? Here are some points one should consider when trying to lose weight:

Beware of the Crash Diets

Most people think that trimming down the calories can alone shed off their unwanted excess. Probably this is because of the fad there is in advertising about low-calorie food products and beverages. What people don't know is that this could be dangerous because when they decrease their calorie intake way to below the required levels, the body begins to digest the fats. Sounds good but it doesn't actually. Burning fat requires a lot of energy. Since there is not much energy in the body to facilitate metabolism of fat, it will run at a very slow pace resulting to fatigue, illness and weak immune system.

Low-calorie diet is also compensated for by the body by burning muscle. People on this type of diet who revert back to their old eating habits end up gaining back some, if not all the weight they have shed off. This would consist mainly of fats. And since fats have more volume per mass than muscle, they end up having the same weight as before but more bulkier. In losing weight, one should keep in mind that they should lose excess body fats only.

However, one can try out eating small meals at more frequent intervals. This way the body will not think that it is being starved and will not store food as fat.

Eat Properly

One may have considered junking the crash diet option but he should also not forget to watch what he is eating. Variety must always be considered so that one may be able to get the necessary nutrients from his diet. It is also healthier to eat food which are roasted, steamed or broiled rather than fried. It is also important to include a lot of fiber in the diet. Frequent re-hydration is also necessary.

Pump Up lean Muscle Mass

Muscles burn calories when they work; they even do so at rest. Unlike fats which just lie around, bulge

around the pants and dangle beneath the sleeves, muscles burn calories all-day round. With this fact, one can start weight loss by increasing muscle mass. The more muscles, the less fat will be left. This is attainable starting with working out with resistance exercises.

Engaging in Aerobics

Aerobics are not only good for the heart by increasing cardio-vascular endurance. Aerobics also help in increasing lean muscle mass while simultaneously decreasing excess body fat. Aside from these, aerobics make the metabolic process more efficient and its rate high, even after a long while. Imagine burning fat efficiently while driving along the freeway or even while watching television.

Extra “Push”

Some people believe that smoking and caffeine can actually help in losing weight. This can perhaps be true; however, they do the body more harm than good because of their side-effects. For that extra “push”, one can try out taking food supplements. After-all, 95% of these products out in the market actually does good.

On Taking Diet Pills

Over-the-counter diet pills affect the amount of weight one loses as well as how long one keeps that amount of weight off. However, one must be wary of the side-effects of these diet pills. As such, one must faithfully follow the instructions provided for in the packaging. It is also prudent to consult the physician anyway before trying out these drugs and also to find out which type would be best for the individual.

Losing weight does not have to mean sacrifice and suffering. It actually means opening up to a more full and healthy life where one may not have to feel bad about himself having to look the way he does or not being able to do what he wants to do. Losing weight might entail a little adjustments plus the discomforts, but as the old saying goes, “no pain, no gain.” Besides fat, what has one got to lose anyway?

Well Being: Why Losing Weight is Good

Why Losing Weight is Good

There is a great benefit acquired from losing weight. Though losing weight is not easy, the long term effects brought by it would probably be of help to anyone considering to shed those unwanted and unhealthy pounds.

The following are a few of the remarkable advantages from losing those excess weight.

Weight loss prevents high blood pressure, heart disease and stroke

That is a three in one benefit from losing weight. It is a fact that heart disease and stroke are one of the primary reasons for disability and death in both men and women in the US. People who are overweight have a higher risk to have high levels of cholesterol in their blood stream as well as triglycerides (also known as blood fat).

Angina, one type of heart disease, could cause chest pains as well as a decrease in the oxygen pumped

to the heart.

Sudden death also occurs from heart disease and stroke, and usually this strikes with very little warning, signs and symptoms.

It is a fact that by decreasing your weight by a mere five to ten percent, this could positively decrease the chances of you having or developing heart disease or a stroke. Plus, how your heart functions would also improve as well as your blood pressure, cholesterol and triglyceride count will decrease.

Weight loss prevents type 2 diabetes

Diabetes puts in jeopardy one's life as well as how one leads his or her life because of the complications that result from having it. Both types of diabetes, type one and type two are linked with being overweight. To those who already have diabetes, regular exercise and losing weight could help in controlling your blood sugar levels as well as the medication you may be currently taking. Increase your physical activity. You could simply walk, jog or dance. It helps get those blood streams moving as well as lose those unnecessary pounds.

Weight loss helps reduce your risk for cancer

Being overweight is linked with a number of kinds of cancer. Specially for women, the common types of cancer that is associated with being overweight include cancer of the uterus, gallbladder, ovary, breast, and colon. This is not meant to scare you, this is only to keep you informed. Men are at risk too from developing cancer if they are overweight. These include cancer of the colon, prostate and rectum. Extra weight, a diet high in fat and cholesterol should as much as possible be avoided.

Weight loss reduces sleep apnea

Or it could eliminate it all together. Sleep apnea is a condition wherein one could temporarily stop breathing for a brief period and then would continue to snore heavily. Sleep apnea could cause drowsiness or sleepiness during the day and – because of being overweight – could result in heart failure. Shedding those excess pounds could help in eliminating this problem.

Weight loss reduces the pain of osteoarthritis

When one weighs heavily, the joints of his or her knees, hips and lower back would have to exert double – if not triple – effort to carry him or her through out his / her waking, walking and moving life. This could cause tension and stress on these joints. Weight loss decreases the load these joints carry thus decreasing – if not eliminating – the pain of one who has osteoarthritis.
Well Being: Hoodia Myth Or Miracle

Hoodia Dex L10 Gordonii – Weight Loss Supplement

If you've been seriously considering using a weight loss supplement to help you jump start your weight loss program, you've probably heard of and even considered using a product containing hoodia gordonii. This natural appetite suppressant comes from South Africa and has a long, rich history of helping suppress appetite as well as just general food cravings (you know, those obnoxious times when you aren't hungry but you still feel like eating something). This happens because the hoodia plant has a compound that can trick your brain into thinking that it's full which will turn off your appetite. There

are dozens of products on the market that have some hoodia or hoodia derivatives in them and one that is getting a lot of attention is hoodia dex l10 gordonii.

Even though hoodia based diet aids have been on the market for several years, there are still no reports of negative side effects when taking the product per label instructions... another reason this product is so popular among dieters. The only thing you really need to look out for is becoming dehydrated since hoodia can decrease your thirst as well as your hunger.

Dex L 10 Hoodia products are manufactured by Delmar Labs, Nutralab Inc. They were one of the first players in the hoodia game and remain one of the biggest manufacturers of hoodia based diet aids. Their first product was Dex L 10 Basic Diet Pills, they now offer Dex l 10 Complete as well as Dex L 10 Hoodia Gordonii Soft Chews which contain 250 mg of hoodia gordonii which is a lot when you consider that this is only intended as a snack and some regular pills don't contain more.

Dex L 10 Hoodia supplements will land in the middle when it comes to comparison between other top hoodia brands in relation to price, and the percentage of hoodia per pill. Dex L 10 has 500mg of hoodia per pill (the amount of hoodia can range from between 250mg all the way up to 1000mg). Dex L10 is made up of pure hoodia and is certified. The cost per pill is around \$1.39, again in the middle, with some products as low as \$0.59 cents per pill and others as high as almost \$2.00 per pill. Dex L10 comes in 60 pill size which will last most people about a month if they follow the dosage recommendations of two tablets in the morning with breakfast and two with dinner.

All in all, when it comes to choosing a hoodia diet supplement you have a lot of choices. Since this supplement has been shown to help with weight loss by suppressing the appetite and increasing the metabolism, it can be a very beneficial addition to your weight loss arsenal. With so many different brands to choose from it can be confusing, but since hoodia dex l10 gordonii has been around for a long time and it's the middle of the road in terms of price and other attributes, it may be just the right supplement for you. The only way you'll know for sure is to give it a try.

If you are one of the millions of people who is overweight and have to deal with health issues associated with being overweight, you are no doubt anxious to lose the weight as quickly, and safely, as possible. For this reason you may have found yourself wondering if a weight loss supplement could help and hoodia is probably at the top of your list. Hoodia comes in many forms such as capsules, liquids, chewable bites, teas, and even hoodia powder. This article will give you a general overview of what hoodia can do for you as well as some general knowledge about this 'miracle' plant.

Hoodia is a plant found in the deserts of South Africa. This plant was used by the natives for centuries to naturally suppress their appetites and thirst when they had to make long journeys across the desert. They claimed that it not only decreased their appetites and thirst but that it also increased their energy levels.

Scientists have isolated the compound that they believe is responsible for the appetite suppressing abilities of the plant and named it P57. This compound is thought to work by sending signals to the brain and tricking it into believing that the body is full thus eliminating the desire for food or drink and ultimately leading to weight loss.

While there are over 20 species of the hoodia plant, only the hoodia gordonii has been shown to possess the appetite suppressant compound. When you are considering buying a hoodia supplement, make sure that you carefully look at the ingredient labels to find out how much hoodia is in each

serving. The amounts can range from as little as 250 mg all the way up to 1,000 mg.

The powder form is favored by many since it can be mixed in with a favorite drink and can be absorbed more quickly into the system, thus making the benefits show up faster than with other forms of the supplement. Two types of powder are used: whole plant powder and core powder. Using the whole plant results in a poor product because the actual compound that is useful in appetite suppressant isn't found in various parts of the plant such as the roots. Core powder is taken for the heart of the plant where the actual compound is found and therefore makes a much higher concentrate and will offer superior results... but it will also cost more.

When you are deciding between brands make sure that you stick with only those that offer C.I.T.E.S certification which indicates that the hoodia gordonii is 100% pure and undiluted.

There is nothing wrong with trying to use all the tools you can to help you get the weight loss results you want and need, and one of those options is pure hoodia powder. Be sure that you are cautious about the brands you use and the expectations you have. Hoodia gordonii can help you keep your appetite in check so you eat less and lose weight, but you still have to do your part. You will need to provide your body with enough nutritious food and water along with regular exercise to really achieve healthy and permanent weight loss.

Hoodia Side Effects – No One Knows For Sure

Hoodia gordonii is a plant that is grown in South Africa. This plant has a centuries old reputation for suppressing hunger and thirst and was used by bushmen as a way to keep them from getting hungry and thirsty before they set off on long desert trek. The bushman not only didn't show any ill effects from ingesting the plant they also spoke of increased vitality and energy. Drug companies have spent decades trying to isolate the compound that gives hoodia gordonii it's seemingly miraculous powers.

P57 is the compound in hoodia that is credited with helping to suppress appetite and thirst by tricking the brain into thinking it is full and satisfied thus decreasing the desire to eat and drink. While scientists have been unable to incorporate the compound into a diet supplement, they have used the hoodia plant as a whole to create beneficial appetite suppressants. The hoodia side effects have been shown to not exist at all.

There haven't really been too many documented studies to verify how safe the supplement is to use as a diet aid, but evidence suggests that it has no ill effects and that actually the health benefits of weight loss would seem to outweigh any potential negative side effects of the hoodia gordonii.

One note, since hoodia gordonii can suppress thirst as well as appetite you do need to be careful to drink enough water throughout your day. It's very easy to get dehydrated if you wait until you feel thirst before drinking, since you won't feel thirsty while taking the supplement. And, obviously, since hoodia suppresses the appetite it's important that you are careful to eat enough high nutrient foods to keep your body healthy.

As with most drugs, it's important to use caution if you are nursing or pregnant and you should always consult your doctor before you start taking a supplement, especially if you are taking other medications, to avoid dangerous interactions. Many people mistakenly believe that as long as the product is all natural they don't have to worry about taking it, that is not always the case and it's better to be safe than sorry, talk to your doctor.

Another thing to keep in mind when using, or considering using, any weight loss supplements is to not expect miracles. There is nothing wrong with getting some extra help but you have to be willing to eat properly (enough of the right kinds of food) and get plenty of exercise. A supplement is exactly that: a supplement. It shouldn't be the do all end all of your weight loss plan, be willing to make the needed lifestyle changes so your weight loss can be permanent.

Hoodia gordonii is an all natural plant that can help you accomplish your weight loss goals (when combined with a proper nutrition plan and plenty of exercise) which has gained in popularity in recent years in large part due to the lack of hoodia side effects. As long as you talk to your doctor first and carefully following the dosing instructions, there is no evidence to suggest that you will have any negative side effects using this supplement. Good luck on your weight loss goals.

Hoodia Results – Hoodia Gordonii Results Will Vary

Hoodia gordonii is a plant that is grown in the desserts of South Africa. It has been known for centuries by the local population to be an effective appetite and thirst suppressant which can be a very helpful tool when you are trying to lose weight. Hoodia comes in capsule, liquid, soft chew, and even tea form and is readily available at health food stores and online. Hoodia isn't a brand, it's an ingredient so you have many brands to choose from, just make sure that you find a brand that has only pure hoodia and check the concentration since it can range from 250 mg all the way up to 1,000 mg per tablet and that is one factor that can cause a variation in hoodia results.

There are approximately 20 varieties of hoodia but the appetite suppressant is only found in the hoodia gordonii which is often referred to as a cactus, but in reality it is a succulent and can take up to 5 years to mature and be harvested.

In all the years that it has been sold as a diet supplement, there have been no signs of any negative side effects associated with the consumption of hoodia, and if you look at the bushman of Africa who have been eating the plant for centuries with no ill effects it would seem to suggest that this is a safe diet supplement. It's important to remember that one of the side effects is also a decrease in thirst so make sure you drink plenty of water throughout your day, even if you don't feel thirsty.

There haven't been many studies done to ascertain the true effectiveness of hoodia. The only one that I have been able to find took 18 subjects and divided them into two groups, one group received a hoodia supplement and the other a placebo. After 15 days the group who was given the hoodia had lost weight and were eating an average of 1,000 calories per day less than those taking the placebo.

There was also a test done on rats which injected the hoodia directly into their brains with the effect being a reduction in the amount they ate. That study has to be taken with a grain of salt since it was performed on rats and since the hoodia was directly injected into their brains rather than administered via pill form as would be the case for humans.

While there is no real substantiated medical proof that hoodia is an effective diet aid, the anecdotal evidence, while not scientific, would seem to suggest a correlation between hoodia intake and a reduction in appetite. The bottom line is this: even if there is limited scientific study that backs up the claims of what hoodia can do, there is also a lack of evidence suggesting it can be harmful so what have you got to lose? Why not give it a try for yourself and you can find out what hoodia results you get... which is all that really matters anyway!

Hoodia Power Pops – Lollipops For Weight Loss

Eureka! We've finally made it, now we really can eat candy and lose weight thanks to hoodia power pops. The wonderful little lollipops are infused with genuine hoodia to help suppress your appetite between meals while also allowing you to indulge your sweet tooth in a guilt free way.

For those of you who aren't really sure what hoodia is, here is an overview:

1. Hoodia is a plant that grows exclusively in the Kalahari desert in South Africa. The plant has been known for centuries by the native bushmen as an effective appetite and thirst suppressant.
2. Hoodia is thought to work by tricking the brain into thinking that the body is full, thus effectively shutting down the appetite. If you don't feel hungry, you won't eat as much in between meals as well as during your meals and less food intake will result in weight loss.
3. When purchasing a supplement containing hoodia you must make sure that it's the hoodia gordonii variety that has been added and not some other form of hoodia (there are over 20 different varieties but only the gordonii has been shown to have the P57 compound which scientists have isolated as the compound that provides the appetite suppressant.)
4. The P57 compound is not in the roots or skins of the hoodia plant, only in the core. Therefore make sure that the supplements you purchase are made up with only core hoodia powder and not whole powder since whole powder will have a much lower concentration of P57 and won't work as effectively (though it will be considerably less expensive).
5. While there has been no documentation of any dangerous side effects from hoodia the one thing that you do need to be careful about is not eating or drinking enough. Even though you are dieting you don't want to starve your body and the appetite suppressant can be powerful enough so that many people forget to eat. Hoodia is also a thirst suppressant so be very careful to drink plenty of water throughout your day when taking the supplement.
6. Make sure that you enter into your diet program with the right frame of mind. Hoodia has millions of loyal fans who swear by it's effectiveness but you still have to alter your lifestyle and eat plenty of low fat, high nutrient food and get a lot of exercise if you want to see the full effects... and keep those changes permanently.

The power pop diet recommends that you have one sucker along with 8 ounces of water 30 minutes prior to each meal during the day to help you eat less and feel sated more quickly.

While hoodia power pops may sound like a dieters dream come true, it's important to remember that they aren't magic. When it comes to losing weight and maintaining a safe weight for life you have to remember that it's all about what you eat, drink and how much exercise you get. Using supplements to help you stay on course is a great idea, but don't enter into a diet thinking that your old habits can continue, that approach won't work for the long run and you'll only end up failing.

Hoodia Gordonii Review – Appetite Suppressor

An unassuming plant found only in Africa can help you lose weight. This plant, Hoodia Gordonii has

been shown to help control cravings and suppress the appetite, if taken in the appropriate dosages. While hoodia is added to many types of supplements sold under many brand names, it has been shown to help with weight loss without some of the dangerous side effects found with other supplements such as ephedra. Now it seems everyone is interested in trying out a hoodia supplement. Since not all supplements that contain hoodia are created equal, I will give you a brief overview of some things you need to be aware of in this hoodia gordonii review.

No diet product will work equally well for everyone who uses it. There are many reasons for that but the most common is the fact that not everyone will follow the directions. Most diet supplements will say that the benefits of the product will depend on other lifestyle choices such as getting adequate exercise and eating a well balanced nutritious diet, so if you really want to benefit from a supplement don't expect it to work wonders, be willing to carefully follow all label directions.

One study took a group of obese patients and gave half the group a hoodia supplement and the other half a placebo. Both groups were encouraged to eat anything they wanted and to not add any additional physical activity to their normal daily routines. After 15 days it was found that the group who was taking the hoodia supplement had lost weight and were consuming an average of 1,000 calories a day less than the placebo group. This study highlighted the fact that a quality hoodia supplement can help curb hunger thus encouraging eating less which will result in weight loss.

Obviously, this study was done with a fairly small group and everyone is different, but there has been enough evidence that suggests hoodia really can act as an effective appetite suppressant that if you are seriously looking for help with your weight loss efforts, it's probably worth it for you to give a hoodia supplement a try.

Most hoodia diet supplements cost anywhere from \$30 and up, that's why its very important that you make sure of what you're getting. Before you buy a certain brand make sure to carefully check the label for a list of ingredients. Not only do you want to know the percentage of hoodia that is in the supplement, you also want to make sure that it is pure hoodia and not hoodi which contains some hoodia but is diluted with other herbs. Make sure you know what you're paying for.

Make sure that you get only 'real' hoodia and not an herbal blend. Hoodia will have a golden seal on the bottle that says 'Certified South African Hoodia' if the supplement you are considering doesn't have that seal than the hoodia in it won't be as effective since it isn't pure hoodia.

If you will be buying your product online, make sure you know and trust the merchant (of course this rule should be followed when making any purchase online), there are many reputable safe places to purchase your hoodia supplement online, and they can often save you money. Just make sure you know that you can trust the site before making a purchase.

I hope this hoodia gordonii review and information on what to look for when buying a supplement has helped. The bottom line is that everyone is different and everyone will respond differently to a diet supplement and the only way you'll know whether or not hoodia will work for you is to give it a try.

Hoodia Gordonii 500 – Is It Safe And Dependable

There have always been new miracle diet supplements that seem to come into favor and disappear as quickly, usually under a cloud of suspicion that they have very bad side effects. Hoodia gordonii 500 is one of the newest in weight loss supplements to show up and so far, proves to be one of the most

dependable and safe for achieving permanent weight loss.

Hoodia is only found in the deserts of South Africa and has been used for centuries by the San Bushmen who used it to suppress their appetite and thirst before they headed into the desert. The bushmen claim that the hoodia not only keeps their appetite and thirst in check but that it also gives them higher energy levels.

Hoodia is also called xhooba, khoba, ghaap, and hoodia cactus (though technically the plant is a succulent not a cactus). There are over 20 varieties of hoodia but the only one shown to help decrease appetite is hoodia gordonii. The supplements made from hoodia can vary greatly in their strength, they can start at 250 mg and go all the way up to 1,000 mg though 500 mg seems to be the popular choice since it isn't too strong or too weak... it's just right!

Hoodia has been featured on many news programs such as the BBC and 60 Minutes, it has been proven to be very effective for many people so it's not a scam.

The compound in hoodia that is thought to be the 'magic bullet' of appetite suppressant is called P57 and is only found in the core of the plant, not in the skin or roots. For this reason it's important to know what part of the plant the hoodia comes from when purchasing a supplement. The actual amount of P57 is considerably less in supplements that use the whole plant than in those that only use the core, therefore the price (and effectiveness) will also be less.

When purchasing hoodia look for a certification seal on the label stating that it is 100% pure hoodia. There are many unscrupulous vendors out there who will charge a premium for an inferior product, you have to do your homework. Check the label carefully before you buy.

Hoodia is renowned for it's lack of serious side effects, though as always, the longer it's in use the more things that may show up. Since it's been used by the bushmen for centuries it would seem that it is safe, but remember the bushmen don't have the same diet as we do and they don't take it everyday or mix it with other supplements.

The one potential risk you do have to be on the lookout for is not eating or drinking enough to keep your body healthy and functioning properly. This appetite suppressant can also suppress your thirst so you have to remember to drink plenty of water, even if you don't feel thirsty.

If you feel like you could use a little help with your diet and exercise program, hoodia gordonii may be just the thing. When it comes to choosing the best dosage, many people opt to start in the middle, with hoodia gordonii 500 since they don't want their appetite suppressant to be too powerful. Start there and see if it works best for you, and good luck with your diet program.

Hoodia Does It Work

Many of us have struggled with our weight at some point in our lives. We all know that it takes discipline to eat right and get enough exercise. The problem is that knowing and actually doing are two different things. There can be many reasons why it's tough to get all the exercise we need and / or eat right, difficult but not impossible. If you were looking for something that may be able to help you achieve your goals and were thinking of using a supplement, your next question would probably be: Hoodia does it work?

As with most things, everyone has their own opinion. If you ask 100 people you'd probably get about 100 different answers. The fact is that most people will get some help with their weight loss efforts by using Hoodia, but that doesn't mean that you don't have to do anything, which is the mistake that many people make. No matter how great a supplement is you will still need to get plenty of exercise and eat properly.

There are three main things that Hoodia can do to help you lose weight:

1. Hoodia has a compound that sends a signal to your brain telling it that you are full and don't need any more food. That trigger can help you eat far less without feeling like you are being deprived. A recent study took a group of obese people, half who were given Hoodia and the other half were given a placebo, to monitor the effectiveness of the Hoodia supplement.

The patients were told they could eat as much as they wanted and they weren't exercising, just eating and relaxing. After about 2 weeks the patients who were taking the Hoodia supplement were taking in an average of 1000 calories less per day and had lost weight compared to those who were only taking the placebo.

2. The second benefit of Hoodia is that it has been reported to stop food cravings altogether. Many people will say that any supplement that helps control hunger really won't work for them since they eat because they are bored, feeling down, or something just looks good... in other words they eat even when they're not hungry. If that describes you then you'll be pleased to know that Hoodia can help lessen your desire to eat all the time and not just control your hunger. Of course, this effect hasn't happened to everyone so you would have to try Hoodia first to see if it will work for you too.

3. If Hoodia can help you stop 'binge eating' or just grabbing the closest thing because you are either hungry or bored, then it will be easier for you to limit your food intake to just those things that are healthy. That is the one component that can make a big difference in your weight loss goals.

If you want to lose weight you might as well get all the help you can to make permanent, healthy changes. So if you're asking : Hoodia does it work, the answer would be yes, for most people it works very well and it will very likely work for you too.

You should consult your personal health care provider, prior to taking any weight loss supplement.

Hoodia Diet Max – Weight Loss Supplement

One very popular contestant in the weight loss supplement contest is hoodia. What many people don't realize is that hoodia isn't a brand, it's an ingredient. There are dozens of manufacturers that make supplements that contain (or so they claim) hoodia. One of the most popular brands is hoodia diet max, this supplement has been shown to help greatly reduce appetite so weight loss can be achieved more quickly and easily.

If you're not very familiar with hoodia in general, here is a brief overview of what it is and what it can do:

1. Hoodia is a succulent found only in the Kalahari Desert in South Africa. It has been used for centuries by the natives as a way to stave off hunger and thirst when they needed to make treks into the desert.

2. There are over 20 varieties of the hoodia plant but the only one that has been shown to have the appetite suppressing compound (dubbed P57 by scientists) is the hoodia gordonii.
3. The P57 compound is only found in the core of the plant and not in the skin or roots therefore the most effective, and expensive, supplements will use only core hoodia powder as opposed to whole powder.
4. Though there are no known side effects with taking a hoodia supplement you do have to be careful that you eat enough nutritious food and drink plenty of water. Even though you are trying to lose weight you still need to keep your body fueled with enough high nutrition food. With such an effective appetite suppressant you may find that you 'forget' to eat, and that's not good. Make sure you eat enough throughout the day. The same thing applies to drinking enough water since hoodia can also decrease your feelings of thirst making it very easy to get dehydrated if you aren't careful.
5. This supplement isn't a quick fix, you still have to eat properly and get plenty of exercise. The biggest mistake you can make (and many dieters do make) is to think that they don't have to make any lifestyle changes and the supplement will do all the work. That's simply not true, after all it's called 'supplement' for a reason. It's only intended to supplement your other weight loss efforts.
6. It's very important that you make sure that the product you are buying is certified that it is 100% pure hoodia. Any product that meets this requirement will have a C.I.T.E.S seal on the label. If the product you are considering doesn't have that label you should keep looking since it probably isn't 100% pure.

Hoodia diet max is one of the many brands of hoodia currently on the market. It has a lot of loyal followers that swear by its effectiveness in helping them control their appetite thus allowing them to lose weight more quickly and easily. It's certified and has the C.I.T.E.S. seal on the label so you know it's pure. Give it a try today and you may find that you are well on your way to your weight loss goals much more quickly than you may have thought possible.

Well Being: High Protein Low Carb Diet – Proceed With Caution

If you follow the high protein low carb diet, proceed with caution. Too much protein is very bad for your body although various weight loss gurus recommend it; because it is more effective than fat or carbohydrates at filling us up. So if you can eat protein you don't feel deprived and are more likely to stick to the diet. However, the side effects of a high protein diet can range from bad breath to digestive disorders and serious kidney diseases. There are much healthier ways to lose pounds without having to risk your health.

Protein is a very necessary part of your diet but it shouldn't make up a huge portion. We need essential amino acids it produces to repair our bodies, and it also figures in metabolic reactions. It helps us to keep alert. It is found in a wide range of products from meat to dairy products.

You should start every day of your diet with a high fiber breakfast. Your energy stores have been depleted overnight so you may be tempted to fill up on carbohydrates. Eating a lot of fiber will kick start your digestion system and help to release energy and relieve constipation which often times can cause stomach bloating.

You should include high quality protein in your diet. Buy high quality meats and remove all of the

visible fat. Eat plenty of fresh fish, low fat dairy products such as skimmed milk and cottage cheese. Beans are high protein, low in fat and high in fiber. They will help to make you feel fuller for longer. But they can cause unpleasant side effects in some people; so you may want to gradually increase your intake. Eating more legumes may be the secret to achieving longer life. They have been proven to help fight disease particularly breast cancer.

The amount of protein you eat per day should be spread across all of your meals and not just concentrated in one. Most of the western world eat their protein allowance in the evening. As it provides essential amino acids which the brain needs to function properly, you would feel more alert and capable if you were to eat your protein allowance at the start of the day. Adding protein to every meal will help your food to release energy slowly. Eating little and often also helps to increase your metabolism rate which helps you to lose pounds faster. Try adding chilies to your diet as they also help to increase your metabolism rate.

When you start to follow the low carb diet, avoid drinking caffeine. We all know that too much coffee is bad for you but do you know that it can make you fat. Caffeine affects insulin production and we need to keep our insulin levels low to inhibit fat production. So cutting out our regular coffees will not only save us money, and save calories; but it will also help us to keep our insulin levels low. The end result will be a healthy weight loss.

Well Being: Prevent Hair Loss

How to prevent hair loss

Baldness or hair loss is one of the most dreaded situations people can find themselves into. This is because this will not only affect their overall physical appearance but can also affect their emotional status as well.

Experts categorize hair loss into two types — the permanent hair loss and the temporary hair loss. Permanent hair loss is associated with hereditary factors. People who have a bloodline that is prone to baldness cannot do much anything about it since it is in their genes.

The pattern baldness or androgenetic alopecia can affect both men and women. In men, pattern baldness can lead to thinning hair and receding of hairlines even at an early age. Eventually, this condition may lead them to total or partial baldness. In women, pattern baldness may come at a much later age and does not lead them to total baldness. Usually, the thinning hair manifests at their temples and hairlines.

When it comes to temporary baldness, it can be caused by certain factors such as illnesses, taking in medications for certain conditions, undergoing medical treatments wherein the drug that was used takes too much toll on the hair, hormonal changes which can either be caused by pregnancy or by taking in birth control pills, hairstyles that put too much pressure on the scalp and stops it from growing new strands of hair, and using hair products and treatments that may irritate the scalp and affect healthy hair growth.

Prevention as the key

People who have risks for pattern baldness cannot stop the condition but can slower the rate of hair loss through various treatments. But for those who are undergoing temporary hair loss, prevention can be the key to avoid total baldness in the long run. The following are some of the tips that can help prevent

hair loss:

1. Proper diet.

Having a diet that is balanced is one of the major keys to prevent excessive hair loss. Eating foods that are nutritious especially for the hair can be an effective tool to fight against the signs of hair loss. People who are experiencing hair loss because they are under nourished should take time to make a diet plan which can provide sufficient nutrients not only for the hair but for the overall health as well.

2. Developing good hair habits.

Unhealthy hair habits such as improper handling of the hair can lead to excessive hair loss. People - especially those who have sensitive scalp - should ensure that they handle their hair gently especially when it's wet. Proper handling to wet hair is very important because the hair is weaker when wet. If possible, opt for natural air drying methods instead of using electronic ones such as blower.

3. Stick to one hairstyle for a longer period of time.

This will really help you prevent hair loss because you are letting your hair undergo its normal growth cycle. If possible, try to avoid hairstyles that are tight like buns, ponytails, or braids because these put too much pressure on the scalp and hinder it from growing.

4. Don't twist, rub or pull your hair.

People who experience hair loss are those who twist, rub, or pull their hair often. If it has become a habit, try to break it. You can do this by focusing on other things instead of putting too much pressure on your hair and on your scalp.

Causes of hair loss

Surveys say that one of the things that make people lose their confidence is hair loss. This is because many people cannot be confident in front and even around with others knowing that these people are openly staring into his or her bald spots.

Experts say that hair loss or baldness can be inevitable to people especially if their families have a history of it. These people - whose genes came from older generations who are prone to hair loss - cannot really do much about it since the condition runs in their genes. But for those who don't have it in their genes and still lose so much hair, now is the time to worry.

What causes hair loss?

More and more people are becoming prone to hair loss because they don't pay much attention to the signs and symptoms of the condition. If you think you are prone to baldness, the first thing that you need to check - aside from the family's history of hair loss - is the number of strands of hair that you lose in a day.

Although it is quite impossible to keep track to the exact number of strands, a hundred will be noticeable if examined closely. Experts say that losing this amount of hair is normal because new strands of hair are expected to grow in 12 weeks. But if the amount is more than this, it is a must to consider

what might cause it.

The following are some of the common causes of hair loss. Although some of which can be self-determined, it is always best to consult an expert because he or she can pinpoint what exactly causes your baldness.

1. Diseases, illnesses and other medical conditions.

This is one of the most common causes of hair loss. Diseases such as diabetes, lupus, or those that are associated with the thyroid glands can affect the growth and the overall production of hair in the person's system.

2. Taking in certain medications.

The side effects of certain medications like those of isotretinoin and lithium and other diet pills that contain amphetamines are known to cause hair loss especially among teens. People who are undergoing chemotherapy sessions to treat cancer as well as those drugs for gout, depression, arthritis, and heart problems may trigger baldness. In women, birth control pills may also be the culprit for hair loss.

3. Undernourishment or poor nutrition.

People who have insufficient protein and iron in their bodies will most likely suffer from hair loss. This is because these two are the most important component that strengthens the hair to make it grow. Hair loss due to improper nutrition are more common among women because they are the ones who are more into fad and diets which lead to eating disorders that cause under nutrition. Experts say that when a person has poor nutrition, there is not enough supply of nutrients such as vitamin and minerals to sustain the growth of the hair.

4. Undergoing medical treatments.

People who have to undergo medical treatments such as chemotherapy and radiation therapies are getting more risks in losing their hair because these treatments can kill the hair from the roots and may even cause a condition called "alopecia" that can lead to permanent hair loss.

Other causes of hair loss include hormonal changes, hair treatments and hairstyling, scalp infection, "trichotillomania" or hair-pulling disorder, and disruption of the hair's growth cycle.

The Role of Nutrition in Hair Loss Prevention

Healthy diet maintenance is one of the best things for hair loss prevention. Though there are certain factors influencing the hair loss, maintaining regular exercise and healthy diet will definitely bring fruitful results if you are suffering from hair loss.

The common dietary nutrients which help in hair loss prevention are copper, iron, zinc, iodine, protein, silica, vitamin-A, Vitamin-B complex (vitamins B⁶ and B-12), biotin, water and folic acid. In addition to this one must know about certain food, which may cause hair loss.

Maintaining a healthy mineral and vitamin intake doesn't mean that you should buy a lot of over-the-counter vitamin supplements and fill your cabinet with hair loss prevention supplements. You should be

aware that most vitamin supplements available at drugstores or pharmacies are not able to get absorbed by the body, since they are chemically processed. Sometimes over dosage of these vitamins might cause adverse reactions and toxicity. Hair loss prevention can be achieved best by getting the mass of your vitamin needs from food itself.

The first and foremost dietary component that helps best is vitamin-A. One of the key components of hair is vitamin A. It prevents clogging and drying of the sebaceous glands, which is an essential for hair follicle lubrication. Thus it helps to prevent hair loss. The main source of dietary vitamin A is fish oil, fortified milk, eggs, liver, and orange vegetables. Dark green leafy vegetables are a good source of vitamin A.

Vitamin B is essential for red blood cell metabolism.. Your body needs vitamin B to make hemoglobin. The function of hemoglobin is to transport oxygen from the lungs to the body tissues including hair. For hair loss prevention, it is always advisable to have high hemoglobin level in the blood. The vitamin B complex can be obtained through chicken, pork, kidney, liver, fish, and soybeans. In general, daily inclusion of any one of these items might help in hair loss prevention. Folic acid will get assimilated in the body via cereals, nuts, whole grains, orange juice, wheat gram and liver. Folic acid also plays an important role in hair loss prevention. Another important nutrient that causes hair loss prevention is Biotin. One should be aware that a serious intestinal disorder or malnutrition might affect the absorption of biotin, since biotin is produced by living bacteria in the healthy gut.

It is obvious that Asians consume exactly the food that is enriched with these nutrients that are an important part in hair loss prevention. Particularly rice is an important part of Asian diets and that's why Asians tend to have strongest and healthiest hair. Although maintaining a healthy diet is the best way for hair loss prevention, consuming these diets in correct form is essential. Moreover the green vegetables and foods should be eaten uncooked, as they may lose trace minerals once they are cooked extensively.

Best Hair Loss Products

Nowadays hair loss is not only a concern for males but also for females. Hair loss affects directly one's self-confidence and also creates mental humiliation. Hence there are lots of really good hair loss products available on the market.

Hair growth products are available in many forms: natural essential oils, natural herbs, conventional drugs, shampoos, serums, lotions and conditioners. Nowadays there are so many hair loss products available on the market with the intention to stop or prevent hair loss. Finasteride, Minoxidil, and Rogaine are the commonly used best hair loss products. Finasteride is extensively used for treating hair loss and is sold in pharmacies as Propecia. This product should be used by men only.

Another very popular hair loss product is called Rogaine and is available at drugstores. Rogaine has to be applied twice daily for 3 to 4 months to get any positive results.

Minoxidil is very much used for hair loss among younger men. It is also considered to be a very effective hair loss product. But using hair loss products such as Minoxidil continually may lead to side effects such as a itchy scalp. There might be other complications if these products are used for hair loss treatment for a long time.

Dr.Proctor's Hair re-growth shampoo is one of the best hair loss products made naturally without any

chemical mixing. It has been widely used by hair loss sufferers due to its easy application. People around the world use re-growth shampoo for treating hair loss. There is another product called Life Extension Shampoo that supports healthy hair.

Visceral shampoo, Thymus kin, and Hair genesis are some of the best hair loss products, which are used for hair treatment. Thymus kin is more effective (95%)) in female than male (67%) for treating hair loss. This hair loss shampoo clears the hair follicle from debris, dirt, oil and other waste. The main advantage of thymuskin is that it consists of thymus peptides that diffuse deep into the hair follicles to clean them.

Viviscal shampoo also helped a lot of people treating hair loss. This shampoo helps to maintain the hair hale and healthy. Apart from this, the shampoo treats hair loss and thinning of hair. Viviscal products are available in all forms including scalp lotion, conditioner and tablets. Hair genesis products are also available as conditioner, topical serum, oral supplements, and hair re growth shampoo. Hair genesis is especially favored by females. The main action of Hair Genesis is stopping the action of DHT blockers. Revivogen, Tricomin, and Nisim products are also available for treating hair loss.

Well Being: Overnight Weight Loss

Overnight Weight Loss

The rise in the number of fast foods joints that have a lot of saturated fat in the meals, the use of a lot of refined sugar in sodas and other processed foods and eating food with less fiber have all contributed to the fact that there are more people than before who are classified as either overweight or are obese.

A lot of other factors cause this to happen such as genetics, overeating and as people age; the metabolism slows down making it harder than before to burn the food that was just consumed.

The rate that a person loses weight is commensurate to how it is gained. Rapid weight is not good advisable since it leaves the person with lose skin and the only way to get rid of that would require surgery.

Weight loss depends on the condition of the person which includes weight, health, calorie-intake, age, gender, lifestyle, stress level and routine.

Being overweight does not necessarily make a person unhealthy. It just makes the person a bit unfashionable. Studies have shown that people who are a bit overweight live longer than those who have normal weight.

There is no quick or overnight solution for quick weight loss.

Nutritionists and other health experts will say that a person's weight with proper exercise can actually help lose a certain number of pounds per week The best way to do this is with a low calorie diet and an exercise plan.

The first thing a person needs to do is to choose a diet program designed by a dietitian or another health professional. The patient has to be evaluated before any program can be made. The program usually consists of an eating plan and an exercise program that does not require the use of supplements or one to purchase any expensive fitness equipment.

The best exercise plan should have cardiovascular and weight training exercises. This helps burn calories and increase the muscle to fat ratio that will increase ones metabolism and lose weight.

A good diet should have food from all the food groups.

This is made up by 2 things. The first is carbohydrates. The food that a person consumes should have vitamins, minerals and fiber. A lot of this can come from oats, rice, potatoes and cereals. The best still come from vegetables and fruits since these have phytochemicals, enzymes and micro nutrients that are essential for a healthy diet.

The second is fat which can come from mono and poly saturated food sources rather than animal fats. Since fat contains more than double the number of calories in food, this should be taken in small quantities to lose weight.

All diet plans are designed to make the person induce reduced amount of calories into the body. This does not mean that the person has to eat less. It just means that one has to eat smart by choosing the foods that have less calories. This makes it possible for someone to lose weight without the need to eat less.

During the course of the program, the person should still consult with the doctor and other health experts to monitor ones progress. There will be times that it is essential to modify the diet plan to further lose weight.

It is up to the person already to stick to the program to see that it works.

Well Being: A way to lose fat by eating 6 times a day

A way to lose fat by eating 6 times a day? Absolutely!

The no nonsense diet to get rid of 2 kilograms (about 5 lbs) of fat per week, by eating twice as often.

It is important to know that it is not proteins combined with fat that increases your gut, but carbohydrates combined with fat does. If you would be eating only proteins, such as meat and fish, you'd never be fat, provided that your metabolism would have enough energy to burn the proteins. To get energy, you need carbohydrates.

The trick is to eat carbohydrates not combined with fat, oil, meat or fish.

The other trick is to keep the metabolism as active as possible, simply by eating very often, although smaller quantities to keep the total food intake at a reasonable level.

Early morning : You need to fill up fuel, like a car does before a day's trip. This will be the only carbohydrate meal throughout the entire day. First drink a glass of water. No soft drinks, no alcohol, just plain water. Few minutes later you eat boiled rice, or boiled noodles, with green salad leaves, or some beans (no soya). Do not take any sauce, ketchup, oil, butter, cheese, meat, fish, fried stuff, eggs, etc. , so no proteins or fat. Do not take any milk or dairy product. Not even ready made cereals, because they contain fat and sugar. Eat slowly ! Chew 18 times and do not rush. As soon as the hunger stops, stop eating. Do not eat because there is still something on your dish.

Late morning : This is 1 or 2 hours before lunch. First drink a glass of water. Eat some pieces of meat, ham, chicken, egg, salami, liver or fish, what you usually would put on a sandwich. No cheese,

no meatloaf. You may add mayonnaise, oil, butter, but no sauce. No biscuits, no bread (bread is carbohydrates with fat), no carbohydrates. This is just a protein 'snack' in between.

Lunch : First drink a glass of water. Eat any meat, chicken, egg, or fish you like. Fried, boiled, steamed, smoked, with or without oil or butter. No carbohydrates, so no vegetables, no bread, no potatoes, no rice, no noodles, no mushrooms, no beans, no soya, nothing of that kind. No hamburgers, no meatloaf, no fast-food. Just plain proteins and fat. You can even take the same as the 'Late morning' meal.

Halfway afternoon : First drink a glass of water. Take some fresh fruit. Not canned, no sugar, no cream, no cookies, no chocolate, just fresh fruit. No prefabricated fruit juice. And no bananas.

Late afternoon : First drink a glass of water. Eat any meat, chicken, egg, or fish you like. Fried, boiled, steamed, smoked, with or without oil or butter. No carbohydrates, so no bread, no potatoes, no rice, no noodles, no mushrooms, no beans, no soya, nothing of that kind. No hamburgers, no meatloaf, no fast-food. Just plain proteins and fat. It is the same as 'Lunch'. Nothing different. You may, however, add light vegetables to this meal. But only boiled or steamed or raw leaves, no beans, no mais, no corn. For the record, "leaves" are those parts of the vgs that receive sunlight. Eat no prefab vegetables.

Evenings : First drink a glass of water. Eat any meat, chicken, egg, or fish you like. Fried, boiled, steamed, smoked, with or without oil or butter. No carbohydrates, so no vegetables, no bread, no potatoes, no rice, no noodles, no mushrooms, no beans, no soya, nothing of that kind. No hamburgers, no meatloaf, no fast-food. Just plain proteins and fat. You can even take the same as the 'Late morning' meal.

Forbidden at all times : Cheese, milk, yoghurt, chocolate, cake, cookies, biscuits, crackers, chips, nuts, raisins, fast food snacks, soy products, sausage, tomato ketchup, sauce (any), soup, cornflakes, popcorn, artificial sweets, sugar, alcohol, canned fruit-juice, dried fruit, soft-drinks, beer, sambal, french fries, brown beans, white beans.

Recommended at all times :

In the morning – vitamin-C, Selenium, Chrome, Zinc, Kelp.

In the afternoon – Potassium.

In the evening – vitamin-B complex, Calcium, Magnesium.

Coffee or tea at any time between any meals, but never directly before or directly after a meal. Must at least half an hour apart. And of course : no sugar, no artificial sweets.

Do not ever over-eat. Stop eating when the feeling of hunger has gone.

You may always eat proteins and fats instead of carbohydrates. But never the other way around. If you practice sports, replace the protein meal before the exercise by the carbohydrate meal only if you feel shaky.

The above is based on dietary principles by Atkins and Montignac. If you are vegetarian, please keep in mind that soy products are a mix of proteins and carbohydrates, therefore they make fat. Besides, soy based products are bad for your health. Go for fish instead.

You may not be losing any weight the first week. That is perfectly normal, because your body needs to get adjusted. It is not weight that is important, it is the body volume. So do not just watch your weight, but rather the body shape. After all, that's what the diet is for.

One more thing: make sure the food is not prefab meals, conserved food, frozen food. It has to be fresh and good quality.

Well Being: What There is to Know About Diet Pills

“What There is to Know About Diet Pills?”

According to manufacturers, diet pills use natural ingredients capable of prolonging life and containing alcohol used in medication or flavoring. One thing's for sure, never take diet pills as substitute for cutting calories without the doctor's recommendation. There are simple but important steps to be followed when taking diet pills:

- 1.Never crush diet pills to mix in drinks or soups. Take it whole with a full glass of water.
- 2.Diet pills causes a person to urinate more frequently due to its diuretic effect. This could lead to dehydration, thus, causing complications. As a precaution, it is best to drink eight glasses of water everyday while on diet pills.
- 3.Take only the recommended dosage. Taking more than required will not help you lose weight but increase the risk of side effects.
- 4.Heartbeat should be less than 86 beats per minute. Stop taking the pills if it reaches 90 or higher that is why regular checking of pulse is a must.
- 5.Always follow the instructions set by the dietician and/or doctor and not only rely on what's enclosed in the box. Also diet pills will only work as expected if diet plan is being followed.
- 6.After three months, stop taking the diet pills. Common diet phenylpropanolamine is safe to use only up to sixteen weeks. Other studies show that it can cause health problems if taken under one month.

There are two kinds of diet pills; one is the prescription only diet pills and the over-the-counter diet pills.

Prescription Diet Pills – are drugs regulated by the Food and Drug Administration agency which side effects are monitored, maybe advertised and prescribed under certain dosages. The most popular of these is Xenical, which is licensed for long-term use. However, this too has it's own side effects, diarrhea, oily and unexpected fecal discharge are just some. Therefore, users are advised to take a low fat diet plan.

While Over-the-Counter Diet Pills are categorized as food substitute and are unregulated. Beware that these diet pills are not Federal authorities tested and may cause serious side effects up to and including death.

Aside from a dietician, local pharmacists can also help in determining the pills that are safe and not for each person's case. Just be extra careful about the so-called “natural” or “organic” ingredients. Not everything that comes from a natural source is safe. One example is Ma Huang, which is a botanical source of ephedrine known as a stimulant and being studied for potential side effects.

Those who have or have a family history of prostate problems, thyroid disease, mental illness, high blood pressure, and heart problems should avoid taking diet supplements. The same applies to those who've had seizures or strokes. If someone is taking cold medicines, especially those with decongestants, diet pills should not be taken. Whether it be a prescription or an over-the-counter diet pill, the dangers are unvarying with other similar drugs which controls the brain to reduce appetite and includes chest pains, hair fall, fever, depression, and even impotence.

And as a general rule, don't ever try to take diet drugs if pregnancy is suspected. Persons that are allergic to sulfites and tartrazine should also avoid taking diet pills. And those who are under 18 years or over 60 years of age should consult their doctor first prior to taking any dietary drugs, especially if they rely on over-the-counter stimulants used as a replacement for increase exercise.

Well Being: Drugs that Induce Weight Loss

Drugs that Induce Weight Loss

Recent studies have shown that more people are getting overweight every year. This happens not only to adults but even to kids who have just started in school.

A lot of factors cause this to happen such as genetics, overeating, the type of food taken into the body and as people age, the metabolism slows down making it harder than before to burn the food that was just consumed.

There are many ways to solve this problem. Some have decided to undergo surgery, while others have decided to change the dietary intake and exercise.

Since this takes time and most people can't wait to get rid of the extra weight, these people have decided to take the fastest way out which is through the use of weight loss drugs.

In the 1950's until the late 90's, doctors prescribed drugs for weight loss. The drug works by increasing the serotonin levels in the brain that makes the brain believe that the stomach is already full and thus, increases the person's metabolic rate.

It was only after scientists discovered that these drugs had side effects and were related to cause heart valve disease that these were taken off the shelves.

Later on, new drugs were developed and prescribed by doctors and many of which are still waiting for FDA approval.

Most people have known friends or family members who have tried using diet pills and have seen tremendous improvement. The idea that a simple drug can change everything without the need to change the diet or sacrificing anything is very tempting.

This has made consumers spend millions of dollars every year and has given drug companies a lot of money making and selling the drug.

Diet pills can be purchased either over-the-counter or prescribed by a doctor. Even with the advances in medical technology, these drugs can still cause a lot of health related problems which can be unpleasant such as diarrhea and vomiting, harmful such as tightness in the chest and urinary tract problems and fatal such as a heart attack or a stroke.

An overdose of the diet pills can cause tremors, confusion, hallucinations, shallow breathing, renal failure, heart attack and convulsions.

The side effects vary depending on the lifestyle and health of the person and can be minimized as long as one consults the doctor first before buying it.

Should one decide to stop using the drugs, studies have shown that there are also side effects. These include noticeable mood swings, hyper-activity, and pain in the stomach, insomnia and nightmares, severe irritability, extreme fatigue, depression, nausea, vomiting and trembling.

A lot of clinical tests will show that the drugs taken to lose weight really work. But this can only work if it is done with a low calorie diet and an exercise plan.

A good diet should have food from all the food groups. This should have vitamins, minerals and fiber. A lot can come from oats, rice, potatoes and cereals. The best still come from vegetables and fruits since these have phytochemicals, enzymes and micro nutrients that are essential for a healthy diet.

A person can jog every morning or sign up and workout in a gym. Just like taking any medicine, one should first consult the doctor before undergoing any form of exercise.

The best exercise plan should have cardiovascular and weight training exercises. This helps burn calories and increase the muscle to fat ratio that will increase ones metabolism and lose weight.

To be honest: You do not need any pill!

Well Being: Healthy Diet – A Guide to Weight Loss

“Healthy Diet – A Guide to Weight Loss ”

Here are some weight loss diet tips that can be followed anywhere, everyday:

1. Make a delicious low fat mayonnaise by combining one teaspoon of Dijon mustard or satay sauce with a low fat yogurt.
2. Do not skip meals. Skipping meals slicks the body into slowing down the metabolism, attempting to conserve calories during a period where limited fats and fuel are available. Remember that eating increases the metabolism.
3. Stuff vegetables like capsicum and zucchini with flavored fillings or minced chicken, white meat or fish. These are healthy and contain low fat.
4. Take pita bread roll ups or wraps with salad fillings.
5. Eight hours after waking up, our metabolism slows down that is why 30 minutes of exercise before dinner will increase the metabolism for about two to three hours. This produces an increase in burned fat even hours after the work out is over.
6. Add alfalfa or mung beans to salad to get extra iron.
7. Good cooking and healthy eating begins with learning about nutrition and how to prepare healthy recipes.
8. Learn how to make the family favorite recipes and make sure that fats, salt, and sugar are cut out. Substitute non-fat yogurt for cream, stir-fry without oil and use herbs and spices instead of salt to taste.
9. Consult the doctor before beginning an exercise or weight loss program.
10. Slowly eat and chew each bite during meals as this would decrease one's appetite.
11. Complete three small meals and two snacks everyday instead of one or two huge meals.
12. Use chicken stock when stir-frying. This will cut down on hidden fat.
13. Buy non-toasted muesli instead of the toasted ones. A plate of toasted muesli contains more fat than a plate of bacon and eggs.
14. As much as possible do not remove the skins of fruits and vegetables since most of the nutrients are concentrated under the skin.
15. Warm water with just a squeeze of lemon juice before breakfast get the metabolism going for the

day, this also help preventing constipation and is excellent for the skin.

16. One of the best sources of vegetable protein is from soya beans or tofu. All legumes provide some protein, so include lentils, lima beans etc into casseroles and soups.

17. Look for a weight loss “buddy,” club, or support mates. This will motivate you to stay and enjoy your weight loss program.

18. Though it’s hard at first, try not eating 3 hours or more before bedtime.

19. Make pasta a fast food choice – preparing a pasta meal or salad will only take 10-12 minutes.

20. Chilli helps to speed up metabolism – even the milder varieties.

21. Try making omelets without adding the yolks! A dramatic decrease in fat.

22. Substitute baking soda, baking powder, MSG and soya sauce in cooking.

23. Remove fat by dropping ice cubes into the baking tray. Fat will stick to the ice cubes.

24. Drinking hot water instead of cold water in the morning can increase the speed of your metabolism and burn more calories.

25. Eat before you go food shopping and always prepare a shopping list. Only buy food which relates to your weekly menu plan and don’t be tempted to buy goodies.

Make sure that the right discipline is still practiced to promote consistency on the diet plan. This will lead eventually to a healthy life-style and a more fruitful living without the extra fat and extra pounds on the side.

Well Being: Muscle Percentage

What Percentage Of Your Body Weight Is Muscle

It is almost impossible to answer the question what percentage of your body weight is muscle as it depends on each individual. In a healthy woman, whose body is in correct proportions, muscle and other lean tissues account for between 10% and 15% of her total body weight.

Some people refuse to exercise as they believe that muscle weighs more than fat. But muscle burns more calories so people who try to lose weight by dieting alone are generally less successful than those that follow a combination of a healthy diet and exercise.

Walking is a great weight loss exercise. It burns fat, as it is aerobic, but as it is also weight bearing, it helps to build lean tissue and maintain healthy bones. A brisk walk is a low impact exercise which means you are at less risk of injury and probably best of all; it doesn't cost a penny.

A leisurely stroll won't burn the pounds though. You need to go for a brisk walk building up a slight sweat as you exercise.

If you start sweating excessively you are putting your body under too much pressure so slow down. It would also be a good idea to speak to your medical practitioner to ensure there are no underlying health problems that need to be taken into consideration.

Ask your family to buy you a pedometer so you can measure your steps. It is suggested that we all walk at least 10,000 steps a day, about five miles, but those that need to lose weight may wish to walk more.

People think that in order for exercise to work, you need to be down in the gym working out like Mr T. This is not the case at all. In fact gentle exercise works best to start with, as you are more likely to keep the new fitness regime going. You won't see immediate results and the sooner you realize that you are in this for the long haul the easier your weight loss program will be.

you know it doesn't really matter what percentage of your body weight is muscle, if overall you are in great shape, weigh the correct amount for your age, height, build and get sufficient exercise. What matters more is that you are happy and enjoying your life.

Muscle doesn't turn into fat when you stop exercising. Some people believe this myth but it is completely false. Muscle cannot turn into fat and vice versa. What tends to happen is that you can lose muscle tone and definition; if you cease to work out. You may also put on weight if you do not reduce your calorie intake as you burn more calories when exercising. So if an illness or injury prevents you from being as active as usual, just cut your calorie intake slightly and you should be fine.

So stop wondering what percentage of your body weight is muscle and get out there and find ways of improving your overall lifestyle.

Muscle Building For Fat Loss

Many women are under the impression that any type of weight bearing exercise will bulk them up – adding too much muscle to be attractive. In fact, the opposite is true. Muscle building for fat loss is possible, and adding muscle will, in fact, help your body to burn fat more quickly. Adding muscle to your frame helps you to secure a lean, toned appearance. You'll be stronger, and more flexible.

When practicing muscle building for fat loss, it is key to remember that you may not lose weight as quickly as with cardio alone. However, you are burning fat more quickly. Muscle has weight, too, and you are replacing fatty pounds with muscular ones. However, if you are overweight, your weight will still drop. In either case, your percentage of body fat will drastically decrease, and you will lose inches from your hips, thighs, and waist.

When you decide to add muscle building exercises to your daily routine, start with a low amount of weight and a high number of repetitions. When you see those big bulky guys in the gym lifting weights – they're doing the opposite. For bulk, you'd want a high amount of weight, lifted a few times. Low weight, high reps will lead to long, lean muscle and an overall toned appearance.

As you practice muscle building for fat loss techniques, it is still important to eat healthfully. Working out in the gym and then going home to load up on cookies and chips is unhealthy, and unproductive. Remember, it is much easier to avoid calories in the first place than it is to burn them once you've eaten.

Muscle building will help you to achieve other healthful benefits, as well. Your posture will improve, as your core muscles become stronger. You'll have more energy, and be able to do more cardiovascular exercise as your body strength grows. Working out will become easier and easier, as you become stronger and stronger.

When you begin add muscle building for fat loss into your workout, you may be sore. If this occurs, be sure to stretch before and after your workout. Remember, your hard work will pay off! You're decreasing your body fat percentage, which improves your overall health. You're improving your posture, and building a stronger, healthier body. It's a proven fact – muscle building for fat loss works! Well Being: No Specific Exercise

No Exercise Plan For Losing Weight

Yuck! You feel fat! Maybe you just caught a peek of yourself in the mirror and weren't happy with what you saw. Or, maybe it's more serious. You had a doctor's appointment and you were told you could die early as a result of how much you weigh. regardless of the reason, you are now at a point where you want to know how to lose weight. Even if you've tried dropping a few pounds before, this time you have to do it, anything else simply isn't an option. That's good! If that's your attitude, then you are already well on your way to losing weight.

However, if you are looking for some of secret, or "latest diet breakthrough" then you will be let down. On the other hand, if you are only concerned about results and melting away that unsightly flab that has invaded the wrong parts of your body, then you'll want to pay attention.

You should know, no matter how you feel now, it is entirely possible to lose weight. Notice I said "possible" and not "easy". It may be easy for you, or it may not. But it is possible. My guess is that some of the techniques will sound a little goofy, but they worked. Besides, you have to stop worrying about what others think if you're going to do well. For the record, none of what follows is theory. They are all things I did to drop 22 pounds in a few weeks. Use as many of them as you like and celebrate the victory of each pound coming off.

I'm about to use a word that I used to despise. I liked to watch TV and play around on the internet, in fact, I still do. Oh yeah! What is the word I'm referring to? Exercise.

If you are cringing at the very word, then we may have already zeroed in on part of your problem. Who likes to exercise? Sorry, it doesn't matter. You have to engage in activities that put your metabolism into high gear, and that's what exercise does. It's not as bad as it sounds as you will see.

Just as the word "diet" conjures up negative images of torture and self-deprivation, so to does the word "exercise". So call it something else. "Activities", "play", "fun", "sports" or..."movement" are all good alternatives. Whatever it takes to get you to change your perception of it into something more positive.

You don't need any fancy equipment, or any equipment at all to get started. Go for a walk around the block, climb up and down the stairs an extra time, run in place, lift large soup cans, work in the garden, anything and everything that is extra movement will burn extra calories. Even if you only burn a few, they will add up over time. Of course you can always jog, go to the gym or join a local amateur sports team if you like. Whatever you enjoy doing is fair game.

The final tip is to try to keep moving. At any given moment during the day you should be engaged in some kind of movement. Even something as inconsequential as twiddling your thumbs or tapping your foot. Sure, people may think you're nervous about something. But, remember, you don't care what they think anyway...you've got weight to lose! You can do it!

Well Being: Natural Fat Loss

When it comes to losing weight, everyone wants a quick solution. Natural fat loss supplements abound, promising quick, immediate weight loss. However, if you're truly interested in losing weight naturally, the only real way to do so is through diet and exercise. Natural weight loss is just that – natural. It's a process that your body goes through. You can't reproduce natural fat loss by taking a pill or eating strange combinations of foods. You can, however, encourage it by eating well and exercising regularly.

Natural fat loss is achieved as the body loses fat and gains muscle. You can encourage fat loss and

muscle gain by eating properly and working out. Foods for natural fat loss are nutrient dense, rich in vitamins and minerals. Foods like fruits and vegetables are packed with nutrition, without being packed with calories. For a natural fat loss diet, choose lots of fruits, vegetables, whole grains, lean meats, and fat free dairy. By limiting your caloric intake, you're encouraging natural fat loss.

As you build muscle, you decrease the percentage of your body composed by fat. A muscle toning program can add lean, toned muscle without adding bulk. Low weights and high repetitions will help you achieve a long, lean physique, while aiding your natural fat loss. As you build muscle, your body will burn calories more efficiently, which will allow you to burn your remaining fat even more quickly!

Cardio exercise will also help in your natural fat loss journey. After your first fifteen minutes of cardio, your body begins to burn fat for energy. You can ramp this process up even more by exercising first thing in the morning – before breakfast. Your body burns more fat on an empty stomach, so this can be a quick and easy way to jump start natural fat loss. If you get dizzy or shaky with this method, try adding a light breakfast with a low fat protein source, such as whole grain bread with peanut butter. This will give you enough nutrients for exercise, without weighing you down.

Natural fat loss can only be achieved through diet and exercise. If you are interested in losing fat naturally, without supplements, pills, or powders, you can do so. Natural fat loss involves a lot of effort, but it is well worth it. It is the easiest type of weight loss to maintain. Weight lost with fad diets is often quickly regained. However, with natural weight loss, you will achieve results that will stick with you for a lifetime. By learning how to eat right and exercise properly, you're enabling your body to lose fat now, and maintain your weight loss for a lifetime!

This article is for informational purposes only. It is not medical advice, nor should it be interpreted or substituted as medical advice. Prior to making changes to your physical exercise routine and your diet, you should always consult your personal physician.

Well Being: Exercise Without Moving

There is so much hype today when it comes to weight loss that it's easy to get confused and distracted. No matter what you may hear on TV, the truth is you only need two things to lose weight: a good diet and plenty of exercise. There is no quick fix, no miracle drug, and no surgery that will allow you to eat whatever you want, not exercise and still lose weight. The good news is that you do have a lot of choices when it comes to which types of foods to eat and what exercise programs to use. Using motionless exercise is one of those effective options.

Motionless, or isometric, exercise is simply a way of stimulating your muscles without having to lift heavy, cumbersome weights. This form of weight training has been popular since the 1900's and is still widely used today by weight trainers, power lifters, and other athletes. All you need to do is find an immovable object, such as a wall, and press against it for 30 – 45 seconds, then release.

Your muscles will get the same benefit as it would if you were lifting weights, but it can be an easier form of exercise, particularly if you don't have a lot of time for a 'traditional' workout or if you are just beginning your exercise routine and need to start a little slower.

This form of exercise will rely solely on the weight of your body for resistance. That can be both an advantage and a disadvantage. The advantage is that you don't need a lot of special equipment and you can do the exercises virtually anywhere, such as at your desk or on your daily commute.

Since isometric exercise can be squeezed in virtually anywhere and can be done in just a few minutes, you can get the benefit of this amazing form of exercise no matter how hectic and busy your daily routine may be.

The disadvantage to isometric exercise is that since you are only using your own body weight you will reach a point where you won't be making any more muscle gains because you won't be able to add weight to your workout like you would if you were lifting weights.

Of course for any well rounded exercise program you will not only need to incorporate exercise you will also need to pay close attention to your diet. Eating not only healthy foods, but the right amount of food at the right time will speed your weight training efforts along. When you combine good eating habits along with isometric exercises you will get far more impressive results far more quickly.

When it comes to losing weight and getting in shape we are very lucky these days. It seems that new exercise programs and choices are being introduced on an almost daily basis. We have cutting edge technologies and eating choices. Using isometric motionless exercise is one of those options. This 'old fashioned' exercise may have been around for a very long time, but it's every bit as effective today as it was for the strongmen of the 1900's, give it a try and see for yourself!

Well Being: Beware Of Mayo Clinics

Mayo Clinic Diet Plans Permanent Healthy Weight Loss Just For You

Beware of imitators! While there have been diet programs in the past named after the Mayo clinic, there is only one diet plan that is endorsed and created by the Mayo clinic. The true mayo clinic diet plans are backed by the clinics own food pyramid and have been developed with dietitians to be nutritionally balanced.

It's more about eating well balanced, nutritious meals forever, than a quick hit diet to lose a few pounds quickly.

The plan basically boils down to providing your body with the nutrients it needs and keeping the simple carbohydrates to a minimum. The plan stresses unlimited amounts of fruits and vegetables and more limited amounts of grains. Eating so many fruits and vegetables will actually lessen your desire to eat a lot of sugars over time...another benefit of the diet, fewer sweet cravings! Another benefit of a high fruit and vegetable diet is that you will be getting a lot of your necessary fiber, minerals and vitamins.

Providing your body with the nutrients it needs will keep it healthy and also make it run more efficiently, all while you are losing weight. While losing weight may be your primary goal, it's important to remember that providing your body with the fuel it needs so it can fight off illnesses and infections, is also a very worthy and important goal.

Of course, as with any good weight loss program, this diet encourages a well rounded approach to weight loss and health. It encourages not just diet changes but implementing some forms of exercise too.

This isn't some quick fix diet, it's a lifestyle change that will encourage you to make healthier choices for the rest of your life. By making these lifestyle changes you can not only lose weight on this plan but you'll be able to effortlessly keep it off for the rest of your life. No more yo-yo dieting!

This diet plan focuses on healthy choices rather than an ultra restrictive food plan. The plan teaches you how to pick more healthy foods that have fewer calories, but that can also help you feel full longer. Foods such as fruits and vegetables will give you a bigger bang for your buck: low calorie, fuller longer.

Following this program can realistically allow you to lose a healthy 1 to 2 pounds a week. By adding exercise to your diet you can bump up your weekly weight loss a little bit, plus you'll be building muscle which will make it easier for your body to burn more calories throughout the day, no matter what you are doing.

This diet plan comes with a complete online resource to help you with your goals.

When it comes to finding a good weight loss plan be careful of all the mayo clinic diet plans out there. Instead find the one that is actually created by a real clinic that factors the nutritional benefit in with the weight loss benefit to give you a truly well rounded weight loss approach that is healthy and sustainable.

Well Being: Master Cleanser Diet Detoxification

Master Cleanser Diet – Body Detoxification – Equal Weight Loss

What in the world is the master cleanser diet? This diet has been around for a long time and has been called by many different names. You may have heard of the lemonade diet, the maple syrup diet, the cayenne pepper diet, or even the pepper diet. They are all one in the same. Whatever name you call it, it can help you lose all the weight as well as rid your body of potentially deadly toxins and it can do it all in just ten days.

Now, I don't want to oversimplify things. This is not an easy diet to do simply because it requires you to exist for ten days on a liquid only diet. It may not sound hard, but take it from someone who knows, it's very challenging to train your body to exist only on liquids.

You will make up a mixture of fresh lemon juice, organic maple syrup, cayenne pepper powder and water. You can make up a big pitcher each morning and that mixture will be your meals for the day. You can supplement the cleanse mixture with water, clear broth and tea if you want to, that can add a little variety and make it easier to stay the course.

Many people will fail their first time, or maybe even their first few times. In order to increase the likelihood of success there are a few steps you can take before you even start the cleanse.

The first thing you'll want to do is to talk with your doctor and make sure that it's safe for you to go on this type of diet. Only she knows you and your health history well enough to be able to guide you. I'm not a doctor so I can't tell you that this is the right course of action for you.

Once you've got your doctors OK, the next thing you should do is to pick a start date. Pick a date that is at least several days out. Give yourself time to prepare both mentally and physically. For one thing you can cut down a little on the number of calories you take in. By doing this a few days before you start the cleanse you are getting your body used to taking in fewer calories every day which will make the process a little easier.

It's also a good idea to try and plan your cleanse during a time when you won't be dealing with a lot of stressful situations. It's tough enough to do this diet cleanse, it will be even harder if you are overly tired and /or stressed.

Learning some simple meditation and relaxation techniques before going on the diet may also help you get through it more easily. Basically anything you can do to put yourself in a better frame of mind before you even start the cleanse will just increase your chances of success.

The master cleanser diet has been around for years and has helped thousands of people meet their weight loss goals. It can help you too, if you take the time to prepare yourself and make sure to talk to your doctor first.

Master Cleanse Weight Loss – Body Detoxification – Safe And Simple

Thousands of people swear by the master cleanse weight loss program. It has helped people lose fat and detox their bodies for years. It's not easy, and many people won't be able to do the full ten day cleanse, especially on their first try, but if you can stick to it you can lose unwanted fat and toxins in just a few days.

Some people see weight loss of up to 20 lbs in about ten days. Along with the loss of weight comes the all important detoxifying benefits. The weight loss is largely just water weight and some of it may be regained, but the loss of toxins is an extremely valuable benefit and side effect of the cleanse.

We all are inundated with chemicals every single day. There are chemicals in our air, our water, our soil and our food and drugs. We take in an enormous amount of chemicals daily, and while those chemicals may be benign on there own, when combined with multiple other chemicals the interaction can sometimes cause problems.

Preparation is very important to the success of the cleanse. It's not easy to do a strictly liquid diet for ten days, if you don't prepare both mentally and physically you'll most likely fail.

One of the things you can do to prepare is to set your start date. Determine when you want to start your cleanse and make sure you give yourself a few days to get your head around the concept before you actually start.

Physically you can make the cleanse a little easier by backing down on your caloric intake for a few days prior to the cleanse. Don't starve yourself, but substitute some protein shakes for hamburgers to get your body used to the idea of a lower calorie, liquid based diet.

To make the cleanse all you need to get is some simple household staples. The cleanse is simply a mix of lemon juice, maple syrup cayenne pepper and water. That's it. when you go on the cleanse diet you will drink this mixture along with water but you won't eat any solid foods during the length of the cleanse.

Now, it's important to keep in mind, that you should always talk to your doctor before you consider going on this type of diet. Make sure you get her OK and that you are healthy enough to go through with this cleanse.

When you're done with the cleanse, you need to slowly back yourself on to a normal diet. You don't want to rush out and have a big steak and baked potatoes. If you try to do that you'll probably make

yourself sick. Your body simply won't be used to that much heavy food after your cleanse and it won't respond well to such heavy foods.

Instead of eating big meals after the cleanse, ease yourself into it slowly. Start with some soup, salad and other light foods for the first few days after your cleanse. Then slowly add more 'normal' foods. It should be at least several days before you actually eat your normal types of food.

Using the master cleanse weight loss program can be a great way to detoxify your body while you jump start your weight loss.

Master Cleanse Instructions – Jump Start Weight And Body Cleansing

Want to jump start your weight loss? Want to rid your body of unhealthy toxins while losing excess body fat? If you answered yes to either, or both, of those questions then you should give the master cleanse a try. For anyone who is unsure of what the master cleanse is or how you go about it, I will explain the master cleanse instructions in this article.

The master cleanse is a liquid mixture that anyone can make themselves at home with some commonly found household items. You will take this mixture in place of your meals for a ten day period. During that time you won't eat any solid foods but rather exist solely on the cleanse mixture which can be supplemented with water, tea and clear broth.

By doing this you will lose anywhere from ten to twenty pounds (some of that weight loss will be in the form of water weight which you will gain back, but some will be in the form of excess body fat which you won't gain back, if you eat right, that is).

During the cleanse you will also flush toxins from your body. This isn't the easiest of diets to stick to but for those who have, they've found that they have an easier time of eating healthy foods even after they've completed the cleanse.

That's because the toxins in your system can have an addictive nature. The more junk you have in your system the more junk you seem to want. When you clean all the junk out, you simply don't seem to have as many cravings as you once did which means it's easier to stick with a good diet plan even after the cleanse.

You do have to make sure and ask your doctor if you can go on this type of diet. I'm not a doctor and I can't give you medical advice. If your doctor says it's OK then you should prepare yourself first.

To prepare yourself you'll first want to pick a start date. Give yourself a week (or at least several days) lead time before you start the cleanse. Doing this will help you get yourself used to the idea. You can also help prepare your body by lowering the amount of calories you take in daily just prior to starting the cleanse.

If you eat your normal diet one day and try to only 'eat' a liquid diet the next, you're going to find it's very difficult to stick with. If, on the other hand, you make a slight change to the number of calories you take in as well as what types of foods you eat a day or two before you start the cleanse your body won't be as shocked by the change and it will be easier to stick with the cleanse.

To lose excess body fat as well as detoxify your body follow these simple master cleanse instructions.

Just make sure that you ask your doctor if he thinks it's OK for you to do it. If you're not healthy enough for the cleanse you might do more harm than good.

Master Cleanse Detoxification – 10 Days Liquid Dieting

There is a lot of talk lately about not only losing weight to get into better health, but also ridding our bodies of so many of the chemicals and toxins that build up over time. Eating healthier, more organic, nutritious foods. Using the master cleanse detoxification program can help you accomplish both goals.

This diet plan is an all liquid diet you will stay on for a full ten days. The cleanse mixture is a blend of fresh lemon juice, organic maple syrup, cayenne pepper powder and water. This mixture provides a unique balance of increasing your metabolism along with the weight loss aspects of an all liquid diet.

You will use this mixture as a 'meal' replacement. You can supplement the mixture with clear broth, water, and tea. Adding these other 'foods' will allow you to get enough variety to keep you on track with your cleansing.

Of course, you will need to talk to your doctor prior to going on any diet program. Since I'm not a doctor I can't give you any advice about whether or not this is the best way for you to go. If your doctor gives you the OK you can do this cleanse monthly.

In order to increase your odds of success you should take a few days up to one week prior to the start of the cleanse to prepare yourself mentally and physically. Mentally you should try to find a way to relieve stress and meditate. The more stressed out you are the less likely you'll be able to stick with the cleanse.

Using meditation skills can also help you get through the challenge of doing this type of diet. You need to have your head in the right place prior to and during the cleanse to increase your chances of success.

Physically you can help prepare yourself by eating fewer calories a few days before the start of your cleanse and also by eating less filling food. Steer clear of the carbs and red meat for a few days in advance and start eating more white meat and salads.

By making these changes before starting the cleanse you'll be making it easier on your body adjusting to the liquid only nature of this diet plan. If you still can't make it the full ten days, don't worry, just give yourself a few weeks and try again. It may take several tries before you can make it the full ten days.

Once you're done with the cleanse you have to be careful how you handle going back to your regular diet. If you try to eat a lot of heavy food right after the cleanse you'll make yourself sick. Instead, take a few days and slowly add more solid foods such as soup or salads. After a few days of that you can start adding some white meat and a few carbohydrates.

Don't make the mistake of thinking that once your cleanse is over you can start drinking a bunch of soda or coffee. If you do that you will be adding a lot of toxins and chemicals back into your body which will completely undo all the good of your master cleanse detoxification.

Well Being: Fasting Good Or Bad

Is it safe to lose weight fasting? A high number of people would like to know the answer to this question. According to some professionals, surprisingly enough, it is safe to lose weight fasting, however, as long as you don't overdo it.

In other words if you have never fasted before, then more than a day would be or could be harmful to you. For other people that have decided to go this route they should never go a week at a time without eating.

Your body needs vitamins and nutrients to stay healthy, and while you are not eating anything, then you are not giving your body what it needs. And your body can react in a very negative way and then the next thing you know, you're in the hospital.

This is when a lot of health problems come into play while you were going days without anything to eat or drink. For the novices first time fasting could be really hazardous to their health. That is why it is very important to get a doctors opinion about fasting.

The one thing people have to watch out about fasting is, when you fast your body's metabolism slows way down to conserve energy. However when you go back to a normal diet, because your metabolism was lowered it will cause you to store more energy, this will cause you to gain those pounds back you lost, plus add a few as well.

There are different versions of fasting all over the world, mostly because of religious beliefs. Some versions consist of no food, some consist of only one type of food, then there are versions out there where you can only have water and that's it. Then there is the fasting where you cannot have any food or water.

There are some religions and other physical guru's who believe fasting can cleanse your body. Even though you would think because you are not putting anything that is harmful into your body; it would be easy to believe this is true. However, there is no scientific evidence to support this theory.

There is a belief by some people who think by fasting it can make a person live longer. Well, this theory is kind of tough to follow in my opinion. Yes, there have been studies on certain groups that didn't eat for a whole month's time. During this time there would be no way a person can have any type of clogging of the arteries or damage to any other type of organs.

However the study also showed that there was not enough evidence, because no one has studied a certain group long enough to be able to prove it as fact.

So there are some facts about fasting which support it. However if you do choose to do this, just make sure you follow what your doctor says. And if you have any type of health problems seek professional medical help quickly.

Well Being: Herbal And Herbs

Is Herbal Weight Loss Safe

If you are looking for that "magic pill" that will bring about weight loss you may have looked into herbal weight loss pills that boast a "safe and natural" way to lose weight. Are those ways safe?

For many people, there is an automatic assumption that just because something is natural that it is safe.

Snake venom occurs naturally, but I wouldn't suggest ingesting that. Peanuts are natural and good for most people, but for some it can bring about a severe allergic reaction requiring quick medical attention. Just because something boasts being "natural" doesn't mean that it is particularly safe. Even if it is safe for some people doesn't mean that it is safe for you.

What does this have to do with herbal weight loss?

Herbal products used for weight loss use a variety of ways which are supposed to help in losing weight. Most of these weight loss products that are considered herbal will either trick your brain into thinking you are full. Many more will use thermogenics to help speed up your metabolism.

What are some of the herbs used for weight loss that need to be avoided?

First, anything that is an herbal laxative should be avoided. Buck-thorn, cascara, rhubarb root, and senna are some of the ones you will see most often. The danger in using a laxative to lose weight is that it can bring about dehydration, constant cramping and diarrhea. It may also cause the muscles used to control bowel movements can become weakened to the point that you are no longer able to control them. You also stand a chance of becoming addicted to taking laxatives and you risk becoming bulimic.

Ephedra, also known as ma-huang, is probably the ingredient to look out for most. There is a related product known as herbal phen-phen (or fen-fen) that has ephedra as the main ingredient. This is known to raise blood pressure and increase your heart rate. It can also really mess with your central nervous system causing over stimulation. Some of the side-effects of ephedra or ma huang are seizures, stroke, heart palpitations, or heart attack. There are deaths that have been connected with the use of ephedra.

So what herbal products are there that are safe and can help in effective weight loss?

Three main ones are cayenne, green tea, and seaweed. Cayenne has capsaicin in it which safely helps stimulate digestion and helps increase your metabolism. Green tea is a safe stimulant that also gives you a healthy dose of vitamin C. Seaweed stimulates the thyroid which helps in weight loss. Do make sure that you check with your doctor if you have thyroid problems or are on thyroid medications before using it.

There are many other herbal weight loss products that are safe, but there are also many others which aren't. Just like the peanut, there may be some that are healthy for some people, but are dangerous to others. No matter which one you use, check with your doctor first to make sure that it is safe for you.

How To Use Herbs For Weight Loss Safely

Are you one of the millions of people looking for a way to lose weight? If you are, then you have probably tried to find out how to use herbs for weight loss. There is a draw to this because it comes across as a healthy way to lose weight. After all, it's herbs, so it should be healthy, right? Unfortunately, this isn't always the case. While there are herbs used for weight loss that can work and are safe, there are many that aren't.

What are some of the herbal weight loss products to avoid?

Chromium Picolinate is found in many herbal weight loss products. It can help your body regulate its blood sugar levels, but it can also cause problems to your chromosomes when taken in high dosages.

The dosage in the products should be small to avoid this and other issues, like dehydration.

Senna or any other herbal laxative can cause short-term discomfort like cramping and dehydration. They can also cause long-term problems with your colon, muscles that control bowel movements, and can become addictive leading to eating disorders like bulimia nervosa.

St. John's Wort has an effect on the brain that helps some in weight loss, but like many things, can be harmful in large doses. If too much is taken you can have gastrointestinal problems as well as itching. Some experience fatigue after taking too much so make sure that if you do take this that it is in very low quantities.

Ephedra, Ma Huang, Herbal Phen-Phen, or Fen-Fen, are all related products that can cause problems with the central nervous system and some very harmful side-effects resulting in respiratory problems or heart problems and stroke. This should be avoided completely.

How can I use herbs for weight loss safely?

The first thing that you should always check with your doctor to make sure that it isn't harmful to you. There are some herbal weight loss products that work effectively and safely in some people, but are dangerous to others. Make sure that there isn't going to be any issues for you. Also, use them responsibly and in moderation. Do not go overboard trying to make them work. These products are going to work with your body to speed up weight loss, but won't cause you to lose massive amounts of weight overnight. If you don't see results as fast as you expected or were promised, don't increase the amount you take to speed it up.

When you investigate the herbs you wish to use for weight loss, look into not only how it will interact with your body, but how it interacts with other medications you might be using or supplements you are taking. Take the time to look at the big picture or go talk to your doctor or an herbalist to see if there is anything to worry about. Take all the advice you see carefully. When you look into how to use herbs for weight loss, don't risk your overall health and well-being so that you can shed a few pounds quickly.

Well Being: Save Your Obese Teenager Further Embarrassment

We all know the teenage years can be very tumultuous. Not quite an adult, and not a child, this in between and all the new feelings and emotions can make this time in anyone's life stressful. For an obese teenager that stress is multiplied. The good news is that they don't have to be obese. I'm not saying it won't take time or that it will be easy, but if they really want it, they can lose the weight and have a less stressful and much healthier life...and you can help.

Here are some things that can help a teen lose weight and start living a more healthy lifestyle:

1. First and foremost anyone who wants to lose weight will need to accurately assess how much weight they need to lose. Very often, especially for teen girls, they have a very unrealistic idea of what 'fat' is. Many times a teen girl will think she's fat if she can't see her rib cage.

If they really are overweight it's important to talk to their doctor to find out what the proper weight should be for their age, gender, height, and build. From that point a proper diet and exercise plan can be tailored for their specific needs and goals.

2. One really nice thing that a parent can do is to workout with their teen. Whether it's bike rides,

swimming in the pool, or tossing a ball back and forth this will allow both of you the time to get some exercise as well as some nice together time.

3. If your teen needs to lose more than just 10 pounds or so you may want to talk with their doctor for a specific diet plan. This doesn't mean medication but teaching your teen what they should eat and how much. This can lead not only to weight loss but a lifestyle change that will ensure that once your child has lost the weight, they will never gain it back again; the weight loss will be permanent because the lifestyle changes are permanent.

4. Don't buy bad food. If your child can't drive yet, they are pretty much 'stuck' with whatever you buy. If you don't have a lot of snack food and processed food in the house your kid can't eat it. Instead of buying junk food when you go grocery shopping start buying whole, non- processed foods.

Buy plenty of fruits, vegetables, and lean proteins. Your teen will likely be resistant at first but you can remind them that the types of foods they like is a learned habit and they can change that habit. If they stick with it they can get to the point where they don't even like the taste of the junk food anymore.

5. Invest in a good low fat cookbook. It's usually pretty easy to make simple changes to not only the types of foods you cook, but also the way you cook them. These changes can help you eliminate a lot of the fat in your diet.

If you have an obese teenager and you don't want their teenage years to be any more difficult then they have to be, you can help your child make better choices and get in the type of shape they can feel good about. It won't be easy, and your teen will likely be resistant at first, but if you lead by example and stay consistent, more than likely your teen will come around. This is a great opportunity for both of you to create a healthier lifestyle all while spending some fun times together, who could ask for more?

Diet Plans For Overweight Teenage Boys That Work

If your son is obese or heading that way you should be looking at diet plans for overweight teenage boys.

Studies show that kids learn from their parents and that includes their eating habits. So if your children are suffering from weight problems, perhaps the whole household could do with remodeling! We know that you need to combine healthy eating and moderate exercise in order to become slimmer and more toned.

Before you do anything, try not to make a big deal of your son's issue. Teenagers are self conscious enough and you do not want him to feel worse than he probably already does. All those hormones raging around are difficult enough to deal with never mind overanxious parents. I am not suggesting you ignore the problem, quite the opposite. Just don't tell him that he needs to lose lots of weight.

The first thing you need to do is take your son for a full medical checkup. This is to ensure that there is no underlying condition causing his weight gain. Also if he is obese, you should follow your doctor's advice with regard to suitable activities as well as a recommended calorie intake and suitable weight loss program.

Eating is a pleasant activity and food is there to be enjoyed and this is the attitude we need to adopt in our homes. As soon as you start banning particular items, you are almost guaranteed that your child

will want them. Instead, we need to re-educate them gently into the ways of healthy eating. Mention the word diet and you will probably have a rebellion on your hands. So don't mention low calorie or low fat, but just gradually swop the obvious items. For example if they like cottage cheese, get the one made with skimmed milk and use low fat mayonnaise.

You can reduce your child's calorie intake subtly so that they may not even notice. For example, try slightly reducing the size of their meals. If they love pizza or curry, make your own at home. You can reduce the fat and salt content thereby helping them to lose pounds. Encourage them to eat more fruit and vegetables. OK so that last one may not be easy but there are ways around everything. Think of how you used to mask vegetables when they were toddlers i.e. in soups, blended into tomato sauces etc.

Review their overall level of activity. It may be that your teenager already has a healthy diet but just doesn't work out enough. Try encouraging him to take up extra activities such as ball games, swimming, running etc. While he might not want to go out walking, he could be interested in golf.

Be careful with the type of exercise program you choose. The American Academy of Pediatrics say children shouldn't try to lift heavy weights, power lifting or bodybuilding until they have stopped growing. Boys can continue to grow until they are 18 or more.

Diet plans for overweight teenage boys are similar to those for the rest of us. It is not rocket science just healthy eating combined with regular exercise.

Childhood Obesity Facts Which Could Save Your Child

While we all know that our nation, and many other nations around the world, are facing a new health challenge with high obesity rates, what you may not know is that one of the fastest growing segments of the population in terms of obesity is children. Here are some childhood obesity facts that can paint a clearer, and bleaker, picture.

For children between the ages of 2 to 5 and from 12 to 19 the obesity rates have doubled since just a few decades ago, and for the age group of kids between 6 and 11 the rates have tripled in the same time frame!

About a third of children today run the risk of becoming obese, and sixteen percent of them are already obese. That's a frightening statistic!

Gender doesn't seem to make much of a difference, the rates for boys and girls are virtually the same. What does seem to make a difference are income levels.

Hundreds of years ago being overweight was a sign of wealth and prestige, that is no longer the case. Though it may sound counter-intuitive, the poorer segments of the population are actually at a far greater risk of obesity. Why? Simple, highly processed, fatty food is cheap. Leaner, more healthy fruits and vegetables are more expensive. The lower income people don't have the option of buying the healthier, more expensive food options.

There is some differences between certain ethnic groups as well. Also there can be a genetic predisposition to obesity. But sometimes it's not genetic it's simply the fact that every member of the family has adopted the same unhealthy eating habits.

Of course we all know of the health risks associated with obesity, such as heart attack, stroke, diabetes, arthritis, to name just a few. These are magnified the longer a person is obese, so in the case of a child they are at far greater risk much earlier in life than a normal sized person who gains weight in middle age would be.

Besides the physical danger to overweight children there is also the potential for psychological damage as well. Our society stereotypes overweight people as being lazy, stupid, and lacking self control. These stigmas can follow a child throughout their entire life. That can lead to difficulties in relationships and achieving their full potential.

Of course one advantage of the fact that we are talking about children is that we, as parents, have control over this issue. We can make it a priority to help our children make better choices. We can make sure we don't allow our children to eat fast food more than once a week. We can restrict the amount of soda, cookies, ice creams, and chips we buy when we do our grocery shopping.

Another thing parents can do, that will benefit them and the whole family, is to encourage the whole family to get more exercise. Suggest an after dinner walk, or bike ride for the whole family. Not only will this be a great way to spend some quality time together, it will also encourage your kids to get some exercise. You will be setting a good example for them.

These childhood obesity facts are startling, but now that you know you do have the power to make changes. Knowledge is power, and it might not be easy but you can help change your child's course to one of a more healthy lifestyle filled with nutritious foods and plenty of physical activity. It's not too late.

4 Health Problems Of An Obese Child Does Your Child Have Them

Obesity is dangerous enough with adults but the health problem of obese child can be even more frightening because they are showing up much earlier in life. What used to be considered almost exclusively the health problems of middle age are now becoming very common in younger children and teens.

If a child has too much body fat they are considered obese. A child is considered obese if their body mass index (BMI) is in the 95 percentile, or above, for their age and gender. While some obesity can be genetic the vast majority of overweight children are overweight for the same reasons so many adults are: too much of the wrong types of food and not enough exercise.

Just like with overweight adults, obese children are very prone to many health issues:

1. High blood pressure and high cholesterol. These two health issues are the leading cause of heart disease and an obese child is far more likely to have heart disease when they reach early adulthood! Again, what used to be considered more of a middle age ailment will often strike an obese child in their early twenties or thirties. A recent study found that obese children had the same type of plaque buildup in their arteries as what a 45 year old would have.
2. Children who are obese also have a much higher chance of developing onset diabetes. A study found that obese children are up to two times more likely to have diabetes than children of the same age that weren't overweight. This early onset of diabetes can mean a lifetime of health issues and can frequently cause kidney disease and even blindness.

3. According to the American Academy of Pediatrics up to 35 % of obese children have sleep apnea. This disorder causes someone to stop breathing for a few seconds at a time while they are asleep. Up until recently this was only found in adults. Sleep apnea can lead to many issues, the most obvious of which is not getting enough sleep. This lack of sleep in a child can cause difficulties in school and learning disabilities in a developing child.

4. Depression is also common in obese children. Obese children are often mocked and ridiculed by other kids at school which can lead to low self esteem and eventually behavioral problems and trouble in school.

Childhood obesity is a very serious medical, and emotional, issue and is certainly not something that should be ignored as 'just a phase'. The good news is that many of the health problem of obese child can be reversed once the child loses weight.

It's really not as hard as it may seem. Encourage your kid to go outside and play, everyday, for at least 30 minutes. Also getting rid of the fast food and processed food can help a lot. Kids will often mimic what they see their parents doing so you can get a two for one: you can spend more time exercising and eating right which will help your child to develop healthier habits and that way you'll both benefit as well as share some great together time!

Well Being: What Is In A Weight Loss Diet Pill?

What is in a Weight Loss Diet Pill?

With all the strenuous activities and sweat-generating regimens that most weight loss programs have, more and more people are enticed to opt for a better alternative, without the trouble of exerting too much effort.

With the advent of diet pills that promote weight loss, people go mad over the appealing advertisements of most manufacturers claiming that their product can easily "melt away" those fats and cellulite.

With these pills dominating the market today, who needs to tone those abs and biceps and do some dieting if there is an easier way to lose weight?

With an estimated 60% of the American population that are now considered as obese, these "wonder" drugs are definitely reaping millions of dollars in the United States alone.

Now, the questions are: is there any truth regarding the manufacturers' claims that these diet pills can ultimately promote weight loss? Are they really effective in helping people lose weight? And if that is the case, do these pills also help those people maintain their ideal weight and curb any fat accumulation in the body?

In reality, there are diet pills that can really make a person shed off those extra pounds. These diet pills contain certain substances that were already clinically and scientifically proven to be very effective.

These diet pills are effective in increasing the metabolism of the body, thereby, initiating weight loss. Plus, these diet pills contain certain substances that suppress one's appetite.

However, with so many diet pills saturating the market today, trying to find the best and most effective

diet pill can be very tedious. Chances are, you may end up choosing the wrong diet pill when your energy to find diet pills wanes down.

Actually, there are only five factors to consider when choosing diet pills that are effective at the same time safe to use. Here is a list of the factors that you need to consider in order to come up with a diet pill that is right and appropriate.

1. The metabolism-boosting ability

In choosing diet pills that will effectively promote weight loss, it is best to look for pills that have the ingredients that will enhance your body's metabolism, or the ability of the body to burn excess fats.

Choose those diet pills that contain alpha lipoic acid, green tea extracts, and "L-Carnitine" because these ingredients had been clinically proven to be effective in promoting weight loss through increased metabolic rate.

2. The appetite suppressants

Find diet pills that effectively suppress your appetite. It does not necessarily mean that you will skip meals but you will not just feel hungry every now and then. This is because obesity usually happens to people who are fond of in-between meals, which actually initiates excessive calorie intake.

3. The calorie stopper

Because obesity is usually due to excess intake of calories in the body, which is more than the recommended amount, it is best to choose diet pills that have the special ingredients that will curb the entry of calories into the body.

These substances are known as "phaseolus vulgaris." This is known to create an enzyme that will efficiently control any excess calories in the body. The enzyme responsible for this wonderful job is known as "alpha-amylase."

4. The metabolic enhancers

It is best to choose diet pills that have the so-called "lipotropic elements" that are effective in eliminating fats from the body. It functions like a sweeper that effectively sweeps excess fats outside the body.

These lipotropic elements are found in vitamin C, chitosan, alpha lipoic acid, and green tea extracts.

5. The water-retention breaker

Effective diet pills are those that contain diuretics. These are elements that avert the retention of water in the body during the weight loss regimen.

All of these factors are, indeed, clinically proven and effective in losing weight. Though, it must be kept in mind that diet pills alone are not sufficient to provide optimum weight loss. Hence, it is still important to do some exercises.

Therefore, with exercise and the right diet pills, you are definitely on your way to a healthier, slimmer you, according to the majority of health gurus.

But the real truth is that exercise is not the answer. Simply eat a little less, and eat healthy fresh vegetables and fruit instead of prefab meals. That is really all there is to. No pill will ever do better than just this.

Well Being: The Quick Weight Loss Diet Trend Disadvantage

The Quick Weight Loss Diet Trend Disadvantage

If you wear a size 14 and you blow a bundle on designer size 8 dresses as motivation, you will probably end up feeling guilty, frustrated, and angry if you are not slinking around in it a month later.

In reality, you will do much better setting smaller, achievable targets for yourself. If you must try the new-clothes strategy, go down a size at a time, and do not buy anything you have to take out a second mortgage to pay for.

Because, if you continue to remorse on losing weight fast, you will end up incorporating fad diets or those that offer quick weight loss.

For most people who are not aware of this fact, there are no such things as quick weight loss diets and there is no nippy weight loss for people who want to be slimmer than what their body can provide.

The problem with most people is that they tend to opt for nippy fixes wherein fact these things are not effective at all.

What Does Not Work

Today, there are plenty of weight-loss strategies that are guaranteed to backfire. This is because these nippy fixes instilled on certain diet plans are, in reality, not efficient because it does not employ the right principle and the right attitude in losing weight.

These quick weight loss diet plans are known as fad diets because that is exactly what they are, just a fad. In time, when fashion is over and popularity wanes down, people will realize that the diet they have depended on is not reliable at all.

To know more about these fad diets that are selling like hotcakes in the market today, here is a list of some telltale signs that would tell you not to try it even once.

Here they are:

1. Skipping meals

Does your diet plan require you to skip meals? If it does, then, it is a fad diet.

Abstain from food completely is not a healthy habit. It may even cause some serious complications or problems especially for people who are sick with diabetes.

Skipping meals will only cause a hypoglycemia, or the condition wherein your blood sugar is really

low, and will probably only be effective in making you eat twice as much at the next meal.

2. Dieting without exercise, or vice versa

Exercise is crucial to the human body. It is important in the proper blood circulation and other activities of the human body system.

Therefore, diet plans that do not require you to exercise are nuisances. People are born to move.

But then again, exercise alone is not sufficient. Hence, it would be better if diet and exercise will go hand-in-hand.

3. Continuous dawdling

There is no better time to start losing weight. If you want to really lose those excess fats, you have to lose weight now.

Delaying tactics will not get you anywhere and will only make the problem worse. So, if your diet plan suggests a certain time-frame for you start losing weight, chances are, you are following the trend of fad diets.

Boiled down, it is best to rely more on the way you feel than the tale of the tape. This means that if the weighing scale tells you that you are losing weight even if it is slower than you would like, but you are feeling energetic and positive about your weight-loss efforts, then, you are just doing fine.

As mentioned and is worth mentioning all over again, weight loss is not a quick process.
Well Being: Natural Weight Loss: When you do not have to Go Over

Natural Weight Loss: When you do not have to Go Over

Eat right, keep moving.

You just have read all that you need to know about how to prevent being overweight. That simple set of instructions should be easy to follow, but not for 35% of Americans who are unable to prevent being overweight.

Of course, once we are overweight, we usually want to trim down for a whole lot of reasons, some related to health, others having to do with looks.

In addition, it is never too late to lose weight. But the fact is, it is a whole lot easier to prevent putting on pounds than to try losing them later on. And if there is one thing we all know, it is that weight gain is likely to happen if we do not take forward-looking steps to stop it.

Health experts say that most people who are into losing weight usually stray. They tend to go back to their old eating habits even after they learn to enjoy low-fat eating. They tend to return to sedentary ways even though they enjoy exercising.

But despite the momentum toward weight gain, you can stop it from happening, experts say. And there are plenty of good reasons to avoid excess pounds, reasons that go beyond vanity or social acceptance.

In fact, some health experts contend that the significance of excess weight is more than cosmetic. They say that it takes a huge toll on people's physical health.

The Way to Losing Weight...Naturally

The nuts and bolts of eating right maintaining a healthy weight is not all that complicated. In fact, it is a good bet that most people know pretty well what is best. Hence, losing weight the natural way should not be a problem at all.

Consequently, a reasonable approach for losing weight naturally is to stick to a diet that is high in complex carbohydrates, high in fiber, moderate in protein, and low in fat.

A complex carbohydrate is a baked potato. Fat is the sour cream and butter you should not put on it. Fiber is vegetables. Fat is the oil you should not fry them in. Protein is a lean cut of meat. Fat is the gravy you should not pour over it.

Moreover, health experts say that dietary fat promotes weight gain because it is a very dense source of calories. Also, when you consume excess calories from dietary fat, you store those calories as body fat more efficiently than excess calories from other sources.

On the other hand, it can also help you lose weight naturally if you will not fall into the so-called "fat-free" trap. Manufacturers keep coming out with low-fat or fat-free versions of their best-selling foods, but Americans keep getting fatter anyway.

One of the greatest delusions of the 1990s is that "no fat" means "non-fattening." The truth is, you are often getting just as many calories from the no-fat version, even if the calories are not coming from fat.

The term fat-free can be a trap if you start to believe that you can eat any amount of the foods that are advertised that way.

What's more, it is best to respond to hunger with healthful snacks. Health experts say it would be better to try eating every three to four hours, which may mean a nutritious low-fat snack between lunch and dinner.

When you feel the urge for food coming on, snacking on something healthy such as a slice of whole-grain toasted bread is a better alternative. Never skip a meal and eat snacks instead because that is the worst thing you can do if you are trying to control your eating habits and weight.

Remember, if you want to lose weight naturally, you have to keep track of every food you eat and of every activity that you do. When you say natural weight loss means that you do not have to use some accessories or helpful aids just to lose weight.

Losing weight naturally is a process and not a fad. Hence, it would take a lot of dogged determination, self-control, and discipline just to achieve your ideal weight.

Well Being: Dangers of Using Laxatives For Weight Loss

Dangers of Using Laxatives For Weight Loss

One popular weight loss supplement available in the market today take the form of tea. Stores all over sell slimming tea, dieter's tea and others but all of them are actually the same. They may appear to be effective, but what is not seen may actually harm you.

One of the effects of drinking dieter's tea is frequent bowel movement. This gives people the feeling of body cleansing. These people may get toxins out of their body but it isn't exactly the only thing that slimming tea actually does to the body. Slimming tea contains herbs which are natural laxatives. These include aloe, senna, rhubarb root, cascara, buck-thorn and castor oil. These are products which are derived from plants and are used since the ancient times because of their potency in treating constipation and to inducing bowel movement.

Cascara, castor oil and senna are substances which are recognized as laxatives available over the counter and are also regulated as drugs. Scientific studies show that diarrhea induced by laxatives does not absorb significant amounts of calories taken in the body.

The reason for this is that laxatives do not act on the small intestines where most of the calories are absorbed. Instead, they work on the large intestines. If taken in large amounts for prolonged periods, it can affect fat absorption of the body. This may lead to greasy diarrhea and loss of weight. Abuse of laxatives is common practice among people who suffer from bulimia and anorexia nervosa.

While weight loss can be guaranteed by overdosing on laxatives, it may also cause permanent damage to the gastrointestinal tract and the weakening and softening of the bones, a condition known as osteomalacia. Drinkers of slimming teas may actually patronize the product because they are less expensive and taste better than other laxatives sold in the market. Other people, such as those with eating disorders like bulimia and anorexia nervosa drink dieter's tea because they work fast and produce watery stool and having loose consistency.

Women may even be more susceptible to the effects of slimming teas. Although they may are not known to interfere directly with the woman's menstrual cycle and fertility, they should watch out if drinking them causes them to rapidly shed off weight. It is also not safe for pregnant women to be taking in laxatives of any kind. Wise and responsible herbalists also discourage the use of senna and other herbal products with laxative properties for pregnant women and women who are trying to conceive.

One should be wary about these findings because the labeling of slimming teas in the market today can be absolutely misleading. For instance, they commonly refer to the laxative qualities as "natural bowel cleansing properties" and not specifically use the word "laxative". Some even use the term "low-calorie" on their labeling. These products in fact, contain essentially no calories nor nutrients whatsoever; unless of course, if they are sweetened.

Adverse effects of misusing laxatives in the form of slimming tea generally occur when taken in more than or longer than recommended. These include nausea, stomach cramps, vomiting, diarrhea, fainting, rectal bleeding, electrolyte disorder and dehydration as well as injury and worse, death. It was also reported that excess use of stimulant laxatives cause severe constipation and pain for long periods (as much as for decades) due to the colon losing its function. It eventually led to surgery removing the colon altogether.

Well Being: Losing Weight the Healthy Way

"Losing Weight the Healthy Way"

Almost 108 million Americans were overweight or obese in 1999. Until now, obesity continues to be a serious problem and is predicted to reach epidemic levels by the year 2020.

One way to prevent this scenario is to make people aware of the risks of being overweight or obese.

Here are some diseases that you are putting yourself in risk of if you are carrying a lot of extra pounds:

1. heart disease
2. stroke
3. diabetes
4. cancer
5. arthritis
6. hypertension

Losing weight helps to prevent and control these diseases.

The quick weight loss methods which have spread like fire these days do not provide lasting results. More often than not, dieting methods which involve dietary drinks, foods and supplement or pills do not work. If they do, the results are just temporary.

It is better to rely on a healthy weight loss option which will provide lifetime results. You have to set realistic goals and not expect to lose a lot of pounds in a short span of time.

Here are some tips on how you can lose those unwanted pounds the healthy way:

1. Do not starve your self.

The key to a healthier way of losing weight is: Do not diet.

You may seem happy and feel that you are losing those unwanted flabs on your belly and thighs by skipping meals. But remember that this would not last long. Your body cannot tolerate having insufficient food to fuel the energy that you use up everyday.

If you get used to skipping one or two meals a day, your stored calories will be used up instead of the energy that should have been provided by your meals. So if you just eat one huge sandwich in one day, it will end up straight to your problem area (i.e. highs, buttocks, hips).

2. Start your day right.

Mothers always say that breakfast is the most important meal of the day. Have a healthy meal in the morning to jump-start your metabolism.

Your food intake after you wake up will be used to burn fat all day long.

3. Eat small, healthy meals frequently.

Five small-serving snacks per day is better than three hearty meals. Eating more frequently, and in small servings, can prevent over-eating. This will also increase your metabolism and make calories

burn faster.

4. Decide on how much weight you want to lose.

Keep your goals realistic. In the long run, it is virtually impossible for you to lose 40 pounds in 2 weeks. Have a mindset that you want to eat healthy to stay healthy for the rest of your life.

Once you have decided on a weight loss plan or program, stick to it and make sure that you follow your own set of dieting rules.

5. Drink lots of water.

Your body needs sufficient water to burn fat and keep your cells hydrated and healthy.

6. Avoid too much sugar.

Plan your meals around lots of fruits and vegetables, some bread, rice or pasta for that carbo fix that you need, plus lean meat and protein rich-foods. Sweets, sodas and pastries should be once-in-a-while indulgences only.

7. Watch your fat intake.

Fat is not the culprit to being overweight. You need this to keep your weight at the proper level.

There is such a thing as healthy fats. Olive, peanuts and canola oil have them. Tuna, salmon and mackerel have omega-3 fats which is good for the heart.

8. Exercise.

Leave your car if you are only going a few blocks from home, take the stairs instead of the elevator, jog, cycle or skate. Use these activities and other home chores if you are too lazy to go to the gym and take exercise classes. Make sure that you do this regularly and you will not even notice that you are already shedding pounds with these mundane activities.

It does not matter how much weight you plan or need to lose. What is important is that you set realistic goals for yourself.

Go slow. If you have already lost 5 or 6 pounds, give yourself a break then try to lose the next 5 pounds.

Eat healthy, drink lots of water, have enough sleep and exercise. This will give you a higher chance of losing weight and improving your health, which would result to a new, healthier you.

Well Being: Milk worse than Cigarettes

According to British professor Jane Plant, milk is just as harmful for us as cigarettes.

“All dairy products should be excluded from one’s diet, because they are known to cause breast cancer in women and prostate cancer in men.” The professor is widely known for her anti-dairy radical views. Her book entitled “Your Life-In Your Own Hands” which has been published last year ponders this

exact issue. Nowadays, Plant is getting ready to publish another opus: “Prostate cancer: how to diagnose, prevent and cure the illness.”

Such hatred towards milk products is not without reasons. When nine years ago she had her fifth recurrence of breast cancer, doctors had told her she would live for a few months. The persistent woman however did not wish to give up so easily. She was able to draw certain correlation between the Chinese diet which involves very small dairy intake, with a very low rate of breast cancer patients there. She also decided to completely exclude milk products from her diet. After about five weeks, Plant’s tumor started to decrease. Today, this 60-year-old woman is a tumor-free person.

According to the professor, one of the ever-present hormones in milk is carcinogenic. In addition, the amount of it tends to increase and reach inadmissible high concentrations due to animal’s hormone treatment.

There exists a clear correlation between concentration of this particular hormone in man’s blood and the amount of specific prostate’s antigens in his body. Aside from this hormone, excess amount of calcium in one’s body can also trigger development of tumors as it blocks vitamin D.

Milk is not the only product that has been declared to pose certain health risks. Eggs and butter for instance can lead to heart attacks, while cheese turns out to be a real narcotic. At the same time, some traditional food products are being attributed rather nontraditional therapeutic qualities: apparently, coffee prevents Alzheimer’s and raw fish helps to cure bronchial asthma.

Basically, all of these suggestions make one’s head spin. In the meantime, before you decide to refrain from milk and other dairy products, it would be nice to remember that even the most famous professionals make mistakes. Take for example Dr. Atkins, who as it turns out, has suffered from obesity. It has not been stated whether Atkins suffered from obesity because of his own diet. His “colleague” Montignac was a different story, though.

Source : Utro Russia.

Well Being: Metabolism And Its Effect On Fat Loss

Your Metabolism And Its Effect On Fat Loss

Metabolism is the process by which your body converts food into energy. Many people hold the belief that fat people have low metabolism rates and skinny people have high metabolism rates. However, the process is not that simple.

Your metabolism depends on three separate factors, and how it works affects how much you weigh. Metabolism is determined by the amount of calories you consume, factors such as age and sex, and how physically active you are.

If you consume excessive calories, you will eventually gain weight. Each human body is designed to run on a certain calorie amount. This can vary from person to person, but is between 1500 and 2500 calories for most adults. If you are trying to lose weight, it will be less.

Men generally need more calories per day than women, unless the woman is pregnant or breastfeeding. The rate at which your body burns these calories is your metabolism; if you burn them more slowly, you’ll gain weight. If you burn through extra calories quickly, you’ll maintain your weight.

Factors such as age, body composition, and sex also determine metabolism. If your body contains more muscle, your metabolism will be faster. If it contains more fat, your body will be slower.

For this reason, women's metabolism often slows down after pregnancy. Excess fat is accumulated and stored on the hips and breasts. After pregnancy, it can be harder to lose this weight. Age also affects your metabolism; as you age, your metabolism slows down. This can lead to "middle age spread" if you don't take action to burn those extra calories and kick your metabolism into high gear.

Your rate of physical activity greatly affects your metabolism. This is good news; it means you have some control over the situation! If your metabolism is slowing down due to age, gender, or other factors, you can boost it by exercising. The key to weight loss is burning more calories than you take in.

When you choose to exercise regularly and eat a healthy diet, weight loss is possible. Your metabolism will increase as you add muscle to your body remember; muscle burns more calories than fat!

To jump-start your metabolism, you may need to lower the amount of calories you're consuming daily and up the amount of exercise you are doing. Choose aerobic and weight lifting exercises for maximum impact. Aerobic exercise burns fat, and weight training will add muscle. Both can greatly increase your metabolism, leading to healthy fat loss.

This article isn't medical advice nor should it be interpreted or substituted as medical advice. This article is for informational purposes only. Prior to making changes to your physical exercise routine and your diet, you should always consult your personal physician. It is much better to be safe than sorry.
Well Being: Connection Between Weight Loss And Fitness

Your Connection Between Weight Loss And Fitness

If you've decided you want to lose some weight (whether it be just a few pounds or a large chunk of your body mass), chances are you've done the research on diets, plans, gyms, exercises, and anything that you can find on that subject. If so, you've probably seen that most credible sources will tell you that weight loss and fitness are strongly related. If not, that's what I'll tell you now.

If you want to lose weight, you first need to evaluate a few truths. The most obvious is that if you burn off more calories than you eat, you will lose weight. You can either chose to do no "extra" exercise and eat very, very little in order to lose weight, or you can stick to a plan that will burn off enough calories and allow you not to starve yourself. It's also important to note that overly-decreasing your calorie intake can backfire on you because your body will slow your metabolism down in order to accommodate this adjustment in calorie intake. This will cause you to actually gain weight instead of lose it.

The next fact is that a combination of water and oxygen leads to fat burning. Make sure that you are getting at least a half gallon of water every day. Your body will use this water when you exercise, and cause you to lose weight in a healthy way. Again, you must combine your water intake with some form of aerobic exercise (increased oxygen) for this to work. Choose something that you like and can do on a regular basis like Walking, biking, swimming, yard work, etc. As long as you get your heart rate up a little bit, it's a good fat burning exercise.

Finally, consistency is the key when it comes to your weight loss and fitness plan. So many people jump into something quickly with the mindset that they will just keep up the pace for a couple of weeks or a couple of months and then they can go back to their usual life.

In reality, your plan should be a life-long commitment. Even after you lose the weight, in order to maintain your goal weight, you need to eat right and get some activity in. So, pick an activity that you enjoy (or that you don't mind so much). Walking is one favorite. If you live in the city, you can actually walk part of the way to work, save on gym expenses, and not have to worry about finding time in your day to exercise. If not, no matter where you live, you can probably find the time to take a 20-minute brisk walk around your neighborhood. Bring a buddy along to keep you entertained and you'll see that the time flies. The connection between weight loss and fitness is too strong to ignore. So, pick your plan and stick with it for life.

Well Being: Calorie Reduction Diet Works

Your Calorie Reduction Diet Works Try It And See For Yourself.

Forget all the glitzy adverts for the latest must have diet product. The only way to lose weight successfully is by following the calorie reduction diet.

Fluctuations in your body weight are caused by consuming more energy than you use up. Our system converts surplus food to fat and we put on pounds. Our body is actually protecting itself by storing food to prevent starvation if we do not have enough to eat. Worked quite well in the old days when people often went hungry but these days, the result is a nation suffering from obesity.

If you want to slim down, you need to expend more energy than you consume. Sounds easy right? So just how many calories a day do people need to reduce in order to lose weight? Well it depends on the individual to a point. If you are losing weight under medical supervision you should follow your doctor's advice.

If you are trying to do this on your own, the World Health Organization recommends that all adults have at least 1200 calories a day. If you try for less than this, your body may think you are in fact starving and slow your metabolism right down. This will stop you losing any excess pounds.

Crash diets i.e. those that restrict you to less than 1000 a day will result in rapid weight loss at first. But you will be miserable and starving and the results are not sustainable nor is it healthy.

The bigger the deficit you can cause between the amount of food you consume and the energy you expend, the more weight you will lose. But studies show that if you reduce your weight by one to two pounds a week, you are more likely to maintain your new waistline. So if you increase your level of activity you won't have to impose a huge calorie reduction. You will also preserve your muscles and they help to burn fat and keep your metabolism raised.

You can cut down quite simply by changing the way you eat and cook. Most of us rely too much on takeaways and packaged meals. These contain a lot of hidden fats and sugars. It is much healthier and cheaper to cook the meals from scratch at home. You can reduce your consumption by using semi-skimmed milk in recipes rather than the full fat version. You probably won't notice the difference. Using tomato based sauces also helps as does eating brown pasta and rice as opposed to the white versions.

Fruit and vegetables contain few calories and little fat. Increase your consumption via smoothies, salads and juices. They are great at filling us up and if we put a little extra effort into preparing our meals, they are very tasty as well. Eat little and often and keep carbohydrates for breakfast and lunch not your evening meal.

So if you are serious about that new figure, try the calorie reduction diet for yourself.
Well Being: Cardio Exercise For Weight Loss

Aerobics Cardio Exercise For Weight Loss

If you're carrying around some pounds you want to get rid of, then you need to do some cardio exercise for weight loss. If that sounds horrifying, don't worry. There are many forms of cardio exercise that you're sure to enjoy.

If you've not been exercising or doing any form of cardio exercise for a long time, you might feel really intimidated by the idea of starting. But you shouldn't be. Cardio exercise can be something as simple as taking a brisk walk.

You don't have to buy tights and leg warmers. There is no requirement as far as fashion or equipment to start out doing some good weight loss cardio. You don't even need an exercise DVD. Step out your door and walk briskly for about 20 to 30 minutes, or as long as you're comfortable at first.

If you'd like to try something besides walking, aerobic dancing is a good choice. You can just dance around your living room, but an exercise DVD is a good way to do it. You can find DVDs that will let you do basic dancing moves. Or you can choose a weight loss DVD of salsa dancing or belly dancing, and almost any kind of dancing you think you'd enjoy.

Cycling, swimming, hiking, and any type of activity that gets your heart rate and your breathing up are aerobic activities. That means it's a cardio workout. Doing any of these things for at least 30 minutes four times a week is a great way to use cardio to lose weight. It

Specifically for weight loss though, the best thing to do is to change up your exercise routine. If you start taking brisk walks for five times a week, that's wonderful. It will help you lose weight and it's good for your body. But you can lose weight even more efficiently and build your endurance more efficiently if you vary your routine.

Instead of just walking, try to also incorporate jogging or running. Walk for a few minutes, and then run for a little while to get some cardio work in. You can time the sessions or you can just do it as you feel it. This is called circuit training.

If you're cycling for cardio exercise, cycle at a leisurely pace for a few minutes and then go very quickly. If you're on an exercise bike, cycle at a normal pace for a while and then spin like mad. The same goes for any exercise that you do. If you're walking or cycling, using hills for this type of thing is wonderful.

You can also circuit training in another sense. Choose brisk walking one day, and then the next go for cycling or aerobic dancing. You can easily get into a rut doing the same thing every time.

Doing the same type of exercise is better than nothing, and it's wonderful. But if you can change it up a

little bit, the cardio exercise for weight loss that you do will be more effective.

Whats The Best Type Of Exercise For Weight Loss

If you ask a very fit person what the best type of exercise for weight loss is, they'll tell you the type of exercise they do every day. But they are probably wrong. That might be right for them, but the best weight loss exercise for you can be totally different.

If you just want to know the best exercise for burning calories, then running ranks at the top of the list. But that's not the same as the best exercise for losing weight. If you enjoy running and find it something that you can do several times a week, then running might be best for you. But most likely, something else will be better.

The best exercise for weight loss is very simply the one you will do. If you can get motivated to run for 30 minutes or five times a week, then it could be best for you. If you hate running or you can't run, then obviously trying to run won't do you any good.

If you're already fit, then you're probably already doing the best exercises for you. But if you need to lose weight, the best type of exercise to start with is probably walking.

You don't have to walk a mile a minute to get a benefit from the exercise. You can start out at a pretty leisurely pace. If you think you can walk for 30 minutes straight, then do that. If that seems like a challenge, then start with 15 minutes or even 10. Whatever you can do is the best thing to do.

Your goal should be to walk at least 30 minutes at a brisk pace at least 3 to 4 times a week. If you can do it every day, that's even better. And when 30 minutes is less of a challenge, aim for 45 minutes. When 45 minutes seems pretty easy to you, then walk for an hour.

If you never do any exercise but walking, you will greatly improve your health. And you will lose weight, as long as you're eating healthy, too. Eating Ding-Dongs and high-fat foods all day long will keep you from losing weight, probably no matter how much you walk. But a good diet with a walking routine will help you lose weight and get in better shape.

When you start to lose weight, if you're comfortable with the idea of jogging or running, that can be the best exercise to help you lose weight more quickly. Or if you hit a plateau where you're not losing weight, adding some jogging or running can help break you out of that.

You do need to be careful with running, however. You can hurt your knees or injure yourself and be unable to walk or run for a while. Try other activities like swimming or cycling if you're unsure.

The best type of exercise for weight loss needs to be something that you can do frequently. So walking is the easiest and safest exercise to help you lose weight.

What Are The Best Exercises For Weight Loss

Many people struggle with their weight; diets can cause some loss, but that weight will often be gained straight back once normal eating patterns are resumed. Exercise is the most reliable way of losing weight and keeping it off; but it can be difficult to decide what are the best exercises for weight loss.

Anyone planning to embark on an exercise regime should consider their fitness levels and age. There is no benefit to taking on a plan of exercise which is beyond the abilities of the exerciser. If exercise has not been done for many years, for example a sedentary office job with a car-ride to and from work, then the most commonly used exercises for weight loss may not be suitable.

It is also necessary to consider what is the intention of taking exercise; is it merely to lose a few pounds, or does the person also want to boost their general health, reduce heart problems, or diminish the risk of vascular problems and diabetes? A cardio fitness regime can combine the best exercises for weight loss with improvement in fitness and cardiovascular systems.

Walking is one of the best exercises for weight loss for sedentary people; begin with a daily walk of about 30 minutes, and then build up to a 45 minute daily walk. Improvements in health and fitness should become clear after only a few weeks; and walking is a relatively risk-free activity.

Once walking has begun improving the health, it is time to consider adding to the range of exercises. Regular fitness regimes should contain a combination of both aerobic or cardio work outs, the best exercises for weight loss, and strength training, which builds muscles and encourages the metabolism.

A good aerobic exercise for weight loss is running; a regular program of running burns more calories than other kinds of aerobic exercise; it produces endorphins which improve feelings of well-being and help reduce stress, and can boost general health, lowering risks of diabetes, heart disease, and high cholesterol.

When struggling to lose weight, many people concentrate upon aerobic exercise and ignore the benefits of a strength-training program. This is a mistake, as even a light amount of resistance training, done regularly, can improve the resting metabolic rate – a rise in metabolism which encourages greater burning of calories even when sitting down.

Cardio alone can build this metabolic rate up, and it lasts for about three hours after the exercise; but with strength training, this resting metabolic rate can stay higher for between 10 and 15 hours. In addition, strength and resistance training create more muscles – muscle is the most metabolically active of all the body's systems, so the more muscle you have, the more rapidly you burn calories.

A combination of running and weight training are the best exercises for losing weight and keeping it off; begin with a low-impact walking regime if necessary, and remember to build muscle each week in order to benefit from a rise in resting metabolic rate. Aerobic and resistance training together help the body burn more calories and fat.

Weight Loss And Cardio Go Hand In Hand

Weight loss and cardio workout plans can help you reach your goals to shed those extra pounds. Although many people would prefer to forget exercise altogether, the most effective way to lose weight is to combine a healthy diet with regular cardiovascular activity. Keep in mind that your cardio workout should be something that you practice consistently and, if possible, that you enjoy.

So, how do you go about establishing a solid weight loss and cardio plan that suits you and your lifestyle? Take a moment to consider how much time you can dedicate to working out, how in-shape or out-of-shape you are, what kinds of activities you enjoy (or don't mind) doing, and your final goals.

If you're biggest obstacle in terms of exercise is squeezing in the time to do it, then your best bet might be an elliptical trainer (stationary exercise machine) that really gets your heart rate up and allows you to burn a lot of calories in a short period of time. An elliptical trainer simulates walking or running but it lessens pressure on the joints which can cause injuries. You can choose your level of intensity and most people who are just starting out will only do a couple of minutes at a time. As you continue to exercise consistently, you will be able to gradually increase how many minutes you work out each session.

If you have more time and/or if you find the machines boring, you can try an aerobics class, boxing, kick boxing, swimming or other more stimulating activities. If you prefer to be outside for your activity, you can try walking or jogging.

It's really important that you choose something that you like for your regular activity. This is not something that you should practice only when you're trying to lose weight but something that you should be able to maintain as part of your lifestyle, maybe in a less intensive way than when you are in a weight loss phase. You can also switch your exercise routine around a little bit every day to provide some variety. Or, if you walk or run for your exercise, go a different route every day.

If you find that you aren't yet in good enough shape to do a cardio workout, start out with something very small and work your way up. Just make sure you are doing something. Dedicating even just five to ten minutes each day to some kind of activity is better than not doing anything at all. Remember that this is all a process that will allow you to start losing weight effectively and maintain a lifestyle that includes healthy eating and activity. Consider parking at the end of the parking lot when you go to stores or getting up walking around during commercials while watching your favorite television program. All of these small things can get you results with your weight loss and cardio plan.

Well Being: Green Tea Weight Loss Trick

Wow Green Tea Weight Loss Trick

Green tea weight loss is one of the newest methods being sought out by overweight individuals. While there is no substitute for eating right and exercise, natural green tea capsules can help you achieve the results you are after in terms of your goal weight.

The association between green tea pills and losing weight was discovered fairly recently. And since then, there have been numerous studies established in order to thoroughly understand the link between green tea pills and weight loss. And it has been found that green tea can really help you to get rid of those extra pounds.

Before you can fully appreciate the benefits of green tea weight loss, you need to understand the problems associate with other weight loss aids.

While other slimming aids contain chemicals that can add to a list of negative side effects, green tea is natural. Also, many other weight loss pills contain stimulants which could be harmful to the heart. Green tea extract is not harmful to the heart in any way. In fact, it is good for the heart. Finally, many other supplements or capsules suppress your craving for food so that you feel full even if you have eaten very little. This satisfied feeling lasts for a long time. That may seem good but in reality it can backfire. If you don't feel the need to eat or snack (on healthy items), your body is not getting all of the nutrients that it requires and this is not the right way to go about shedding pounds.

Another caution has to do with exercise. While it is a good idea to keep on a consistent schedule of consistent activity, rigorous exercise is something that most people dread. It takes up too much time and too much energy and it can also be damaging if you jump into it too quickly.

It is the above concerns that have made people curious about the green tea alternative.

Green tea pills contain the precious green tea extract whose main function is to increase your metabolism rate. This is what actually causes a faster burning up of extra fat and can get you quicker results. Green tea is also a great option because not only can it help you lose weight, but it also protects your digestive and respiratory systems, works against diabetes and reduces cholesterol.

While you are taking green tea extract, you can go ahead and eat three balanced meals and two snacks each day, guaranteeing that you are receiving all of the nutrients your body needs. Also, instead of heavy, tiring and time-consuming exercise, you can do lighter activities (like walking) that fit into your schedule and mindset a little better—this type of exercise combines perfectly with green tea weight loss as the extract is already doing the calorie burning for you.

Wonder Of Green Tea – Associated Health Benefits

While herbal tea, among other varieties, have been popular around the world for a long time, it seems that they have only recently gained a widespread acceptance in the US. Perhaps this is partly due to health benefits associated with green tea. Not only is there more and more anecdotal evidence about how wonderful green tea is, but the scientific and medical communities are also adding their stamps of approval to the mix.

The Chinese people have considered tea a staple in their diet for centuries, most likely dating back to prehistoric times. Other Asian cultures have also incorporated tea as a main part of their diets. Not only was it used as a common beverage, it was also used as a form of medicine early on. There are some ancient documents that mention green tea as being used to treat food poisoning, aid digestion and ease the pain of headaches.

Modern medicine is finally starting to catch up with what people from past centuries already knew. The only real difference is that modern practitioners understand the chemistry behind the benefits of green tea.

To fully understand the benefits, it is first necessary to know the difference between green tea and the other types of tea. Just about every type of tea has some health benefit, but green tea is much better. The main difference is in how tea leaves are processed.

Black tea is fermented and processed a bit more heavily, which removes a certain degree of the health benefits. Green tea leaves are in a more natural state and the tea is made by pouring hot water onto the leaves. There is a chemical compound known as EGCG (which stands for epigallocatechin gallate) which is found in higher concentrations in green tea. Time and again, green tea has been shown to improve health in several ways.

Green tea is packed with antioxidant power. As mentioned, green tea contains EGCG which is an antioxidant that is effective at inhibiting the growth of cancer cells, and may also aid in breaking them apart. EGCG also prevents blood clots and helps in reducing bad cholesterol. That's a good start, but there's more.

Studies have shown a relationship between green tea and weight loss, as well. The antioxidants help boost the body's metabolism, allowing it to burn calories more efficiently. It also helps you to feel more full by limiting the secretion of leptin (an enzyme that keeps you feeling hungry).

What other beverage can make you feel full and burn calories at the same time? Not only that, but green may also lower the amount of fat that is absorbed by the body, meaning more of it will pass through your system instead of sticking around in the form of flab.

Oh, and green tea can also help prevent cavities, freshen your breath, boost immunity, give you more youthful looking skin, reduce the risk for certain cancers and alleviate rheumatism. With all it has going for it, if you are not yet drinking green tea on a regular basis, you may wish to start doing so right away.

Is There Any Truth To Green Tea Weight Loss – Test It

As a whole, people are more overweight than ever. It wouldn't really be that big of a deal if obesity wasn't a risk factor for a whole host of other health problems. Lately there has been some buzz surrounding green tea weight loss. Is there any truth to the potential effectiveness of such a diet?

There is substantial evidence that the Chinese have been harvesting green tea for at least the past 4,000 years. And there's no telling how long they were using it in some form before that. So, while most people in the West think of it as nothing more than a beverage, people in the East have long revered it for its medicinal qualities as well.

Of course, Western medicine takes a different approach to how it decides what works and what doesn't for improving people's health. It's almost as though they think that if something is natural, then it can't be medicine. Well, the good news is that viewpoint is starting to change, at least where green tea and weight loss is concerned.

A physiologist by the name of William Rumpler has been studying how green tea effects the oxidation of fat and energy expenditure in the body. In simple terms, he's seeing how green tea boosts metabolism and increases weight loss. What follows are some of his early findings.

When the study was conducted, the only compound they were able to identify as aiding weight loss was the naturally occurring caffeine. As a control, they had some participants consume water that had the same amount of caffeine. Those who drank the caffeinated water did not show the same amount of weight loss as those who drank the tea.

So, what does this mean? It means that it isn't the caffeine in green that's making people lose weight. Other studies have shown that green tea contains an antioxidant called catechin. This is showing some potential. It's believed that catechin reduces how much fat the body absorbs, and may help people feel full sooner. Regardless of what is causing the weight loss, it does appear that green does, indeed, help in getting rid of excess pounds. As if that weren't enough, green tea has more health benefits. It reduces the risk of some cancers, lowers bad cholesterol and helps flush toxins out of the body.

More studies on tea are being conducted all the time, but the proof that is already out there is pretty good. Green tea weight loss diets are based on traditional Eastern medicine, and gaining approval from Western science, as well. Drinking a few cups of green tea a day should be all you need to take some

weight off. Round out the green tea with better eating and more activity and you will take off more weight and improve your overall health at the same time.

Green Tea – 3 Options For Healthy Living

Green tea has most likely been a part of the human diet for thousands and thousands of years; dating to prehistoric times. While it has traditionally been enjoyed by people in Asia, it is becoming more and more popular in the West. There is little question that one of the reasons for this boost in popularity is due to the health effects of green tea.

Herbalists and those practicing alternative medicine have long held that green tea is healthy. However, it is only recently that scientific and medical studies have been able to show verifiable health benefits of green tea.

Even though it is good for your health, not everybody likes to take their green tea the same way. We aren't just talking about adding a dash of honey or a splash of milk. Here are three different forms of green tea.

Tea leaves. This is the way most people take their green tea. You take some green tea leaves (stems are okay, too) and steep them in hot water. the longer you steep them, the more flavor, and health giving nutrients you'll extract from the leaves. Once it is steeped to your liking, strain out the leaves and sip at your leisure.

Some people are under the mistaken impression that throwing out the green tea leaves is the same as throwing away the health-giving benefits, but this isn't the case. Yes, there will still be some compounds left in the tea leaves, but the hot water will actually draw a lot of them out. So, you may get more nutrition if you eat the whole plant, but you can still drink green tea and boost your health at the same time. But what if there was a way to ingest the entire plant?

What we are talking about is green tea powder, also known as matcha. This is the entire tea plant, with all of its nutrients left intact, but it is finely ground. This is a high quality product and it can be a bit pricey. But as it has all parts of the tea plant, it will get the most value for your money.

However, not all powdered green tea is the "good stuff". There is also processed tea powder (adding preservatives and other chemicals), but it is not the same thing. Make sure the label says "matcha", or only contains tea as an ingredient. Another clue is if it is really cheap. If so, remember that you will get what you paid for, which isn't much.

Then we have green tea pills. The claim is that they take all of the healthy compounds found in green tea and put them into the form of a pill. This can sound appealing and is convenient as there is no need to wait for the tea to get done brewing, and it can be cheaper than high quality green tea powder. If you want to try these pills, be sure to get them from a supplement maker that you trust. This will help ensure you are really getting what they say you're getting.

Well Being: Best Exercise Video For Weight Loss

Workout Choices Find The Best Exercise Video For Weight Loss. Yeah sure, get some video, watch the first 3 minutes, get discouraged, and move to the fridge to grab a snack, and blame it to the scales.

One of the best ways to get a good workout these days is to use an exercise video. How do you find the

best exercise video for weight loss? The best exercise video for losing weight for someone else might not be the best one for you.

Much like the meals we eat and the movies we enjoy, the type of exercise we do is a very personal choice. Your spouse or best friend might really enjoy running. But if you hate running, it's not going to be the best weight-loss exercise for you.

Why should you spend five days a week doing an activity that you dislike? Even if it's the best way to lose weight for most people, hating it will simply make you less likely to do it. So you need to find an exercise that you enjoy.

When you're trying to find the best weight-loss exercise video, you might have to go through a few before you find one you really like. There are so many to choose from today, but at least you have a good chance of finding several you enjoy.

If you don't want to purchase these DVDs and end up with a collection of exercise videos that you won't use, you can rent them to try them before you buy. You may be able to find them at your local library so that you don't even have to pay to rent them.

Trying several different ones is important. You can find weight-loss videos that let you walk in place in front of your television. If walking in place for 30 to 60 minutes is something that you think you would enjoy, there are several series of this type weight loss video.

There are weight-loss videos that lead you through aerobic dancing routines. You can find hundreds of these all based around a different type of dance and different fitness levels. Then there are the standard workouts with things like jumping jacks and some form of adaptive kickboxing moves.

If you love dancing or think you would enjoy that for exercise than there are so many different videos you could never possibly try them all. Rent or borrow from the library until you find a few that you enjoy and then purchase them.

You might run into a situation where you enjoy the exercise and the workout, but don't like the instructor. Don't give up on that particular weight-loss exercise video. Once you become familiar with the moves, you can turn the volume down and play music while you do it.

Also, don't be too swayed by other people's reviews of these weight-loss exercise videos. If you're looking online for a video, you might be hesitant about trying the weight loss DVD because some other people didn't like it. But you don't know them, their fitness levels or their personalities. And exercise is a personal choice.

The best exercise video for weight loss for you might be one that lots of other people didn't really enjoy.

Well Being: Winter Weight Gain

Winter Weight Gain Is Normal But Don't Overdo It

Winter weight gain is normal and while it is perfectly acceptable to gain extra weight in the colder months, too much poundage may take longer to work off when warm weather finally hits. Winter can be challenging when it comes to maintaining, or especially losing, weight. The days get shorter, the

nights longer and sometimes all you want to do is sit in a comfortable chair next to the fireplace. But if you can be mindful of a few small tips, you might just be able to avoid what many consider to be inevitable.

When it comes right down to it, there are just limited outdoor activities that you can do if you live in harsh winter climates. Indoor exercise is boring and stagnant to many people so it becomes looked upon as a chore in comparison to outdoor exercising which makes you feel healthier. There isn't too much you can do to change the fact that you'll have to move your routine inside. But what you can do is make it short. In fact, you can cut your workout time in half just by varying its intensity. Switch back and forth between short bursts of high aerobic exercise that really gets you huffing and rest periods where you just calm it down.

Next, pay attention to what you're eating. Not just what you are eating every day but how it looks, smells and tastes in your mouth. If you can enjoy your meals and snacks rather than just wolfing them down, you will feel fuller and more satisfied. Of course, this all goes along with trying to stick to a healthy diet and pattern. A good rule of thumb is to eat three moderate meals each day and two healthy snacks. Stick to fruit, vegetables, lean meat, whole grain and fiber-rich foods. Eat nuts and cheese for snacks instead of sweets or processed foods.

Also, identify patterns. If you've always gained weight in the winter, try to figure out why. If you know why, do something to alter that pattern. Many people eat out of boredom. Try a new hobby or take up a class.

Big holiday times occur during the winter and this might be the biggest culprit of all when it comes to winter weight gain. If you're cooking for the holidays, make sure you keep raw vegetables nearby to snack on and also serve healthy dishes as alternatives. If you're a guest at many parties, try to go for the healthy choices first.

Buddying up with a partner or joining some sort of support group can help too. It's much easier to stick to your initiatives when you're held responsible by someone else who is going for the same goals.

Finally, remember that winter weight gain is perfectly normal. While you don't want to be packing on the pounds, don't get worked up over a couple of extra ones. These can be lost almost as easily as they were taken on.

Well Being: You Shouldn't Lose Weight Fast

Why You Shouldn't Lose Weight Fast

Many overweight people are on the hunt for the miracle lose weight fast diet. It's perfectly understandable since you want to start looking and feeling better NOW and not in a few months. However, there is a very strong case against quick fix diets. While they may allow you to reach your goals in the short-term, the long term effects can be disastrous. Besides just being unhealthy, they may eventually cause you to gain back even more weight than you lost.

So, how can you start making a significant difference in your weight without doing it the unhealthy way? First of all, it's a good idea to speak to your doctor about your goals. He or she can probably offer you a little bit of advice that can suit you personally.

Next, start keeping track of what you eat. This will allow you to see daily progress, not just in terms of

your weight but in your whole attitude towards food. While you probably have a general idea of what you take in every day, writing it down will make it much clearer.

Many people are surprised to see what they eat at the end of the day. A sweet snack here and a salty snack there can really add up over 12 hours. Write everything down, no matter how little or big. And be honest about it. Writing this kind of information down helps you keep track of how many calories and carbohydrates you consume in a day. This is a great way to monitor yourself along with your goals too. It keeps you on track and also gives you confidence in what you're doing.

While you're in the writing mode, make sure that you compile a separate list of all those foods you need to avoid. Of course, examples of these are potato chips, cookies, fatty meats, etc. Personalize the list to include those things that you tend to go for even when you know you shouldn't.

You're probably aware of this but one of the easiest ways to lose weight fast (but not too fast) is to eat a lot of fruit and vegetables which contain all of those healthy vitamins and minerals. All fruits and vegetables are good but the brighter the color, the better they are. Brightness signifies extra detox properties.

Another great method to follow is to eat six small meals a day instead of three large meals. Or you could break it up into three medium sized meals and two or three healthy snacks (like cheese, nuts or fruit). Get the right amount of protein, fiber and carbohydrates in your daily plan.

Once you have your goal weight in mind, start writing everything down right away as you eat your healthy meals/snacks and do your light exercise (don't overdo it). This is a way to feel that you lose weight fast without doing in the unhealthy quick way.

Well Being: Fad Diets Don't Work

Why Fad Diets Don't Work

Fad diets don't have the greatest reputation but they still hold relatively big appeal simply because they often tell overweight people what they want to hear. Often these sorts of diets promise quick and easy weight loss. Anyone who has ever tried to lose weight knows that it isn't (and shouldn't be) quick and most likely isn't easy either.

Do these diets work in the short run? Yes, often they can but the short-term success comes at a price. What usually happens after you've lost the weight by following such a weight loss plan is that you will gain it back and put even more weight on than when you started.

It has been proven time and time again that those who follow fad diets often end up gaining back more weight than they lost. This is usually because these types of diets involve a lot of straying from the normal diet. So, once you've finished the diet, you can't wait to go back to "normal" eating. At that point, whether you overdo it or not, you will start to gain the weight back.

One way to identify a faddy type of diet is to ask yourself, "How long can I keep up the sort of regimen that this diet is recommending?" If you believe you can stick with it, then this is probably not a short-term fix. If you don't see yourself being able to follow the diet's instructions for a long period of time, then it most likely will work while you are on the plan, but your weight will shoot right back up shortly after you stop the diet.

The only real alternative to these types of diets is to eat healthy foods and exercise regularly. This doesn't mean that you have to completely cut out the unhealthy foods that you love (as a short-term stricter diet might suggest). It means making healthy choices and then eating the "bad stuff" in moderation. It also doesn't mean working out heavily all the time. Exercising regularly could just be taking a 20 minute brisk walk three to five times every week. Try to pick an exercise that you don't see as a chore, something that you actually look forward to practicing.

As far as eating right goes, try to eat balanced meals. If you can get regular portions of unfatty protein, carbohydrates and fiber in every meal, you are doing well. Eat plenty of fresh fruit and vegetables during meals or even as snacks. Other healthy snacks include cheese and nuts which are a good source of Omega-3 fatty acids.

The right type of weight loss plan not only helps you lose fat and weight, it also starts you on the right path towards a lifetime of healthy eating and activity.

Fad diets promise quick fixes but the real results come from the tried and true methods of a healthy lifestyle and awareness of the benefits of natural foods and regular exercise.

Well Being: Why Can't I Lose Weight Right Now

Why Can't I Lose Weight Right Now

Boy, do we ever live in a 'I want it all, and I want it now' society. This attitude permeates every aspect of our daily lives, and weight loss is one of the most prevalent. If you've tried to lose weight and you're asking the question: 'why can't I lose weight?', the answer might just be you can, you just have to give it time.

No matter how much people don't want to hear it, the fact of the matter is that weight loss is easy, all you have to do is eat fewer calories than you burn, and get more exercise. It's a two pronged approach, combine a sensible eating plan, one that you can stick with for the rest of your life and that will provide your body with all the nutrients it needs, and get exercise. That's it. It's not sexy, but it's the truth. If you follow this advice you'll be the one who's sexy!

If you are implementing a healthy, reasonable diet where you are providing your body with high quality fuel throughout the day and exercising strenuously, on a regular basis you will lose weight, period.

While not impossible, things like hormonal imbalances and extremely low metabolisms simply don't occur that often. Many people will try to use these things as an excuse, and if you've actually been diagnosed with this type of condition, you will need the assistance of a doctor and probably a dietitian in order to lose weight, but it's just not that common of a problem.

The first thing you will need to do in order to lose weight is be honest with yourself. If you are going to make excuses as to why you can't work out, or why you can't eat right, etc, you will never lose weight.

I'm sorry if that's blunt, but it's the truth. Losing weight takes a commitment, not excuses. It's not that easy and it will take time and there will be times when you feel like giving up, but if you stick with your diet and exercise plan, follow it through and don't allow yourself to give up, you will love the way you look every time you pass a mirror. Isn't that worth a little bit of effort?

If you can just stick it out long enough to start seeing some results you will be much more likely to

stick with it for the long haul. For many people the hardest part comes at the very beginning. This is the point when you are trying to re-learn bad eating habits and initiating a workout plan. You are probably tired, sore, and maybe even a little hungry.

But if you stick it out until you see a little bit of headway you'll have a real shot, finally, of being at the ideal weight for you and looking great. You'll never have to ask the question: 'why can't I lose weight?' Instead you'll be saying: 'Look at my new bikini!'

Well Being: You Hit A Plateau With Your Weight Loss

When You Hit A Plateau With Your Weight Loss

Dieters everywhere dread the plateau; the phase of your diet where all your hard work seems to get you no results. It seems that you are dieting and exercising your heart out for nothing. If you feel that you are currently on a dieting plateau, keep in mind that there has to be an up side (your previous weight loss), a leveling off (which you are currently experiencing) and a down side (which you'll get to soon). Each plateau you come upon in your weight loss journey will have these same characteristics. Learning how to deal with them now will help you in the future.

Follow these guidelines to break through your dieting plateau and get back on the weight loss trail –

Continue to Exercise:

Even if it seems that you are not making progress towards weight loss, it is important to continue to exercise. Not doing so will allow extra pounds to creep back on. In fact, if you are experiencing a plateau, it may be wise to increase the amount or intensity of your exercise, to help you break out of your slump.

Continue to Eat Well:

Maintain the weight that you have lost so far by continuing to eat healthy foods. Do not use your plateau as an excuse for a binge, or drastically reduce your calorie count. Continue to eat the diet that has helped you lose weight so far. Do so consistently, and you will soon be out of the plateau.

Develop a Support Network:

Find a message board or a group of real life friends, and draw on them for support. This will help you to continue towards your weight loss goals, even when it becomes more difficult. If possible, find friends who are also dieting. They will be a great support to you throughout your weight loss journey.

As you fight your way through your dieting plateau, you are responsible for every action you take. Each decision you make will impact your weight loss now and in the future. Do the best you can to continue to make healthy choices, even though the scale may not show it.

If you have been exercising a lot, keep in mind that you may be losing fat and gaining muscle, leading to no drop in scale weight. Use the above guidelines to maintain your diet, and stay strong. Soon you'll be breaking through that plateau and soaring on down the scale.

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your diet, you should always consult your personal physician. It is much better to be safe than sorry.
Well Being: What To Eat To Lose Weight

What To Eat To Lose Weight

What to eat to lose weight is a question most dieters ask at some point. It is so easy to get confused given the amount of miss-information available.

In order to lose weight you need to consume fewer calories than you are using. The best solution is to combine an exercise program with a diet as dieting alone will not have the same results.

Some people especially men seem to think that if you exercise enough, you can eat what you like, but this is an urban myth. Unless you are careful you could end up with heart disease, diabetes and other illnesses as well as having a weight problem. Yes! Exercise can make you hungry but that is not an excuse to chow down on fast food and snacks.

So what is the answer to the question what to eat to lose weight? You should eat something from all the food groups every day but in proper proportions. The food groups are as follows:

- 1) Fruit and Vegetables
- 2) Carbohydrates or starches
- 3) Protein
- 4) Dairy products
- 5) Foods containing fats and sugars.

Most of your food should come from the first group. Fruit and vegetables are great for people trying to lose weight as they help to fill you up without adding on loads of calories. They are also great for your skin, your hair and your general well-being. You need to try and vary the quantity; color and type that you eat as eating carrots every day will soon become rather boring.

If you do not like raw vegetables try making homemade soup. If you make the soup from scratch and use spices and herbs instead of salt, you can make a very filling meal with very few calories. You should try and start your lunch and dinner with either a soup or salad as you will end up slimmer.

You need carbohydrates in order to get vital B vitamins and nutrients. Switch from white products such as bread, pasta and rice to the wholegrain or wholemeal varieties. Aim to eat your carb allocation as close to morning as possible so that you get a chance to consume the glucose released by these foods. Glucose converts to fat if it is not used up.

Proteins provide essential amino acids so are vital to your diet. You do not need a lot of protein and the best sources are lean meat, fish and sprouting beans. Eating a dinner made of protein and vegetables will help you to lose weight. In fact never eating protein and starches in the same meal will have a huge impact on the number of pounds you lose.

Dairy products – such as yoghurt, butter, milk, cream, cheese – are a great source of calcium and thus

should never be fully excluded unless you have an allergy. The final group is the "bad" foods, the snacks and sweets. While you shouldn't consume much of these products, a little now and again will help to stop you feeling deprived. This may help you to stick to the diet a little longer. You now have the answer to the question of what to eat to lose weight.

Weight Loss And Healthy Eating Plans

Whether you've been on and off diets all your life or it's your first try, you've probably gotten far enough to know that weight loss and healthy eating plans are directly related. But our society sure doesn't make it easy. Fast food and enormous portions are a part of how many of us grew up. What makes matters even more complicated is the abundance of fad and miracle diets that promise what you want to hear but just don't work. If you want to lose weight and keep it off, you're going to have to do it the boring way with eating right and exercise.

If you are overweight, losing those extra pounds not only makes you look and feel better, it contributes to your overall health. People who are not overweight are less at risk for serious health problems like heart disease and diabetes.

First of all, a word or two on fad diets: these all sound exciting when you first hear them and their supposed features usually include "over-night weight loss" and "no need to exercise" or similar claims. But these types of diets don't work precisely because they are impossible to maintain. They often restrict certain food groups that should be part of a healthy diet. When your body doesn't get these foods, it goes into deprivation mode and creates imbalances. What happens with fad diets is that you lose a few pounds right away pretty quickly. But it won't take too long before you plateau and eventually even start to gain the weight back.

Weight loss and healthy eating plans go hand in hand. It's all about maintaining correct (but not severe) eating habits so that an occasional splurge won't set you back at step one. Diets that are too severe make you want the bad stuff even more so it's harder to stick with them. There are some healthy weight loss plans that do work.

These usually incorporate the mindset that weight loss is not some temporary fix but instead, a newer and better way of eating which you will adhere to permanently. They also promote some sort of support or buddy system which encourages you and holds you accountable. Good plans also allow for flexibility and individuality – everyone is different and it might take you a while to figure out exactly what works best for you.

Until then, commit to a plan and stick to it. Another important criteria for good weight loss program is that it emphasizes that losing weight slowly is the way to go. Losing weight too fast can lead to you gaining it back (and then some) even faster. It also does a number on your nervous system which can make you feel sluggish and ill. While short-term goals are good incentives, make sure that they fit within the losing weight slowly scheme of things. These are all contributors to weight loss and healthy bodies.

In today's stressed-out society, it can be difficult to even think about investing the time to eat properly and exercise. You may be struggling with obesity, but also struggling with finding the time to care for yourself properly. As your blood pressure and cholesterol increase, your doctor may recommend weight loss. However, time constraints can lead you to wonder how you'll ever find the time to improve your health.

If you're short on time, but need to lose weight, use these time saving weight loss tips to help you on your way. The pounds will begin to drop off, and your self-esteem will increase.

Drink Water:

Drinking water can be a great way to improve your health. Hydration helps the body to process and shed extra fat and toxins. Flushing the fat out of your body on a regular basis will lead to weight loss. Drink 6-8 glasses of water a day for optimal health. If you struggle with the lack of flavor, try adding a lemon or lime wedge. Do not drink any artificially sweetened drinks, ever.

Build Exercise Into Your Day:

Take small steps to increase your activity throughout your day. Park your car further from your office. Walk between buildings instead of calling your coworkers. Take a walk on your lunch break. Use the stairs instead of the elevator. Meet your friends for a morning jog. Every little bit helps towards your weight loss goals.

Swap Out High Fat Foods for Lower Fat Options:

This can be a relatively painless way to decrease your calorie count. Swap out your rich ranch dressing for a fat free or low calorie salad dressing. Skip the cheese. Switch to 2% or fat free dairy products.

Avoid Liquid Calories:

Sodas, juices, specialty coffee drinks, and alcoholic beverages can all pack a high calorie punch. Liquid calories don't fill you up the same way food does, so it can be easy to overdo it if you aren't careful. Skip the high calorie liquids, and stick with water.

****** As a little side-note on this particular tip, reducing your intake of these liquids, will also help you save money. Now how cool is that.

Try incorporating a few of these tips into your day to see how easy it can be to make healthy choices. Weight loss is a gradual process, and every small step you take towards your goal helps. Even with time constraints, you can make small daily changes to help move you towards your goal weight. You'll be wearing a smaller size before you know it!

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Volumetrics Diet Less Food Less Weight

The volumetrics diet was developed by Barbara Rolls PhD and has been successfully helping many people lose weight for many years. The whole premise of the diet is to allow people to eat as much as they want, to get full and stay full longer, and to eradicate the feelings of deprivation and hunger that seem so common in many other diet plans.

It's been shown that most people will consume about 3 pounds of food daily. This diet will show you

how you can get more nutritional value and fewer calories just by choosing different foods for your daily intake of 3 pounds. The result? You eat more food, and feel full and happy, while losing weight. It seems like a miracle but in reality it's just common sense.

If you choose to eat 3 pounds of cookies, for example, rather than 3 pounds of fruits and vegetables you will gain weight. You will feel just as full when eating the 3 pounds of fruits and vegetables but instead of filling up on foods with virtually no nutritional value you will be filling up on foods that are good for your body and have fewer calories...you will lose weight.

This eating plan doesn't divide food into groups or have food groups that are off limits. What it does is teach you to eat foods that are low 'energy density'. That means that they have fewer calories in relation to how much you can eat. High energy dense foods have a lot of calories in a small amount of food...think candy bar.

Obviously, if you go with low energy dense foods you can eat more of them and not take in more calories. For example, you will be able to eat a lot more fruits and vegetables (low energy density) than you would be able to eat pies, cookies, or ice cream (high energy dense) to get the same number of calories.

One of the cornerstones of this diet plan is that you eat foods that have a high water content such as fruits and vegetables, many of which are up to 95% water based. This will allow you to eat a lot more food without taking in a lot more calories...more bang for your food buck!

Another aspect of this diet is to eat a lot of lean protein such as in lean meat and fish. And remember when I said this diet wasn't about deprivation? Well, you can still eat cookies, candy, and ice cream but now that you understand the concept of energy dense foods you will naturally want to eat them less often and eat less of them when you do have them...which will lead to fewer calories you will be taking in.

The volumetrics diet has been around for many years and has helped many people easily achieve their weight loss goals. The best part is that once they achieved their desired level of weight loss they had a much better chance of keeping the weight off since they were learning better ways to eat. This lifestyle change makes all the difference in the world when it comes to keeping the weight off...forever.
Well Being: Burn Calories Quickly

Weight Training For Fat Loss – How To Burn Calories Quickly

There are many methods of weight training for fat loss. By adding weight training to your exercise program, you can increase the fat loss you achieve. Weight training helps you to burn calories, boosts your metabolism, and helps your body burn fat more efficiently throughout the day. Weight training can be a great way to step up your workout, build muscle, and increase fat loss.

Weight training burns calories as you exercise. The physical exertion and strain on your muscles is a great way to burn calories that would otherwise be stored as fat. Excess calories can be burned quickly and efficiently as you lift weights, leading to increased fitness, strength, and loss of excess body fat.

Weight training for fat loss boosts your metabolism, as well. Muscle is more efficient than fat. Adding muscle to your body increases the amount of calories you burn while resting – your resting metabolic rate is raised. Adding muscle through weight training is a great way to ensure that you burn more fat,

even while you're sleeping or watching TV. It doesn't get much better than that!

Weight training continues to burn fat after your workout is over. For several hours, even an entire day, after your workout, your body is breaking down and rebuilding muscle. This takes energy to do, and increases your metabolism. Building muscle mass leads to more efficient energy use, and a higher metabolism in general. Adding muscle helps you to burn excess calories more efficiently throughout your day. If you truly want to burn fat while you rest, then weight training is for you.

Multiple repetitions of weight lifting exercises can tone and strengthen your muscles. Your body will be stronger, and you'll burn calories efficiently. Your posture, self esteem, and body image will improve as you continue to lift weights. Weight training for fat loss is a great way to mix up your workout, while improving your body image. The exercises are relatively simple to learn, and can be added to your daily routine with little effort.

Weight training is a great method to burn fat. Add weight lifting to your exercise program today, and enjoy the many benefits. Weight training burns calories as you exercise, and boosts your metabolism for continued efficiency. Weight training even burns fat after you're finished working out! Add some weight training to your exercise routine today – you will be amazed at the results!

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Weight Loss Exercise Tips Which Actually Work

Losing weight is not easy and there are many options that you have to choose from when trying to get rid of those extra pounds. But there are a couple of weight loss exercise tips that most experts agree on—in order to lose weight effectively, you will also need to exercise. Among other benefits, exercise is extremely valuable when it comes to decreasing the plateau effect of dieting which usually sets in after a couple of weeks. The plateau takes place once your body has adjusted to the fact that you are eating fewer calories and it slows down your metabolism to balance things. Exercise also minimizes the effects of menopause, osteoporosis and middle age spread.

So, if you're determined to lose weight, get into the mindset that you are going to have to do some exercise as well. If you aren't sure about how to get started, begin with the basics.

First, identify your fitness level. It's a good idea to check with your doctor before starting any kind of diet or fitness routine. He or she will give you valuable insight into what kind of exercises are suitable for you and which ones to avoid.

Next, establish a weight loss schedule which starts out very, very small and then gradually increases. If you are not very fit, you can start out with 20 minutes of exercise three times per week, for example. This is just an example. Make it something that is realistic in terms of time and your capabilities.

One of the most overlooked weight loss exercise tips is having a support system or workout pal. If you already know that your willpower will be tested when it comes time to work out, try to get a friend involved that will keep both of you on schedule. You can also join some sort of exercise class—just make sure that it is suitable for whatever fitness level you are at.

Your fitness plan should include both cardio and strength training. Cardio training is anything that gets your heart rate up and includes brisk walking, swimming, biking, jogging, housework, aerobics classes or anything that gets you breathing hard.

If you want to change things up a bit, work in some other types of exercises like head and neck circles, arm swings, leg swings, leg lifting, shoulder circles, running in place, dancing and/or various types of stretching.

The most important concept of all is that you are striving towards a new, healthier lifestyle. The weight loss exercise tips that you incorporate into your lives now should be activities that you will be able to perform consistently from now on. So, don't start out trying to kill yourself until you get to your goal weight, so that you can then kick back and stop exercising again. That won't work. Instead, put yourself in the right frame of mind for maintaining a healthy weight and body for life.

Well Being: Vitamin-B12

Vitamin B12 Deficiency Diet Therapy Should Be The Preferred Solution

If you suffer from a vitamin B12 deficiency, diet therapy and not supplements should be the answer. It is relatively rare for people to suffer from this particular problem unless there is an underlying health problem. Being deficient in B12 is common if you are an alcoholic, have a bowel condition such as Crohn's Disease or are very old. But some vegans and vegetarians occasionally suffer as they do not get sufficient quantities of essential B vitamins via their diet.

If you are lacking in these vitamins, you could potentially be causing serious damage to your body. Your nervous system, growth and development as well as healthy blood cells all depend on this vitamin.

So what symptoms should you be looking out for? The problem is that the signs can be rather vague. You could have no obvious indications of a problem. Alternatively, sleeping problems, extreme tiredness, irritability, diarrhea, confusion, trouble breathing and being pale are all potential indicators of an underlying problem. But they could also be there because of the original illness or may be caused by some other medical complaint. Therefore the only definitive way of testing for a B12 deficiency is via blood tests.

Some people are tempted to fix any issue with a pill. It appears to be easier to take a supplement rather than try changing your diet. While doctors sometimes recommend medication, this is usually for the most severe cases. Your body simply cannot absorb vitamins and minerals from tablets as well as it can from natural sources.

Vitamin B12 deficiency diet therapy can help those who are less seriously affected. The best way to improve your intake is to make sure you eat a healthy breakfast. Wholegrain cereals contain essential B vitamins. If you are not vegetarian, quality meat provides a great source as does eggs and dairy produce. Be aware though that boiling milk destroys the vitamins.

If you are vegetarian or vegan, you may need to take supplements as the vitamin B12 contained in plants is not accessible to humans. Some people will tell you that Nori (seaweed) and Spirulina (an algae) both contain good quantities of this vitamin and they do but not in a form that we humans can access. So don't waste your cash in expensive health stores. You can eat some foods that have been fortified with vitamins such as yeast extract, vegetable protein, and soya milk.

Studies have been undertaken in third world countries to find out why the citizens rarely suffer from B12 deficiency. It appears that the reason is the fact that their vegetables are fertilized with human manure. However excellent a source of B vitamins this is, I am sure most US citizens would prefer not to have these foods on their table.

If you are diabetic you may also be at risk due to the effects of some of your medication so it is best to discuss treatment with your doctor. He will probably suggest the Vitamin B 12 deficiency diet therapy as the best option for you.

Well Being: Do Training Exercises

Ultimate Weight Training Exercises – For Toning Muscle

You've been dieting. You've been doing your cardio workouts. You've been good, but for some reason, you're still not happy with the way you look. You're at or near your target weight, but you still don't look like that picture of that guy on the wall at the gym.

Now you need to start your ultimate weight training exercises. The exercises that use weights, which target specific muscle groups, toning and building the muscle you have.

Be aware, however, this is not targeting specific fat spots on your body. Spot reduction doesn't work. Dieting and aerobic exercise should have already reduced the amount of fat in your body. The goal here is to tone the muscles that are there. Here are some trouble areas you can target and the way to do it; safely and easily.

* Arms: Stand up straight with your feet about shoulder width apart. Grab something that weighs about five pounds (a bag of flour in a shopping bag works well). Start with your arms above your head, weight (or bag of flour) behind your head and slowly lift up until your arms are straight up and down. This works your triceps and helps to get rid of that 'granny flab' between your elbow and shoulder.

* Butt and legs: Again, start with your feet slightly more than shoulder width apart. Keep your back straight and bend your knees until your thighs are parallel to the ground. Hold this position for a few seconds if you can and rise back up slowly.

This exercise works and tightens your butt and hamstring muscles (the muscles running down the back of your legs to your knees). If you continue the squat all the way down to the ground, you can target your quadriceps (the front of your thighs).

* Love handles: Now you've heard of crunches, sit ups, and a hundred other exercises for abdominal muscles. You've probably also heard that they are useless. They are; at least for losing weight.

The most effective exercise you can do for toning your abs is total body resistance training. Included in this is walking or running up hills, or some kinds of machines at a health club or gym.

The key to toning muscles is not heavy weights, but rather lower weight with a higher number of repetitions. It will do you more good to lift five or ten pounds 25 times than if you lifted 250 pounds once.

There are even programs out there that show you how to lift weights quickly to raise your heart rate

and get some fat reduction as well as muscle toning. It is not easy, no matter what anyone tells you. Losing weight and shaping your body is possible, but you really need to be committed to a goal. Don't give up! You CAN make it!

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Ultimate Fat Burning Exercises

If you are interested in losing weight and burning fat, a diet program alone may not suit your needs. The best way to burn fat is to exercise; aerobic exercise, specifically. Aerobic exercise draws on the body's fat stores for energy – the more cardio you do, the more fat you'll burn.

Try these aerobic exercises for great fat burning results:

1. Running – Running is an excellent fat burner. Getting started with a running program is relatively easy – get a good pair of shoes and you're ready to begin. Ease into a running program gradually; to avoid damage to joints.
2. Walking – If you're not quite up to a running program, a 30 minute daily walk can also do wonders for fat loss. Take the time to add a walk each day in the morning or after dinner to burn fat steadily.
3. Dancing – Dancing can be a great way to burn fat and enjoy yourself at the same time. Choose a fun, upbeat dance style to burn the most fat possible.
4. Swimming – If you have issue with joint pain or other medical problems that make exercise uncomfortable, swimming is a great option. Since it's a non-weight bearing exercise; it's easy on your muscles and joints.
5. Cycling – Bicycling is a good way to get exercise and enjoy the scenery at the same time. If you enjoy the outdoors, bicycling on a trail or mountain road could be a great way to burn excess fat.
6. Exercise Classes – If you're a social person, check out your local gym or fitness club to see what exercise classes are offered. Burn fat and enjoy meeting new friends at the same time – a great combination!
7. Aerobic Weight Training – This special type of exercise class offers heart pumping cardio and light weight training combined. If your gym offers it, take advantage of this double fat burning workout – burn fat and add muscle at the same time!

A healthy diet combined with 30 minutes of one of these fat burning exercises is a great way to encourage weight loss. Your heart will also thank you, as aerobic exercise has definite cardiovascular benefits. Exercise and healthy eating will strip pounds off your frame and add years to your life.

Take the time to try some of these fat burning exercises today, and find one that fits into your lifestyle and you enjoy. If exercise is enjoyable, you're far more likely to stick with a program. Experiment with your own exercise program today.

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Ultimate Exercises For Your Weight Loss

So you're out to lose weight. You want to lose it fast, so you diet, and you diet some more. Well, diet isn't enough. The only way to lose the weight fast is to add exercise to your diet regimen. Cardiovascular workouts trim the fat and strengthen the heart. Here are some ultimate exercises that will get you started easily.

Cardiovascular workouts you can try at home without a gym:

• **Bicycling:** It's that simple. Just hop on a bike and head out around town. Start with a mostly flat ride to get acclimated to the exercise, and as you get better at it, work your way up to more hilly terrain. If you don't have a bicycle or don't have a good place to ride, you can simulate a good ride on a stationary bike. Just don't forget to adjust the tension on the wheel so you actually get a good workout.

• **Walking, Power Walking, or Running:** Running? Me? Well, maybe not right away. Do these ultimate exercises in order of increasing impact; the purpose is to ease yourself into them. If you have a lot of extra weight, start by walking. If you are used to never exercising and you just start running one day, you can injure your knees, shins, feet, and even your back. Take it easy, and one day you'll be able to run like all those people you see at the park: yeah, you know the type.

• **Playing with your kids or a family pet:** So many people overlook the healthy benefits of good old fashion playtime that it almost never would occur to us to reap those benefits. Kids love active games. Tag, hide-and-seek, or any game with a ball can be made into a fun way to get exercise as well as get kids started exercising as well.

Cardio training is an exceptionally effective way to trim the fat from your physique. Just remember to ease yourself into it by starting small and adding higher impact exercises as your body acclimates itself to the increased activity. Cardio exercises only work if your heart rate is elevated for an extended period of time, so keep an eye on your heart rate. Don't forget about safety, either.

If you start feeling lightheaded or shaky, stop immediately and take a rest. See a doctor before you start any exercise program. Just remember that exercise can and should be fun as well as effective. Work hard at it, be patient, and don't give up. You CAN achieve your goal with these simple ultimate exercises.

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Well Being: Tummy Tuck

Tummy Tuck Scars – Yes – But Great Abs

Hey, I know you're worried about tummy tuck scars, I mean what's the point of undergoing such a major surgery if you won't be able to show off your abs because you have some ugly scar, right? Well, relax, the scar is usually big, but there are a few things that you should know.

First things first, make sure that before you have your tummy tuck that you have realistic expectations. It's always best to invest the time to get in shape before the tummy tuck, don't think of this surgery as a 'diet' plan. It really should only be used as a 'finishing touch' to tighten skin and repair torn muscles that no amount of diet and exercise can repair.

It's also important to realize that a lot of people subconsciously think that once they look good everything will go great for them in life. Not so. Sure, you'll look great and that will make you feel great, but life can still have it's ups and downs so be prepared. The weird thing is that many people feel this way but few are aware they feel that way so it can blindside you after the surgery. Just be on the lookout for it.

Now, on to the tummy tuck scars, yes the scar will usually go from hip to hip, but if you have a qualified surgeon the scar will be so low that you can still wear that skimpy two piece you've had your eye on. Another thing to remember is that the scar will fade over time.

How long it takes for the scar to fade to the point where you can't hardly see it will depend on your skin type. There are some people who claim that certain creams can help lessen the redness of the scar more quickly but you should talk to your doctor first to get his opinion.

You will also be bruised and swollen for weeks after the procedure. This is another common misconception. The swelling will go down after several weeks but until it does you'll probably look bigger than you did before the surgery. Don't let this bum you out, it's only temporary. When everything fades and the swelling goes down you'll love the way you look.

Some people also believe that tummy tucks are temporary. You'll have to ask your doctor about that, but in my experience (yes, I've had one) the only way to go back to the way you were before is if you gain back all the weight you lost. So, don't!

Do yourself a favor, take time to get in shape by eating right and getting plenty of exercise. Once you've done that honestly assess the way you look. Once you've done all that you can do it might be time to see a plastic surgeon if you're still not quite 'there'. Don't worry about tummy tuck scars they are very low and will fade over time so you'll be able to show off your hot abs!

Tummy Tuck Recovery – Make It Easy On Yourself

I know you're tired of the pouch you have on your stomach that you just can't seem to get rid of no matter how many crunches you do, and that you are considering a tummy tuck (if you weren't you probably wouldn't be reading this article) the next logical question is how long is the tummy tuck recovery period?

A tummy tuck, otherwise known as abdominoplasty, is a major surgery and you have to make sure you understand everything that's involved before you make your decision to have it done. As with all surgeries there is a risk of complications so be darn careful when you pick out the plastic surgeon, as well as the surgery center, who will perform the procedure.

Also, make sure you have someone who can help you out with your daily activities for at least several days post surgery. You won't be able to do much at all, even cooking, getting dressed and moving around your house will be a challenge. Of course, you won't be able to drive for a while after your

surgery so make sure you stock up on groceries around your home (or get one of your friends to help you out).

Make sure you have someone who can fill your prescriptions. The doctor will usually prescribe something for pain and usually some form of antibiotic as well to prevent infections.

Since some types of pain medications can make you constipated, which is the last thing you want after having abdominal surgery, many surgeons will prescribe a laxative to take after the surgery. Whatever your doctor prescribes, take it. Make sure you take your pills on time. You don't want to have unnecessary pain or risk an infection, take your pills on time every time.

It's also a good idea to have a thermometer on hand so you can check for an infection. Infections are a common complication of having surgery and one of the first signs of an infection will be a fever. By being able to check your temperature often, you can see any signs of an infection early on, which is good (so you can treat it early before it gets to serious) and something you want to watch for during your tummy tuck recovery.

Don't think that you don't have to listen to the doctor or follow his instructions either. A tummy tuck is major surgery, you don't want to risk injuring yourself or ripping out your sutures, so follow his directions. These instructions will cover everything from when you can take a bath how often to change your bandages, how much you can lift and what activity levels you should restrict yourself to, all the way up to when you can have sex again. Listen to him.

Recovering from a major surgical procedure will take time, in order to make your tummy tuck recovery as painless and as quick as possible make sure that you fully understand and follow all your doctors advice, this is not the time to be a know it all.

Non Surgical Tummy Tuck – 5 Tummy Tuck Alternatives

Many woman, especially those of us who have had kids, don't want to undergo surgery but would love to have a non surgical tummy tuck. Wouldn't it be nice to be able to go back to the days when we could bounce a quarter off of our abs, but without the pain, expense, and risk of complications of surgery? For those of us who want that there are tummy tuck alternatives that might be just what the doctor ordered.

Having a tummy tuck, or abdominoplasty, is expensive. It costs thousands of dollars for the surgery. When you add to the expense the fact that you'll be out of commission for up to six weeks and that you'll have quite a bit of pain, as well as the risk of complications, many women just don't want to put themselves through that for a tighter tummy.

The good news is that you don't have to. Today there are several non surgical tummy tuck alternatives that can help you get the flat looking midsection you're craving without having to go under the knife.

Here are some of the most promising:

1. For fat loss liposuction works just fine (if your problem is loose skin this won't help). Liposuction is still a pretty involved procedure but it's not major abdominal surgery. Often the doctor will perform liposuction in conjunction with a tummy tuck. If you want to just have some fat removed this procedure can work very well.

To put it simply: the doctor uses a vacuum like device and literally sucks fat out of your body. You will still have a recovery period but it's not as long as with a tummy tuck. Ask your doctor if this is a good idea for you.

2. Titan. This is a process where a laser can tighten the skin from the surface. There are no incisions involved with this procedure. If you have just a little extra skin, this procedure would probably work really well for you, ask your doctor.

3. Thermage is a non surgical procedure where radio frequency energy is directed to the skin. This can help tighten and lift excess skin. It's completely non invasive.

4. Injection Lipolysis is a procedure where a compound is injected directly into the skin. This compound has been shown to melt off fat deposits. Most people will need 2 or 3 injections to remove the total amount of fat that they want removed. It's non surgical and works well on the face, jowls, neck, sides, thighs and abdomen. It hasn't been FDA approved yet though so make sure to talk to your doctor about it, and any potential side effects, and get his opinion.

We're lucky, today more than ever we don't have to age gracefully, we can fight it every step of the way. We now know a lot about diet and exercise and the benefits both have on our overall health as well as our appearance. The problem is that sometimes diet and exercise just aren't enough. To get rid of that flabby tummy without going under the knife you should look into non surgical tummy tuck alternatives.

Well Being: To Carb Or Not To Carb

Truth About Low Carb Dieting

Low carb dieting offers appeal to a vast number of weight loss seekers mainly because of its claim to quick results. However, before opting in to this type of plan, make sure that you understand everything involved.

A low carb diet focuses on eating lots of protein and limiting (or altogether avoiding) carbohydrates. The reason for limiting carbohydrates is that they are easily converted into fat. So, in theory, by eating few or no carbohydrates, you take out the possibility of something being turned into fat. This then is supposed to cause you to lose fat (weight). But the question is. . .does low carb dieting really work?

As with many "quick fix" weight loss plans, it does. But only for a short time. What it really comes down to is that your body needs carbohydrates. when it becomes starved for them, it starts taking its energy from glycogen stores. A little bit of science here. . .for every gram of glycogen, there are four grams of water attached. So, what you are actually losing when you lose weight is water. It might look good for a while but as soon as you start eating carbohydrates again (as you will eventually have to do), you will gain back the water weight.

what you need to keep in mind that any type of diet which claims that you need to only do it for a little while and then return back to "normal" eating habits will not work. Instead of focusing on a diet, you need to change your lifestyle and eating habits. This scares many people because they think it means never eating a piece of chocolate or french fry again. That's not the reality. In fact, the strict quick diets are what enforce this kind of "no exception" concept. Then, when the diet is over (as it eventually must be because you cannot continue to adhere to such strict restrictions), you gain back the weight.

A good weight loss and maintenance plan is doable for a long time. It involves putting healthy food into your body (whole grains, healthy proteins, fruits, vegetables, fiber and Omega-3 fatty acids) and cutting down on the bad stuff like sugar, processed and fried foods, etc. Can you eat the bad ones every once in a while too? Yes. Just try to be mindful of how often you are doing it. Of course, to get the best results with losing weight and maintaining your goal weight, you also want to be doing some sort of light, regular activity. Make it something that you enjoy or that already fits into your schedule. For example, some people who live in the city can actually walk to work (weather permitting). It might actually take the same amount of time than sitting in traffic or on public transportation.

Low carb dieting is one of the many diets that offer short-term results. Stick to something more realistic that you can follow for a lifetime.

Low Carb Food List

A low carb food list is very important when following the low carbohydrate weight loss plan. If you know what you are allowed and what should be avoided, you are closer to success.

Complex carbohydrates are a great friend to those of us on a diet. Usually when you follow a weight loss plan you feel hungry. If you are on a low carb program, this is likely to be purely physiological. Complex carbs release energy slowly which means that we feel fuller for longer. This is the exact opposite of what simple carbohydrates do. They release energy really quickly, the body uses this and then in a couple of hours we are starving. That is why you are often hungry fairly soon after eating a Chinese takeaway.

So what should you be eating?

- 1) Eat more whole grains so porridge for breakfast, brown bread instead of white and real fruit instead of juice.
- 2) Every meal should be made up of at least 50% vegetables. The rest of the meal should include complex carbohydrates, protein and some good fats.
- 3) You need to eat as many different types of vegetables as possible. The recommended amount is five pieces of fruit and vegetables a day but when you are losing weight, you should double this. Not only will they keep you feeling full but you are less likely to reach for sugar fixes. Salads are a great start to any meal but you could also have home made vegetable soup as well. Just skip the salt when you are making it.
- 4) Drink plenty of water as it helps to detoxify your system.
- 5) Dump the bad fats. Fat has got a very bad reputation and this is completely deserved when it comes to saturated fats. These are not only linked to putting on weight but are also linked to heart disease and cancer. The good news is that they are quite easy to avoid if you give up cakes, biscuits, processed foods, take aways and frying your home made food. Yes I know that sounds like a lot but if you are going to lose weight, you need to face facts. Your unhealthy diet has to go or you may as well give up now.
- 6) Increase the good fats. Olive oil is an excellent source of monosaturated fats as are the oils made

from peanuts, almonds and rapeseed.

7) Low carb foods include skimmed milk, cottage cheese, high fiber bran, home made muesli, skinless chicken and turkey breast, pork tenderloin, veal, round beef, hamburgers made with extra lean mince eaten open faced i.e. you only use one wholemeal bun.

8) Potatoes are not a low carb food. So if you have to include them in your diet, do so on occasion and only use boiled/steamed new potatoes.

9) Apples are a dieters best friend and should be eaten daily.

10) Beans or legumes if you prefer should also be eaten as often as possible. They are high in fiber and protein and are excellent at fighting disease. But your body can react badly if you increase your consumption too suddenly. You will become accustomed to eating more beans over time.

Eat the above foods on the low carb food list and the pounds will start to drop.

Low Carb Diet Menu In A Nutshell

How does a bacon and egg omelet sound for breakfast? For dinner, 8 oz T-bone steak with a yummy Greek salad. I will show you how to lose weight using a low carb menu.

First, I will begin with the basics of how a low carb diet works. Any food substance you put in your body is used for fuel. Either fuel for now or fuel that is saved for later. The “fuel” that is saved for later, is stored as fat.

Your body is going to use the easiest fuel first. If you eat a diet high in carbs your body will choose to burn the carbs first. Eat a diet that is low in carbs, the body has no other choice but to use what is left. And that my friend is the fat stored in those good ole love handles, thunder thighs and of course, lets not forget that bubble butt.

You may ask, “How do I make a low carb menu”. A little bit of advice before you go grocery shopping, get rid of those high carb snacks! They will be nothing but temptation once you start a low carb diet.

Your grocery list may include: Fish, shellfish, poultry, pork, red meat, etc... Stay away from anything breaded. That’s right no more breaded chicken tenders or fish fillets.

You can eat up to 3-4 ounces of cheese a day. Such as: cheddar, mozzarella, goat cheese. Be sure to buy salad vegetables. Most of the green vegetables are lower in carbs.

Don’t forget the eggs. Lots of dishes you can make with eggs. Most spices and herbs are no carb to low carb. Stay away from sugar; try some of the artificial sweeteners that are available in the stores.

Here are some easy low carb diet menus made from the above list. Breakfast- sausage and egg omelet with sharp cheddar cheese. Coffee with tsp of real cream. Lunch: tuna salad made with real mayonnaise, tsp of diced pickles placed on top of fresh green salad.

Dinner- Grilled pork chops, cooked greens seasoned with bacon and a cup of mixed vegetables. Anyone can make meals that are lower in carbs. It just takes some time looking at the nutritional labels.

So, there is the low carb diet menu in a nutshell. All it takes is a little willpower and a little research. Give your body the advantage it needs, eat low carb.

Low Carb Diet Food Can Be Delicious

I know that you don't think low carb diet food can be delicious but it can if you just take a little extra time and effort in the preparation.

Under this style of weight loss plan, every meal should consist of at least 50% vegetables. You will probably need to educate your palate as most of us don't normally eat this many. But, prepared correctly, vegetables can be extremely tasty. The key is not to boil them into mush but to gently steam so you preserve the taste as well as the nutrients.

The recommended intake for fruit and vegetables is currently five a day in most countries. But scientists and doctors usually suggest that we try and eat more than that. For illness prevention, better skin and longer life, try eating double the suggested quantities. Don't think boring salads but add spice and variety using different combinations of these super foods.

Carrots are particularly powerful as they detoxify the body. A diet high in beans and pulses help people to live longer. Tins of baked beans are good for you, just opt for the no sugar or low sugar varieties. If you want to increase your chances of beating cancer, eat Brussels sprouts and not just at Christmas. Peppers in all colors are full of vitamin C and also contain vital anti-oxidants. Spinach fights heart disease and age related blindness. Blueberries should be included where possible due to their anti-oxidant level. You can combine blueberries with other berries, a low fat yogurt and some almond milk in a smoothie to give you a powerful start to your day.

Make time for breakfast every morning and cook yourself some old fashioned oatmeal. You can sweeten it with some fruit spread if you can't bear the taste. Just make sure that the spread doesn't contain any hidden sugars. We need complex carbohydrates in order for our bodies to function properly.

The carbs we can do without are the ones that release energy really quickly. These are found in processed foods such as white bread, pasta and rice as well as in cakes, biscuits, candy and all the other foods we all love to indulge in on occasion. If you must eat cake, make sure it is homemade as it will contain less hidden sugars and bad fats.

On the subject of fat, you need to include some in your eating plan although you are on a diet. Fats make our food taste a lot better and are essential for the body to work properly. If you do not get sufficient monosaturated (good) fats, you will feel miserable and are likely to fall off your diet very quickly.

You need to exercise as well. You will not lose weight as fast as you could unless you increase your levels of physical activity. You also need to include a little protein with every meal. It will help to keep your energy levels stable which should decrease the snack cravings. Low carb diet food allows you to eat well and not feel deprived. You cannot say that with most weight loss plans.

Low Carb Chicken Recipes Will Blow You Away

If you love to eat poultry, you will be pleased to know that low carb chicken meals are very easy to prepare. When cooking chicken, remove the skin and bake or grill rather than fry. Don't cover it in breadcrumbs or sauces made with fats as this will increase the carbohydrate content quite dramatically.

Protein is a key part of a healthy eating plan. It provides essential amino acids required to build and maintain healthy tissues, organs and hair. It also keeps us feeling fuller for longer so it is a good idea to add a little to every meal. Good quality poultry is a great source of protein. If possible choose free range as you do not want to risk eating animals that have been injected with hormones. Don't have chicken every day though. There are plenty of other sources of quality proteins including low fat dairy products, good quality red meat, beans and pulses and fish.

You don't want to be eating grilled chicken all the time so why not try something a little different. Here are a couple of chicken recipes you may find useful:

If you like your sandwiches you can still eat them on a low carb diet. The bread must be whole meal high fiber not white. To prepare a sandwich, simply take four slices of your bread and some cooked chopped chicken breast. Add some shredded lettuce and a sliced tomato. Top with low fat Swiss style cheese (the one with the holes!). You should avoid using butter on the bread. You can add a low fat salad dressing if you find the sandwich too dry.

You can also have chicken curry but make it at home. Fast foods and shop bought processed meals contain a lot of hidden sugars, salt and bad fats. This will not only stop you losing pounds but will also increase your risk of heart disease and raise your insulin levels. Keeping insulin levels low is key to losing weight as the lower levels inhibits the formation of fat and encourages your body to convert the insulin to energy.

When making curry at home, add extra chilies if you can as they help to speed up your metabolism so you burn fats faster. Serve with brown rice and skip the Nan bread and poppadoms.

If you must fry your chicken, use a spray vegetable oil and a non stick pan to reduce your fat intake. The poultry should take up a maximum 25% of your dinner. 50% of your meal should be vegetables with the remaining 25% brown rice or brown pasta.

All of your meals should contain a mixture of protein, carbohydrates and vegetables. You should try and vary the color and type of veg you eat to gain the most nutrients and minerals and to protect yourself against diseases such as cancer.

Following a low carb diet, chicken is one of the many foods you can enjoy. Just don't have it for every meal!

Well Being: Anti-Aging Facts & Myths

Anti-Aging Facts & Myths

We all get older every day, but we don't have to look or feel old. There are plenty of things that can be done to slow down the aging process.

Every single one of us begins aging the moment we are born –

If you're alive, you're aging – you can't avoid it. But there are a number of things that you can do to

keep yourself healthy and active, and to eliminate or at least slow down many of the factors that contribute to aging.

Ever since Ponce de Leon went searching for the Fountain of Youth, people have been looking for ways to slow down the aging process. Medical science has made great advances in keeping people alive longer by preventing and curing diseases, and helping people to live healthier, happier lives. Average life expectancy keeps increasing and most of us can look forward to a much longer life than our ancestors.

Our bodies were actually designed with the ability to fix themselves, as long as you take care of yourself properly. Your body is made up of about 100 trillion (100,000,000,000,000) living cells, which keep themselves strong and healthy with the proper food. Each and every one of those trillions of cells dies off and is replaced with a new cell at regular intervals. Your entire body is literally completely replaced every few years – you really aren't the same person you used to be!

What happens with your cells is the key to anti-aging –

When a cell dies, one of three possible things must happen:

- A) If the cell has not been receiving proper nutrition, its replacement will be a weaker version of the cell. In this scenario, your body is degenerating.
- B) The replacement cell may have the same strength as its predecessor. In this case, your body essentially remains in the same place.
- C) The third possibility is that the new cell is stronger than the previous one. Now you're actually regenerating the body, and reversing the aging process. This can only happen if you give your cells plenty of the right kind of food energy to work with.

Sometime, usually in our late twenties or early thirties, many of us start noticing those first signs that we aren't kids anymore – a few gray hairs appearing, facial wrinkles, skin starts sagging. As more time goes by, other signs gradually appear – it's a little harder getting up in the morning, our vision and hearing aren't what they used to be, our sex life isn't as lively as we remember. As we look around, we see the same things happening to our friends and family. Most of us generally accept what we see as an inevitable process of nature.

You're only as old as you feel –

And if you feel and think that you're getting older – well, then you are! Your mindset does influence what goes on in your body. Meanwhile, you see your body getting older, so you feel older, which reinforces the aging processes in your body. It becomes a vicious circle.

You can turn things around –

As you notice your body looking and feeling younger, your mindset will improve, which motivates you to continue your anti-aging practices, which sets up a positive feedback loop, instead of a negative one. And so the process accelerates.

People are living longer than ever nowadays, due to advanced medical breakthroughs, increased awareness of the importance of a healthy lifestyle, and other related factors.

The human body can take an awful lot of abuse and neglect –

We don't always think about our bad habits, since it may take years or decades for the effects to become apparent. But neglect yourself long enough and you may one day find yourself suffering through the late period of your life with a wide range of ailments and complaints – from difficulty seeing and hearing to cancer, heart disease, brittle bones, and many other problems.

Yet it only takes knowledge and a little bit of work to prevent most, if not all, of these common old-age problems from manifesting. There's no magic pill or instant cure, and it will take some effort on your part. But the results will be well worth it. How much would it be worth to you to enjoy your final years as a healthy, active adult, able to continue doing many of the things you most love?

Well Being: Emotional Health

The Power Of Emotional Health

It has always been said that a healthy body cannot be divorced from a healthy mind or a healthy spirit. Neglecting your emotional health can damage your physical health in the process. Emotions are so powerful it has the ability to make us sick, as well as provide healing.

Man's obsession with physical fitness is evident wherever you go. There is a phenomenal increase in the growth of fitness clubs and gyms. People have become conscious of their body image that they are willing to go the extra mile just to have the same sculptured body like those that are usually splashed in the pages of the magazines, billboards, TV, and movie screens. People try to find sensible and sustainable ways to achieve and maintain a physically fit body, yet tend to overlook another important aspect of their well-being: their emotional health.

It has always been said that a healthy body cannot be divorced from a healthy mind or a healthy spirit. Emotional health is considered an integral part of man's overall wellness. Neglecting your emotional health can damage your physical health in the process. Research has shown that one of the leading contributors to illness is stress caused by unresolved emotional issues.

Psychologists believe that emotions, such as fear, joy, sadness, and anger are mental responses to events, circumstances, people, or our own thoughts and memories. They course through our conscious and unconscious mind at critical junctures or during seemingly inconsequential moments of our lives.

Biologists, on the other hand, tell us that our emotions are rooted in self-preservation, triggering physiological reactions that enable us to find food, escape danger, and reproduce. In his work entitled Emotional Intelligence, author Daniel Goleman pointed out that, "...all emotions are, in essence, impulses to act, the instant plans for handling life that evolution has instilled in us."

Emotions have also evolved into facial expressions and body language so that each member of the group can signal his or her wants and needs to other members.

Emotions are so powerful and actually possess the ability to make us sick, as well as provide healing. Emotions are relayed to the immune system through the autonomic nervous system. When people experience anxiety, depression, and other painful emotions, the immune system can be affected and may cause risk for a whole host of illnesses. In the same way, having a healthy emotional outlook in life can boost the resistance against disease.

Mayer has emphasized, "People can reason with emotions in the same way they reason with cognitive information. So you can solve emotional problems just as mathematicians solve math problems."

However, he also acknowledged that some emotions, such as grief and anger, can be harder to control or reason with. The interplay of various emotions make that form of “reasoning” very difficult.

Not all experts agree that human beings are born with a full range of emotions. Instead, some theorize that people were born with instincts and urges, along with an innate capacity for feeling. As people grow older, they develop personalities and nurture relationships with others, which are valuable experiences that help them expand their feelings into full-fledged emotions. Having a complete range of emotion is important for overall health and well-being.

Emotional health consists of five key components:

1. Being aware of your emotions. Emotionally healthy people are in touch with their emotions and can identify and acknowledge them as experience.
2. Being able to process your emotions. After connecting with their emotions, emotionally healthy people develop appropriate ways of expressing them.
3. Being sensitive to other people and their emotions and having the ability to empathize. The ability to identify their own emotions enables emotionally healthy people to identify emotions in others and to have an intuitive sense of what it feels like to experience them.
4. Being self-empowered. Emotionally healthy people honor their emotions, which empowers them to fulfill their goals.
5. Being in healthy relationships. Using their emotional intelligence and empathy, emotionally healthy people build and maintain strong, functioning relationships.

Just as emotional health can affect a person’s physical health, the same is true with one’s lifestyle making a direct impact on emotional health. Vitamins and minerals stimulates the production of chemicals in the brain. These are known as neurotransmitters that regulate our physical and mental health functions, including the way we process emotions. Minor deficiencies of these nutrients can lead to depression and irritability, as well as hamper our ability to concentrate and stay motivated.

Definitely, unhealthy foods can adversely affect emotional health. Excessive intake of caffeine demonstrate many of the same physiological and psychological symptoms as people suffering from anxiety, while a diet with too much sugar has been linked to depression, aggression, and impaired judgment.

Many experts believe that people with strong spiritual fervor tend to have healthier immune systems and are less prone to depression and high blood pressure. It can be surmised that the faith of religious adherents gave them an enhanced sense of well-being which helped reduce their levels of stress.

Well Being: Alpha Control – Healing With The Mind

A crash mini course in healing with the gentle power of the mind.

ALPHA CONTROL improves many areas of well-doing and well-being. It allows you to understand and act through visualization, to the benefit of any living being.

1 FOREWORD

A treatise, written by George Philip Birney, based on his studies of existing works, own research and experiences on how to put into practice some spiritual knowledge in a simple way.

It is dedicated to those who wish to reach a higher state of love.

This treatise attempts to remove the mystic around occultism, healing, predicting, creating and other matters that have been considered miracles till sofar. The Pisces mystic has ended; the Aquarius clarity has started.

IMPORTANT :

While reading this treatise, do not skip a single word. Make sure each word is well understood. Misunderstanding, even concerning small words, will lead to misapplication and breaking away from the subject, its purpose and results.

2 PREAMBULUM

Information input is only useful when it can be converted into knowledge towards a certain goal. Conversion takes place through intelligence. Therefore, knowledge is information plus related reasoning (inference) through intelligence.

Knowledge makes only sense when it can be put into practice reaching a certain goal. Practice is only useful when the projected end result is of constructive characteristic.

The principal aim of practice is creation. The principal aim of creation is happiness. Therefore, if information input is sincerely felt as increase of happiness, then the probability of usability of that information towards creation is relatively high, provided that it supports reaching a certain goal.

3 WAVES

Beta (brain-)wave patterns occur at a frequency of 14 to 28 cycles per second; they are fast low voltage waves. The characteristics are problem solving consciousness, usually concerning every days problems; being in Beta, we see things or persons as they seem to be.

Alpha (brain-)wave patterns occur at a frequency of 8 to 13 cycles per second. The characteristics are meditative and introspective experiences, calmness, alertness, all pleasant; being in Alpha, we see things or persons as they really are. Alpha is the border line between conscious and subconscious activity deep in the mind.

Theta (brain-)wave patterns occur at a frequency of 4 to 7 cycles per second; they are slow high voltage waves. The characteristics are subconsciousness in a drowsy state deep in the mind, often working together Alpha.

Delta (brain-)wave patterns occur at a frequency of 1/2 to 3 cycles per second. The characteristics are deep sleep while renewing vital forces of your life.

4 GOALS

With Alpha Control you are able to correctly diagnose any problem, whether your own or of another person, even though you had never encountered the problem or the person before. The wordings to describe or name the problem stand out in your mind as clearly as the problem itself; so it can be communicated through words to yourself and to others. A correctly diagnosed problem leads relatively easily towards its solution.

With the subconscious mind, which is in fact constantly conscious in itself, you see things more clearly.

You learn how to love yourself by going within you and by finding out who you are at the subconscious Alpha state. Love can be given properly only when you love yourself. The deeper you within, through Alpha, the more likely you are to find yourself in the realm of perfection, beauty, love and confidence (unafraidness).

Alpha love means the willingness to share the same space, time, form, energy and location, both spiritually, mentally and physically, while gaining rejuvenating happiness through communication, affinity and understanding. Have this with yourself, and you can have it with the whole world, the whole universe.

You relax the body and the mind, blocking out any impulse from the senses, and you concentrate on visualizing, to develop the always conscious subconsciousness that makes you super aware.

After blocking out the rational and intellectual mind, you slip into the deeper levels of your mind where you create your own imaginary Workshop. This Workshop is yours, and you decorate and furnish it in your mind so that you feel comfortable and productive in your workshop. Your Workshop shall include an imaginary screen, similar to a movie screen or a computer screen, and this is the Screen of Mind to display the problems on that you wish to solve.

You always keep in mind, when you go into these levels, that you become more loving, more kind, have a greater depth of understanding, and gain more rapport with the world around you. And so you can tune into anything or anybody that you put onto the Screen of Mind.

You become more aware of your capacity for reception and with practice you gain super awareness, power to heal, create and to communicate with things and people that you never understood before. At the deep Alpha-Theta level there are no communication barriers. You will be able to look clearly into yourself, so that you will be making contact with your true self.

All you need to do is to go into Alpha-Theta state, and tune into the universe around you and get it working for you. There is something of the infinity of the universe in all of us and so we are connected through our connection to the whole.

With Alpha Control you can influence anything or anybody, as long as the intention is good and as long as it fits constructively and as long as it is not at the expense of something or somebody. Alpha is for good, not for evil. It is self protective; when you tune into Alpha, you can do only good; as soon as there is a bad intention or influence, you are automatically out of Alpha into Beta. Thus it is impossible to do any bad through Alpha. That is the beauty of Alpha. It is a spiritual instrument made of love and made for the mind.

5 RULES

The subconscious does not know the difference between the real and the imaginary. It has no sense of humor and it is very literal in that it accepts what it is told in the way of visualization and instruction.

The important thing in improving yourself, in becoming super aware, is not movement but change, and this is accomplished not through conscious will power, but by educating your imagination to make the

choices that help.

The body and the conscious mind almost immediately respond to the instruction established in the Alpha-Theta state. Once you accept the visualized suggestion or instruction, the automatic nervous system experiences it and the desired changes take place.

6 YOUR ALPHA-THETA WORKSHOP

First of all, you have to setup your imaginary Workshop. Your Workshop is the place where you do all the mental work when you are in Alpha-Theta. It is your private Alpha-Theta treasury which shall not be made known to anyone else.

Now will be explained how to setup your workshop. Follow carefully the instructions as set out in the paragraphs 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA). These paragraphs will always be referred to from all other paragraphs, so make sure that these paragraphs are perfectly understood. Do not ever be in a hurry, even though enthusiasm may wish you to go fast and experience immediate results. Take your time with Alpha Control. It may take some time and patience, maybe weeks or months to make it your own; it needs some investment as to benefit from it for the decades to come.

6.1 GO FROM BETA TO ALPHA

Close your eyes, but if you feel you must open your eyes, you may if you wish. If you want to move, scratch or clear your throat, you may do so.

Breathe slowly and deeply, but not excessively, just naturally. Each time you breathe out, feel yourself becoming more and more relaxed. Just let your body go the way it goes. Do not use any force to concentrate; allow your mind to drift casually and unconcerned with any results. Do not let bother you that your conscious mind may be restless; it is normal.

Feel the relaxation moving like a wave going downward through the body. Concentrate on the top of your head first, move down to your forehead, eyes, cheeks, jaws, neck, shoulders, feel your lungs breathing rhythmically, your heart beating in a natural way, the stomach, intestines, hips, buttocks, thighs, knees, legs, feet, toes, all the way down.

Become aware of your mind in the soles of your feet, gradually pull it up to your knees, then your waist, chest, neck, and head. You are now only aware of your head. Gather your awareness into your head; then place your total awareness in space over your head.

You are going from Beta to Alpha.

To further tune into your inner levels of mind, visually pick out a passive scene from nature, any scene that you find serenely beautiful and relaxing. Choose the colors, smells, textures, sounds, and so forth, that you prefer. See yourself mentally within that passive scene; reach out and feel the vibrant life forces of nature that surround you; feel in perfect tune with your inner levels of mind.

I myself take a shore at an ocean with a sunset and warm colors and the sound of silent sea-waves. For you it may be something different.

Then, to help yourself reaching a deeper and more inward level of mind, count down from 21 to 1. On every descending number, you feel yourself going nearer to the very source of your being.

I myself take a rolling staircase that goes from an opening in the shore down to underground, whilst I move down along the numbers 21 to 1 that are painted on the wall. For you it may be something different.

As you relax physically, while counting, you see the color spectrum going by :

* Red relax 21 20 19

* Orange mastering your emotions 18 17 16

* Yellow calm your mind 15 14 13

* Green inner peace 12 11 10

* Blue love 9 8 7

* Purple see yourself 6 5 4

* Violet further tune into Alpha 3 2 1

* White your inner self 0

Now, at the final count of 0, you are entering the state of Alpha.

6.2 BUILD YOUR WORKSHOP

Start building now your imaginary Workshop. Put at least the following items in your workshop large screen, capable of 3D-displaying anything you want

A calendar, capable of going forward and backward in time

A clock, capable of going forward and backward in time

An elevator or teleporter, capable of bringing anything to you that you may need from another dimension

A platform on which you can put any object

and, if you wish, add any other item, such as furniture, instruments, tools, art, whatever you wish to feel comfortable. Each time you enter your workshop, you may change it, the shape, size, style, colors, contents, location, whatever you wish.

Mentally use our hands to lay the foundations, the floor, walls and ceiling of your Workshop. Use materials that appeal to you in creating this room.

You are both the architect and the builder. Pay attention to details and create your Workshop exactly as

you want it to be.

Check your entire Workshop and be prepared to bring in any assistant who can guide, instruct and counsel you at all levels; but you yourself are always in charge and actually do the work; they are only in advisory capacity. Your assistants are only of real use when they come to you on subconscious level, in Alpha-Theta, with no calculation by your Beta conscious mind.

Choose your assistants exactly the way you want them to be; their personality, their wisdom, knowledge, intelligence, artistry, appearance, and so forth. You may use persons or entities that existed centuries ago, or who still exist, or you may use persons that you define yourself.

I myself used some time ago Bach, Einstein, Buddha, Tutankhamon, and some self defined persons, such as extraterrestrials, Atlantian technologists, and so forth. For you it may be different; maybe one of those could be Leonardo Da Vinci.

Maybe you would like to put a conference table with chairs in your Workshop, so that you can receive the assistants and discuss all kinds of matters with them.

Now your Workshop is complete.

6.3 GO INTO ALPHA THETA

As soon as you are in your Workshop and using it, you are already in Alpha-Theta, which is the state in which you shall be whenever you wish to work out any problem.

Switch on the large Screen of Mind in your Workshop. Display yourself entirely on that screen. Look at yourself. Turn the color of the frame of the screen into bright white. Wherever you see dark spots on your image, point to each one of the dark spots and delete the dark spots so that they will turn into white; do so until all dark spots are deleted. You can point with your finger or with cursor or a stick or whatever you wish.

When all the dark spots are deleted, or when you feel you have done enough for the moment, tell to yourself that a sense of peace will come over you and that your body will be in perfect health. Immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

6.4 TEST YOUR WORKSHOP

Your screen of Mind you have already tested when you did what is described in paragraph 6.3.

Now you are going to test the calendar. Switch on your Screen of Mind and make it so large that you see only the screen and the calendar. It is okay if you put the calendar on top of the screen.

Start with the month of January, and display on the screen the season, the Winter, with the snow, the frozen water, the leaves, the sky, the hidden birdies, the chilly moon, and all that comes into your mind, including how you are doing and feeling. Then move the calendar to February, and as you move from January to February, see the changes occurring. And so move to March, April, May, June, July, August, September, October, November and December, in order to go through the changes of Spring, Summer, Autumn and Winter.

The testing of the calendar is now complete.

Now you are going to test the clock, by asking it to show the time of now. It will show you the time of now, and when you have left your Workshop, have a look at the clock in reality, and you will know that the clock in your Workshop is working fine. Don't worry if it does not work the first time. It will come sooner or later.

The testing of the clock is complete as soon as you are in Beta again, having left your Workshop and having looked at the real clock. But stay still in Alpha-Theta this moment.

Now you are going to test the elevator or teleporter. Tell to the elevator or teleporter for example to bring to you a flower (or any other object that you like). Push the start button, if your elevator or teleporter has a start button, and the image will be promptly delivered. If there is no start button, simply imagine there a start button. If nothing happens, don't worry, the elevator or teleporter may have to get used to you. If the flower arrives, you can try more complex objects, such as a painting from Leonardo da Vinci for example.

The testing of the elevator or teleporter is now complete.

You have done it ! Your Workshop is now in order and has become your companion instrument wherever you are.

6.5 BACK TO BETA

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life.

You have now been in your Alpha-Theta Workshop for the first time.

You may feel the heaviness gone away from your head, like you are floating in the air. This is good. You are now serene, calm, happy, productive and fit.

Now close this booklet, do not go any further with this booklet for the moment, and do the thing that you deeply wish to do most. Let noone disturb you. Switch off the doorbell and pull out the phone-plug. This very moment is now all yours. It is a beautiful moment, which will return each time you have been in Alpha-Theta.

There are many areas to which Alpha-Theta can be applied. The following paragraphs, from 7.1 onwards, describe some of the applications. Having gone through them, you will be able to find new applications in styles that suit you best.

After you have learned how to enter into Alpha, this article will give you some examples of situations and how to handle these.

7.1 HOW TO UNDERSTAND SOMEONE

Even without knowing the person that you wish to understand, from within your Alpha-Theta level you are able to understand and to help that person.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM

BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display the person on the screen. Place a white frame around the screen.

With your mental hands you take the person's head off the screen and place it over yours as though you would wear a large hat. Don't worry, that person will not notice anything in reality.

As said before, the subconscious does not know the difference between the real and the imaginary. It has no sense of humor and it is very literal in that it accepts what it is told in the way of visualization and instruction. So, in Alpha-Theta the real is the same as the imaginary.

Try to grasp the person's basic mood; it may not be at all what you would expect. Is there anything that person is trying to tell you ? Listen to that person and feel the feelings and emotions. Talk to this person mentally, making suggestions and advice at the inner level; visualize perfect end-results that you wish for that person. Feel within you peace, love, strength, and project this to the person you wish to help. When you feel you have done enough for the moment, then take this person's head off and put it back mentally.

Switch off the Screen of Mind and leave your Workshop.

Immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life.

7.2 HOW TO HEAL SOMEONE

Even without knowing the person that you wish to heal, from within your Alpha-Theta level you are able to diagnose the ailment or problem and to heal that person. That person could be you yourself as well.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display the person on the screen. Place a white frame around the screen.

Search for dark spots in the person's body. The largest and darkest spot is the one that needs help most urgently. Ask to your Screen of Mind what the dark spot indicates. It may for example be a stomach ache. Remove the dark spot with a vacuum cleaner, or with any other means that suit you most. Then put a white light at the place where the dark spot was. Write in your imagination on a label that this white light will not allow the spot to be dark anymore; attach the label to the white light.

Immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that the stomach ache of that person will be over almost instantaneously.

7.3 HOW TO PROTECT YOURSELF

Although your higher love is a blessing to those who receive it, yet you must protect yourself against abuse in order to avoid that you give at the expense of your self. The energy of love is precious and must be cherished.

Also the physical world seems constantly knocking at the door to penetrate your energy resources. Your body is the mansion of your soul, and must be protected against all sorts of intruders.

7.3.1 PROTECT YOURSELF AGAINST LOSS OF ENERGY BY OTHERS

Even without knowing the person that you wish to protect against, from within your Alpha-Theta level you are able to protect yourself from energy abuse by that person. That person could be even a close friend, or an entire group of people, or a building, a car, and so forth.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen.

Place a transparent crystal shell around you, and mentally say to yourself that this crystal shell will keep your energy inside. Decide for yourself which action in reality will activate the crystal shell; for example, you may decide that each time you press the thumb against the index finger, the crystal shell is activated. In this way, even though you will be in Beta, the shell will be activated as soon as you press the thumb against the index finger, without needing to go into Alpha-Theta.

Immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that each time you press the thumb against the index finger, you are instantaneously protected by a transparent crystal shell against energy loss by others. While pressing the thumb against the index finger, you do not need to do any sort of concentration; it will go by itself.

7.3.2 PROTECT YOURSELF AGAINST BAD INFLUENCE FROM OTHERS

Even without knowing the person that you wish to protect against, from within your Alpha-Theta level you are able to protect yourself from any bad influence from that person. That person could be even a close friend, or an entire group of people.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen.

Place a beautiful shell around you, for example made of crystal or roses, whatever pleases you, and mentally say to yourself that this shell will keep your energy inside. Decide for yourself which action in reality will activate the shell; for example, you may decide that each time (in Beta) you press the thumb against the index finger, the shell is automatically activated. In this way, even though you will be in Beta, the shell will be activated as soon as you press the thumb against the index finger, without needing to go into Alpha-Theta.

Immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that each time you press the thumb against the index finger, you are instantaneously protected by a shell against energy loss by others.

Re-create this shell in Alpha-Theta from time to time, to make sure it stays strong and fresh.

7.3.3 PROTECT YOURSELF AGAINST BAD BEHAVIOR OF OTHERS

Even without knowing the person that you wish to behave correctly towards you, from within your Alpha-Theta level you are able to protect yourself from any bad influence from that person. That person could be even a close one, or an entire group of people.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display the bad behaving person on the screen. Place a white frame around the screen.

With your mental hands you take the person's head off the screen and place it over yours as though you would wear a large hat.

Try to grasp the person's basic mood; it may not be at all what you would expect. Is there anything that person is trying to tell you ? Listen to that person and feel the feelings and emotions. Talk to this person mentally, making suggestions concerning respect and advice at the inner level on how that person shall behave towards you; visualize perfect end-results that you wish for that person. Feel within you peace, love, strength, and project this to the person you wish to behave well towards you. When you feel you have done enough for the moment, then take this person's head off and put it back mentally. Put a white light around that person and mentally say to that person that from now on you will be treated with respect through correct behavior and courtesy.

Decide for yourself which action in reality will activate the correct behavior; for example, you may decide that once (in Beta) you touch your nose, the correct behavior of the person in front of you is automatically switched on. In this way, even though you will be in Beta, the correct behavior will be switched on as soon as you touch your nose, without needing to go into Alpha-Theta.

Immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that the next time you meet with that person, you will be treated with respect. All you need to do is to touch your nose once.

7.3.4 PROTECT YOURSELF AGAINST DISEASES

Even without knowing the diseases that you wish to protect against, from within your Alpha-Theta level you are able to protect yourself against diseases. The diseases could come for example through viruses, or catching a cold, or intake of unhealthy food, and so forth.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen.

Place a bright white halo around you, and mentally say to yourself that this bright white halo will keep your health inside and diseases outside.

Mentally write on the halo that this halo will always be around you and will always keep your health inside and diseases outside.

When you feel that the halo is strong enough, immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that you will stay healthy and that no disease will be able to reach you.

Renew the halo from time to time, to make sure that you have the latest version against new diseases that did not yet exist at the construction of the previous halo.

7.3.5 PROTECT YOURSELF AGAINST ACCIDENTS

Accidents are caused by a great variety of factors. They can be caused by lack of concentration, by a bad mood, by mechanical failure, by a slippery road, by carelessness, by breaking traffic regulations, and so forth.

It is therefore important that these factors are not in your vicinity, but rather far away from you. Only shall be there the good factors, that make things like traffic, house repair, shopping, etcetera, go well.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM

BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen.

Visualize on the screen yourself radiating white light that extends around you, say a few hundred meters. Mentally write on this light that no accident prone factor that enters this light will ever put you in danger.

When you feel that the light is extended and strong enough and you feel confident, immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that you will stay outside of any accident and that no accident will be able to reach you.

Renew this extended light from time to time, to make sure that you have the latest version against new accident factors that did not yet exist at the construction of the previous extended light.

7.4 HOW TO ENERGIZE YOURSELF

It happens sometimes that you have no energy left whatsoever, maybe just enough energy to sleep. Alpha-Theta requires very little energy and in fact increases energy.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen.

With your mental hands you take your body off the screen and place it standing on the platform in your Workshop.

Open a window in the ceiling of your Workshop, and let the beams of the sunshine come down and penetrate your body on the platform. If you wish, you let your favorite music and smell be emitted towards your body on the platform. Mentally say to your body that it now gets impregnated with rejuvenating energy. See the body glowing starting from top going down to the toes, being immersed with the golden light from the sun. See the body strengthening itself starting from the toes going upward to the top, absorbing the energy waves from the earth.

When you feel that the energy has been replenished enough, which may take a few minutes or a quarter of an hour, put your body from the platform back into the Screen of Mind and immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You have now fresh energy and any obstacle will be taken easily.

Refresh this energy whenever you feel the need to.

7.5 HOW TO ENERGIZE ANOTHER

It happens sometimes that someone has no energy left whatsoever, maybe just enough energy to sleep. With your Alpha-Theta capabilities you can help that person regaining energy without at the expense of your own energy.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display that person on the screen. Place a white frame around the screen.

With your mental hands you take the body off the screen and place it standing on the platform in your Workshop.

Through an open window in the ceiling of your Workshop you let the beams of sunshine penetrate the body on the platform. If you wish, you let his or her favorite music and smell be emitted towards the body on the platform. Mentally say to the body that it now gets impregnated with rejuvenating energy. See the body glowing starting from top going down to the toes, being immersed with the golden light from the sun. See the body strengthening itself starting from the toes going upward to the top, absorbing the energy waves from the earth.

When you feel that the energy has been replenished enough, put the body from the platform back into the Screen of Mind and immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. The person has now fresh energy and any obstacle will be taken easily.

R[limit] Well Being: Free Weight Loss programs

Free Weight Loss programs

The race to fitness is on and a lot of people are getting into the band wagon. Some people do it to achieve a sexy body, some people just do it because they are embarrassed with the body they have now, while others do it simply to remain fit and healthy.

As such, many fitness programs are out in the internet, in gyms, spas and fitness centers all over. Some are too expensive to afford that one may even lose weight just by trying to work out the money needed to pursue these fitness programs.

One may not have to go to the gym or the spa or any fitness center and spend much just to slim down to obtain that longed for sexy body. There are many books available in the bookstore which offer weight loss programs which are convenient and for free, of course the books are not though. These weight loss

programs, or diet plans are gaining immense popularity with so much publicity, testimonials and reviews that one may be confused which exactly to follow. So before choosing which weight loss plan to follow, try reading these summaries about the most popular diet programs out today.

Atkins' New Diet Revolution by Dr. Atkins. This weight loss program encourages high protein diet and a trim down on the carbs. One can feast on vegetables and meat but should fast on bread and pasta. One is also not restricted against fat intake so it is okay to pour in the salad dressing and freely spread on the butter. However, after the diet, one may find himself lacking on fiber and calcium yet high in fat. Intake of grains and fruits are also limited.

Carbohydrate Addict's Diet by Drs. Heller. This diet plan advocates low carbohydrate eating. Approves on eating meats, vegetables and fruits, dairy and grain products. however, warns against taking in too much carb. "Reward" meal can be too high on fats and saturated fats.

Choose to Lose by Dr. Good. Restrains fat intake. One is given a "fat" budget and he is given the liberty on how to spend it. It does not pressure the individual to watch his carbohydrate intake. Eating meat and poultry as well as low-fat dairy and seafood is okay. A go signal is also given on eating vegetables, fruits, cereals, bread and pasta. This weight loss plan is fairly healthy, good amounts of fruits and vegetables as well as saturated fats. Watch triglyceride levels though; if high, trim down the carbohydrates and tuck in more of the unsaturated fats.

The DASH Diet. Advocates moderate amounts of fat and protein intake and high on carbs. Primarily designed to lower blood pressure, the diet plan follows the pyramid food guide and encourages high intake of whole wheat grains as well as fruits and vegetables and low-fat dairy. Some dieters think it advocates too much eating to procure significant weight loss.

Eat More, Weigh Less by Dr. Ornish. Primarily vegetarian fare and strictly low-fat. Gives the go signal on the "glow" foods but warns to watch it on non-fat dairy and egg whites. This diet is poor in calcium and restricts consumption of healthy foods like seafood and lean poultry.

Eat Right for Your Type. Interesting because it is based on the person's blood type. recommends plenty of meat for people with the blood type O. Diet plans for some blood types are nutritionally imbalanced and too low in calories. And for the record, there is even no proof that blood type affects dietary needs.

The Pritkin Principle. Focused on trimming the calorie density in eating by suggesting watery foods that make one feel full. Eating vegetables, fruits, oatmeal, pasta, soups, salads and low-fat dairy is okay. Although limits protein sources to lean meat, seafood and poultry. Although it is healthy by providing low amounts of saturated fats and rich amounts of vegetables and fruits, it is also low on calcium and limits lean protein sources.

Volumetrics. For low-density calorie eating. Recommends the same foodstuff as Pritkin but restricts fatty or dry foods like popcorn, pretzels and crackers. This plan is reasonably healthy given the high amounts of fruits and vegetables as well as being low in calorie density and saturated fats.

The Zone. Moderately low on the carbs yet moderately high on the proteins. Encourages low-fat protein foods like fish and chicken plus veggies, fruits and grains. It is also healthy but lacking in grains and calcium.

Weight Watchers. High carbohydrates, moderate on fats and proteins. A very healthy diet plan and very

flexible too. it allows the dieter to plan his own meal rather than give him a set to follow.
Well Being: High-Protein Diets

The Fallacy Of High-Protein Diets

The article talks about the ill-effects of consuming too much protein. Right amounts of protein is essential to the body because it contains amino acids. Amino acids according to health experts is considered as the body's building block. Too much of protein on the other hand may lead to kidney failure, colon and prostate cancer, and osteoporosis.

You see them gripping on their respective exercise machines...all gritty with determination to lose those extra pounds and build muscles. Instead of taking weight-loss pills they have decided to improve their physique by getting that expensive gym membership where they can workout their way to optimum health. Aside from lifting weights, these "gym rats" also religiously follow a low-carbohydrate, high-protein diet prepared by their personal trainers and sports nutritionists. Each fitness gym promotes various fitness fads and routines from yoga, Pilates, core fitness ball method, tae-bo, pole and belly dancing, and a host of other exercises. Still, the gym members are carefully taught that these exercises can only fully benefit them if they also follow a well-prepared diet. Workouts, they are told, will not work if the "weight watcher" refuses to limit food intake.

It is along those lines that diet formulas have gained popularity in the fitness world. One such diet formula is the Atkin's Diet, undeniably among the most well-known diets that had already gained a strong following. Developed by Dr. Robert Atkins, the diet was first promoted in the 1960s as a solution to the emerging weight problems among many Americans. Considered a high-protein diet, the Atkins' formula spawned other methods or plans to control food intake. The diet craze gave birth to the "Stillman" diet in the 1970's, and the "Scarsdale" diet in the 1980's — both of which promised leaner bodies and smaller waistlines.

Atkins, Stillman, and Scarsdale made similar claims about the benefits of high-protein diets. They said that eliminating or taking minimal amounts of carbohydrates will lead to controlled weight and increased muscle size.

According to physiologists and diet specialists, muscles literally break down when one works out or exerts physical action. Protein, as a muscle-building substance, is needed to build and re-build the muscles that are in constant daily use. People, especially athletes, who regularly expend large amounts of energy and utilize different muscle groups need regular supply of protein to build or retain muscle mass. Without enough protein in the body, the goal to increase muscle mass cannot be achieved. Additional protein is also needed to develop hard and ripped muscles. Weightlifters, all of whom aim to gain muscle mass, are the foremost followers of these high-protein diets. They are often found gulping protein shakes and consuming lean meat and tuna.

High protein diets are popular because they initially cause one's weight to drop. Protein promotes the metabolism of body fat without reducing one's calorie intake. But doctors also warn that this drop is a reflection of fluid loss and not fat. Recent researches indicate these restrictions on carbohydrate intake coupled with fluid loss may cause an unusual metabolic state called ketosis. In ketosis, the body burns fat for fuel. During ketosis, a person may even feel less hungry and eat less. Still, ketosis has been associated with health problems such as kidney failure, colon and prostate cancer, and osteoporosis. Ketosis may also cause less serious health problems such as weakness of breath, headaches, diarrhea, sleep difficulties, bone loss, and fatigue. Additionally, some studies claim that high-protein diets may

lead to increased lactic acid in the body. Muscle pains according to studies may be experienced due to the increased lactic acid levels in the body.

However, it is important to point out the importance of protein as part of a healthy diet. Amino acids found in protein are actually the body's building blocks. These type of acids are responsible for the repair of muscles, red blood cells, and several kinds of tissues. Protein's primary function is to provide amino acids to maintain an anabolic state. Some health experts believe that the consumption of 20 to 30 percent of calories containing protein per day is the ideal amount. The general rule is for inactive people to consume 0.4 grams of protein per one pound of body weight. Active people or those who engage in regular exercise need 0.5 to 0.75 grams of protein per pound of body weight. Athletes, on the other hand, need as much as 0.90 grams.

A lot of popular low-carb diet books give people the impression that carbohydrates are bad for health. Many researchers claim that high-carbohydrate foods trigger the body to stock excess fat. In reality, carbohydrates must be consumed as fuel for the body. Carbohydrates are the main source of fuel for the human brain, heart, and several organs. Nutritionists believe that carbohydrates should compose 50 to 70 percent of one's calorie intake. Complex carbohydrates, natural sugars and a fair amount of protein are all necessary to have a healthy diet. It is also important to avoid the use of over processed sugars. Most complex carbs are low in calories and low in fat and are usually found in beans, whole-wheat pasta, and vegetables.

Understanding proper nutritional intake can make a difference in people's health and in the overall quality of their lives. Indeed, good food is the key to a good life!

Well Being: Walking An Every Day Priority

You Should Make Walking An Every Day Priority

No one needs to be reminded that the fitness craze has arrived in full bloom and hints to us that it's not going away anytime soon.

For the more, shall we say, "leisurely" type of person, this can cause a lot of guilt. "I'm going to start walking — next week." "How hard can it be to just walk for 30 minutes? I can do that. I just haven't had time." We've all heard (and sometimes used) one of these excuses.

The one reason people don't do what they don't absolutely have to do is simple: They don't want to, and they don't have to. We grow up learning that death and taxes are the only two inevitables. Now they want us to exercise?

Exercise is thought of by many people as a forced kind of event, and walking hovers near the top of the list in the "boring" category. "I don't want to just WALK! What's the point, where's the destination?" we ask.

Well, just like everything else, there are loopholes here aplenty; it's up to the individual to make something so intolerably "boring" pretty interesting. It's also imperative to your health that you rethink that statement and re-prioritize your life.

Just think of it this way: Do you place a high enough priority on yourself and your well-being? It never hurts to remind yourself of the health benefits you'd gain by walking regularly. It's true — you will not notice these long-term benefits right away, you will notice these things: You'll have more energy.

You'll sleep better. You'll be fitter. And you'll be happier.

Still not enough? OK. On those days you really can't seem to set aside a half hour for a walk, you CAN walk. Find shorter segments of time where walking naturally fits into your schedule. If you're used to driving everywhere, this may take a little rethinking. But consider this: If you have a short errand to do, a meeting to attend, or a child to pick up, walk. If you're headed to see a movie, to worship, to a game, walk. Although it may take a few minutes longer than normal, remind yourself of your efficient use of time: you're actually accomplishing several things at once. (This is a mental trick, but it works.)

Look, if our ancestors survived the Ice Age, it won't kill you to walk in the rain. In our age of climate control and central air, we like our environment to remain comfortable at all times. But, come on, how "boring" is that?

Another trick is to think of walking as a basic human need, like sleep, shelter, and food. Then, after you complete your 30 minutes, reward yourself with any of the other three needs. Walk back home and go in the kitchen.

The key is to never demand too much from yourself. So what if the dishes aren't done? Do them later. You'll live longer and more healthfully if you walk instead of do the dishes! And doctors don't prescribe doing the laundry a certain amount of times during the week. These are the "blocks" you put in front of yourself that keep you from walking.

It certainly isn't easy to change our priorities in today's hectic world, but it's harder to begin "getting healthy" when it's a little too late — and the house is spotless.

Well Being: Tongkat Ali Potency Herb

Tongkat Ali: The Asian Viagra

Impotence or erectile dysfunction (ED) is a common problem among many men. It is an ailment that poses a threat to the self-esteem of men and their ability in terms of physical intimacy. Erectile dysfunction is not only a medical condition. It is also seen as a social problem since most men are embarrassed to talk about this sexual ailment. Studies show that one out of ten men around the world suffer from this condition. Because of this alarming statistics, men are constantly searching for supplements, drugs, and herbal remedies that may help them in their dilemma. A number of individuals prefer to use herbal medications because these products are supposedly free of side effects compared to prescription medicines and over-the-counter drugs.

One of the most popular herbal medicine out in the market is Tongkat Ali or Eurycoma Longfolia. Known as the "Asian Viagra," Tongkat Ali is a flowering plant that can be found in Malaysia and Indonesia. The plant helps improve libido and increase testosterone levels. Weak libido and low testosterone levels are among the most common causes of ED.

Tongkat Ali has been used for many centuries in Asia as an herbal treatment for erectile dysfunction and other sexual problems. Many users of the plant say that it has helped increase their testosterone level and gradually improved their sexual performance. Testosterone is a hormone that is required for sperm production and the development of male reproductive system. It is a natural steroid hormone that is needed for the proper function of the immune system. It also helps increase a man's energy and bone strength. Such decline in the production of this substance in the body causes, tiredness, depression, loss of strength, and low sex drive. Tongkat Ali also stimulates metabolism, increases the formation of red

blood cells, and reduces the risk factors of cardiovascular diseases. In addition to these benefits, this herbal product helps fight fatigue or physical exhaustion. In many Southeast Asian countries like Malaysia, extracts of these herbs are contained in many brands of coffee and tea.

However, like other alternative medicine, side effects can also be encountered when Tongkat Ali is used for long periods of time. Reported side effects of this herb include anxiety, insomnia, and restlessness. Because this herb increases testosterone production, it should not be used by men with breast or prostate cancer, diabetes, and disease of the kidney or liver. According to the Journal of Immunology, another side effect of long-term use of Tongkat Ali is that it weakens the immune system.

Sexual dysfunction seriously affects the well-being and self-esteem of men. For that reason, men should explore the different treatment methods and determine which will be safe and effective for their specific condition. Men are strongly advised to consult doctors or other medical specialists in order to weigh the advantages and disadvantages of medical and herbal remedies for erectile dysfunction.

Aside from taking Western medicine or alternative treatments, men should also maintain an active, healthy lifestyle. Good food choices and staying away from alcohol and cigarettes will help improve a man's health, including his sexual performance.

Well Being: How To Win Love

How to WIN Love

Love plays an important role in our lives. It is not about just loving somebody. It is much more than that. It's all about sharing the finer feelings of life. Various researches have also shown that a good love life keeps you healthy. So what should you do make your LOVE happen. Read

Love will build your heart with its dreamy songs and create a magical world for you to live in. How will you ensure that they whom you love so much will love you? How will you be certain of winning love?

Undertake this visual. Enjoy this constant pleasure that it will bring you. And feel for yourself how wonderful your love life has become.

You are in love with someone. You want that someone to love you too. What do you do? Simple! Visualize! Remember, love has everything to do with your heart and mind. If you can keep your heart healthy and in good relation with you, then you can have all the love you want.

Picture your heart. You may visualize it like an actual biological heart, or it may even be a symbolic valentine heart.

Go ahead and ask your heart about how it is feeling today. Is it feeling sad? Lonely? Disappointed? Understand the way it is feeling. Hear what it has to say to you. Then tell your heart that you are trying to make it feel better.

What is the condition of your heart? Is it sad? Or is it youthful. Does it look healthy? Or is it torn or wounded? Is it wounded? Now repair your heart. You have all the tools required. If it is torn at places, stitch them. If it is wounded, then treat its wound.

When your heart looks healthy, fill it to the brim with light. Imagine the shining light flow into your

heart and reach it's every nook and corner. Your heart is not only healthy now it even feels alive. Listen to your heartbeats?

Make it feel good. Thank your heart for keeping you alive. Applaud its tireless performance. The more you thank your heart, the healthier it gets.

Now that your heart is healthy and happy, you are now ready to win love. Picture the person you love or whom you desire the most. See the person clearly? How does she/he look? What color is the hair? What kind of clothes he/she is wearing? How tall is the person? Is there any gesture that is distinctively his/hers?

Let the person appear in front of you. How far is the person? Bring him/her closer to at the most five feet away from you. Now, picture your healthy heart connected to his/her heart. You may use any material you like for connection. A rope, chain, satin ribbon – it can be just anything. It can be even imaginary. The goal is to connect love to love, so a sense of energy flows between you both.

Once you have connected love, visualize yourself doing something loving to the person you love. Do anything that people who love each other does. Walk hand in hand, go for a dance, sit across for some ice cream, love each other, hug each other – you may even kiss each other.

The more you visualize the person you love in the way described above, the stronger the love flows between you both. Until one day, you really embrace and kiss the person to say how much you love her/him.

And if ever you feel that love is beginning to fade, go through the visualization again.

Let LOVE live forever.

Well Being: Night Leg Cramps

The nocturnal obstruction

The article is about night leg cramps, a condition that is seen as one of the common causes of sleep deprivation and discomfort. The article deals with the known causes and possible treatments for night leg cramps.

Everyone experiences muscle cramps from time to time due to intense pain and an inability to use the affected leg muscles. It can occur at the front of the thigh (quadriceps), back of the thigh (hamstrings) and the lower legs or calves (gastrocnemius). A cramp can last from a few seconds to 15 minutes or longer, and can possibly recur several times before it goes away. But have you ever experienced waking up in the middle of the night with a sudden painful cramp in your leg? Is it so painful that it can even make you cry? This condition is referred to as night leg cramps. Night leg cramps are contractions of the leg muscles, usually in the back of the lower leg or calf. They usually occur just as you're about to fall asleep, or when you are about to wake up.

When this happens, the leg muscles remain painfully tight and contracted. Experts say that the exact cause of night leg cramps is unknown but they believe that it may be due to the body's abnormal processing of electrolytes. Electrolytes such as salt and minerals are essential elements and chemical substances that your body needs for basic muscle functions. Other factors include inadequate stretching and muscle fatigue.

Calcium deficiency is also one of the common causes of leg cramps at night especially among women. If you are post-menopausal, trying to lose weight, or don't consume enough calcium, you are susceptible to night leg cramps. To alleviate leg cramps, experts advise the increase calcium consumption. This can also prevent other problems associated with calcium deficiency like osteoporosis. When taken regularly, calcium supplements may help relieve the pain caused by leg cramps.

Other causes of night leg cramps are prolonged sitting, pregnancy, diabetes, decreased potassium levels, neuromuscular disorders, such as Parkinson's disease, and alcohol use. Certain medications, such as albuterol, niacin, diuretics, and some calcium channel blockers and antipsychotic medications can also cause night leg cramps. Partially obstructed flow of blood to the legs and abnormal mineral or hormone levels can also be the causes for painful muscle cramps at night.

If a person suffers from night leg cramps, there are some ways to make this annoying condition go away:

- Apply a cold pack on the affected muscle to ease the pain.
- Massage the affected muscle, to loosen the tension in the leg.
- Try walking on the affected leg to stretch the muscles and get blood to circulate.
- Straighten the leg and flex the foot towards your knee until the muscles stretch.
- Take a hot bath to relax the muscles.

To help prevent night leg cramps, it will help if a person drinks plenty of fluids during the day; stretches the calf muscles through wall push ups; applies a heating pad for ten minutes before going to sleep; and consumes adequate potassium as part of the daily diet.

Quinine is the only drug that has been shown to be effective in treating night leg cramps. However, the U.S. Food and Drug Administration (FDA) has stopped the over-the-counter sale of this drug because of drug safety concerns. The FDA is looking into the reported side effects of the drug that include the possibility of causing birth defects and miscarriages. According to reports, Quinine also causes headache, disturbed vision, chest pain, asthma, ringing in the ears, and side effects.

Although these have not been clinically proven to reduce the regularity of attacks, doctors may prescribe muscle relaxants, Benadryl, or vitamin E to help ease leg cramps. However, current research shows that Vitamin B-12 and Gabapentin are the most effective treatments.

If a person is frequently suffering from leg cramps at night, it is still best to consult a doctor to get rid of this nocturnal problem that's creeping and twitching our legs and disturbs people from a good night's sleep.

Well Being: How I Am Losing Fat Weight By Eating What I Am Used To

This is no joke and neither is this an affiliate commercial. I am not selling anything related to diets and foods and health stuff. I simply want to share with you my own personal actual story of how I am losing between 2 and 3 pounds a week by eating the usual.

For seven years I have been trying every possible diet and fitness regime, and as a result I only gained fat. Yes, sometimes I lost a few pounds, and then I gained even more.

I tried low carb high protein, low protein high carb, only carb, only protein, just fruit and salad, nuts and soy, pills, potions, herbs, drugs, with and without physical exercises, well, you name it, I took it. All of it. And in the end: just stay fat.

Seven weeks ago I decided to try one more time lose fat by a method I have not really tried before: Simply eat less. This time, a lot less.

Now the big question, what exactly did (and still do) I eat? Yep, you may laugh: Macaroni with ham, cheese, tomato- & vegetable sauce, egg omelet, and some spices, all prepared with the cheapest sunflower oil. No kidding. The same stuff that made me fat! I just love that taste.

On physical low active days, i.e. without any sports, I ate exactly 25 percent compared to the usual grand total per day, and divided that amount over 4 meals.

On physical high active days, i.e. with sports (I practice martial arts a couple of evenings a week), I ate exactly 33 percent compared to the usual grand total per day, and divided that amount over 4 meals.

I took the cheapest ingredients, based on the assumption that the more expensive products contain unhealthier additives. So what I did is to cook macaroni and tomato sauce for one week. Each time I wanted to eat, I fry an egg or omelet in a flat pan with generous sunflower oil, take the mac & tom out of the fridge (no deep freeze), and mix it with the fried egg. It may look like shit or vomit, but yummy it tastes real good.

So I still eat that for breakfast, lunch, afternoon, dinner, just that and nothing – really nothing – else. Well, water for drinks and no other beverage other than an occasional coffee. I do not eat supplements or fruit.

I am 100 percent certain that you can do so with any kind of food that you like to eat. It is very important that you have to like the taste a lot. Never eat anything that you do not truly enjoy!

So if your eating habit is burgers and fries, just keep eating that, but only between 1/4 and 1/3 of the total daily quantity depending on your physical activity. If your eating habit is Indian food, just keep eating that, but only between 1/4 and 1/3 of the total daily quantity depending on your physical activity. And so forth.

The amount is 1/4 of the usual total on lazy days, and 1/3 of the usual total on sporty days. Nothing more, nothing less.

That is all there is. Simple as that. Side note: yes that annoying feeling of hunger stays all day. Other side note: after a few weeks, the urine smells to ammoniac. That is a good sign, as the body is in a state of ketosis, i.e. burning off fat in order to generate energy. From that moment onwards, the pounds of fat fly away even faster, even during sleep.

The past 7 weeks I lost exactly 14 pounds. And at the time of this writing, I am still losing fat and have not changed the quantity scheme.

Now I know – after seven years of trial and error – that losing fat is not a matter of food composition, but simply a matter of quantity.

All in all, eat a lot less of the same, and stay hungry.

Happy slimming to you!

PS: You spend less money, so your purse will grow bigger ;-)

Well Being: Penis Size Matters Don't Matter

Penis Enlargement

Read till the end for a surprising conclusion...

Men are you experience a desire for penis enlargement, yet think others will think you are homosexual. Penis enlargement gives sense of power not only with sex, but also with the fact that it sounds disingenuous.

Men are you experience a desire for penis enlargement, yet think others will think you are homosexual. Penis enlargement gives sense of power not only with sex, but also with the fact that it sounds disingenuous.

Penis enlargement will give you feeling of strength, power, vitality, manhood.

Penis size bound up with our view of sexual attractiveness and sexual competence. Our view of manliness is serious and although men know that penis size is variable and that sexual satisfaction is not about the larger the better, achieving larger penis is a real obsession for many men.

Penis enlargement has become an easy target for dishonest marketing.

Men of all ages and size are having relationships that are not working, as men believe they could fix the relationship if they had a larger more firm penis. As men and boys do not initiate conversation about penis size, they will look for ways for penis enlargement.

Around one percent of Americans have BDD (body dysmorphic disorder,) obsession with an imagined imperfection in appearance. If a minor bodily irregularity is there, the person's anxiety is noticeably extreme. Penis size can bring this disorder on with men having an idea of being inadequate for a partner in life.

Many men are looking for penis enlargement are considering surgical enhancement, penis enlargement pills, patches, even penis enlargement devices to find more satisfaction in looks. Men considering these types of enhancements have a normal size penis. Five to six inches in size is a normal size for a man, with having the idea that eight inches would enhance the appearance and sexual activities with their partner in life.

Penis enlargement patches are with drugs that can absorb through the skin and help with the enlargement of the penis. Patches need to be replace every couple of days and can irritate the skin.

Penis enlargement devices are worn under the clothing. Penis enlargement devices will stretch the penis to the size that is desire. With the device, it stretches the tissue in the penis. As the tissue heals the penis becomes longer and thicker.

With the penis enlargement pill a man only has to worry about the pill and in a short time will start to notice the penis enlarging.

Check out the different penis enlargement pills today and start with the treatment that you deserve. You and your partner will be happy you did.

Penis Enlargement – Quick And Safe

Penis enlargement is the second most demanded option of male sexual enhancement after impotence treatment. You can find hundreds of different solutions online that will promise you a bigger, longer, thicker, and more powerful penis.

Nowadays most of people are time poor and have a fair amount of disposable income, the idea of a quick recipe to successful penis enlargement is very tempting but there are no safe shortcuts.

The most direct and brutal method is surgery. You will have some gain with a lot of pain choosing this option. Many men are asking about surgery only to discover the huge costs involved, and the very small chances of success. In addition, the possible side effects are serious enough to make surgery too risky for any men except those with an exceptionally small penis. You can easily weak up with a disfigured penis or loose the ability to achieve erection.

According to doctors, any erected penis longer than 4 inches is usually big enough to stimulate erogenous tissue in the vagina. A penis longer than 8 inches can ram into the cervix and cause discomfort.

Because of these, the majority of surgeons, especially the good surgeons will not do the operation before an undergoing counseling, so you may wish to consider alternatives first.

The safest penis enlargement method you should try is the optical one. The pubic hair around the base of your penis can make your penis look shorter. Trimming the pubic hair will make your penis look bigger and will increase its sensitivity.

If you are still unsatisfied, try natural penis enlargement methods.

Theoretically, penis enlargement is possible with natural methods too but it takes much longer time. It is already proven that human body has the ability to change its natural shape under constant physical influence.

This is true for all bones and muscles, including those that run through the penis, known in the scientific world as corpora cavernosa and corpus spongiosum.

Now, you have to choose from three methods: jelqing, penis extenders and sex pills or maybe the combination of them.

The name Arabic Jelq originated from the Middle East it was used to prepare men for sexual relationships by learning a penile massage technique (jelqing), which enlarged the size of their penis. It requires a lot of patience and perseverance.

Penis extenders should be used extremely carefully not to destroy your penis tissues and wearing it will

be quite uncomfortable.

Penis enlargement pills will cause you stronger erections than normal, stretching your penis this way from inside. In addition, these sex pills should contain some ingredients for fixing the growth somehow, like increased cell division. Although sex pills show their effects only after months this is the easiest and safest method. Try only herbal penis enlargement pills, which are chemical free and natural.

Penis enhancement patches are a safe way to go when you are on the go.

Penis enlargement patches are a relatively new application of trans-dermal drug delivery and are available from a number of manufacturers. Many of these manufacturers also offer penis enlargement pill products. Manufacturers make a number of claims about their products including, increased size, greater sex drive, increased stamina, no nausea or side effects to the digestive system, longer lasting erections and increased penis hardness.

Using a special trans-dermal patch is the latest method promoting penis enhancement. Trans-dermal patches themselves are not a new invention. Patches used for delivering all sorts of drugs from nicotine to testosterone for years. The advantage of trans-dermal patches is a drug delivered straight to the bloodstream, than going to the digestive system. Furthermore, the drugs released gradually over a longer time. This makes trans-dermal patches an effective way to deliver drugs in restricted amounts in a constant method. Trans-dermal patches hold drugs, which can cause skin irritation as well as sweating, may also cause the patch to loosen. Patch location should be move in different locations of the body to avoid problems with skin irritation.

Penis enlargement patches are a relatively new application of trans-dermal drug delivery and are available from a number of manufacturers. Many of these manufacturers also offer penis enlargement pill products. Manufacturers make a number of claims about their products including, increased size, greater sex drive, increased stamina, no nausea or side effects to the digestive system, longer lasting erections and increased penis hardness.

Penis pill enlargement formulas contain the drug Yohimbine as a drug known for penis enhancement for a firmer erection. Penis enhancement patches can contain the same ingredient as penis enlargement pill.

Men are discovering the penis enhancement pill to be more effective then penis enlargement devices, natural penis enlargement treatments, and penis enlargement pills. Once the patch is applied, the patch can stay on for a period usually a couple of days before replacement.

With enlargement devices, a man has to wear them for period to stretch the penis out to enable the tissue to grow that is torn, and to grow back stronger. As natural penis enlargement is, a treatment that a man does to the penis with different exercises and could be embarrassing to a man. Forgetting to take a penis enlargement pill is another thing that men can forget to take. With out taking the specific amount at the time they suggest could make the enlargement process take longer and costly.

Men wanting to try patches should be aware that preparations containing the drug Yohimbine in many countries are prohibited. Additionally, the FDA is currently investigating the use of Yohimbine as it can have serious side effects.

Make the save move try the penis enhancement patch today for a quick and none forget for

enlargement.

Penis-Size Paranoia

Our contemporary world suggests that a man must have a penis that is between 10 and 20 inches or he is an inferior male who cannot really please a woman....

Our contemporary world suggests that a man must have a penis that is between 10 and 20 inches or he is an inferior male who cannot really please a woman. Our world further suggests that unless a man has a penis the size of his forearm or the size of a horse's penis, then by default the woman is sexually unhappy and secretly she is longing for a man with a bigger penis.

We could tell you that this is absolutely not true – but you wouldn't believe us...

We could try to tell you not to worry about your penis size – that it is so far down on a woman's list of what is important that it is effectively a complete non-issue...but we won't because we know you wouldn't listen...

The fact is, men are always going to be concerned about the size of their penis...

...so, all we are hoping to accomplish here is to give you some input and some insight that will hopefully help you overcome your paranoia you have over the size of your penis and help you get on with having a great sex life...

See For Yourself

If you were to watch adult female masturbation videos, such as

- Real Sex Magazine: All Masturbations
- Real Female Masturbation
- 100% Masturbation
- Female Masturbation Sensations

You would see girls masturbating solo and the guy doing the movie providing them with vibrators and dildos of all different sizes. Guess what else you would see? You would see these girls reaching right past the big toys and picking up a small one. Guess what else you would see? You would see that these girls stimulating their clitorises and inserting the toys 1 – 2 inches deep.

So let me ask you...if big and deep were important, why do they pick up the little toys and barely stick them in? In these movies, these girls achieve orgasm after orgasm on little toys that are barely inserted into their vagina.

The point is that big and deep isn't important to a woman. You can give your woman orgasm after orgasm – no matter what the size of your penis is.

It's A Matter Of (Her) Anatomy

You see, there is a particularly good reason why these women barely insert the dildos and vibrators into their vaginas.

Sexologists who have spent years researching the female G-Spot have scientifically determined that the G-Spot is located right at the top-front of the vagina in 70% of all women. By top-front, this means that a woman who has learned to control her G-Spot can actually push it outwards to where it is visible when you pull her pussy lips apart. In different words, if a man were to stick his index finger right up to the first joint (about 1 inch) and touch the top of 70% of all women's vaginas, he would be touching their G-Spot.

For the remainder of women, these sexologists say the G-Spot is positioned as follows:

- 10% – on the top, 2 – 3 inches inside the vagina
- 10% – on the top, 3 – 4 inches inside the vagina
- 10% – on the top, spread from the front to about 5 inches inside the vagina

This tells us that if all you had was a 3 inch penis, you could easily satisfy 80% of the women in the world.

Well Being: Tongue Causes Bad Breath

Your Tongue's Dirty Little Secret–Bad Breath

While you may know that the bacteria in your mouth is the cause of 90 percent of bad breath, you may not realize the majority of smell-generating bacteria are sitting on the back of your tongue.

What's more, the majority of the over 60 million people diagnosed with oral malodorous are not aware of the single best method to improve their breath–the simple act of scraping the tongue.

Tongue cleaning has been practiced for centuries and recent literature has shown it leads to a healthy oral environment. Clinical research has created a renewed interest in tongue cleaning, since evidence has shown that infection-causing bacteria–the primary cause of bad breath–increased tenfold after a week of not cleaning the tongue.

A recent scientific study on the effectiveness of scraping the tongue found that scraping it twice daily for seven days had a significant effect on the levels of bacteria in the mouth and also decreased bad breath.

The subjects in the study added tongue scraping as part of their normal daily oral care routine of brushing their teeth and using a mouth rinse.

“Since most people brush their teeth and use a mouth rinse, it is clear the missing link for truly clean breath is scraping your tongue,” explained Kristy Menage Bernie, Registered Dental Hygienist. “Some people mistakenly believe that brushing your tongue will have the same effect as scraping but the reality is to have a clean mouth and fresh breath, you need to brush, floss, scrape and rinse, in that order, and make sure you use a well-designed tongue scraper that is safe and effective, such as the one available from BreathRx.”

Tired Of Being Tired? What You Need To Know About Insomnia

Do you experience difficulty falling or staying asleep? Do you awake often during the night or have

restless sleep? Do you wake too early, or simply not feel refreshed in the morning? Assuming that there are not other factors affecting your sleep (such as young children or other health issues), these could be signs of insomnia.

Insomnia is a sleep disorder characterized by the above symptoms. People with insomnia typically suffer during the day from lack of sleep. Side effects from insomnia include fatigue, sleepiness, difficulty concentrating, and irritability, all due to a lack of quality nighttime sleep. Quality sleep is key—insomnia is characterized by the quality of sleep more so than the number of hours a person sleeps. The optimal number of hours of sleep a person needs each night varies from one person to the next. But interrupted, poor quality sleep can make a person tired and irritable, regardless of the total hours.

There are many types of insomnia. Essentially, insomnia is a symptom of other issues. External factors, such as stress, may cause insomnia, as can physical problems. People of all ages can suffer from insomnia, from young children to older adults. Identifying the root cause is essential for developing effective treatment options. Treatments for insomnia can range from making environmental changes in one's daily life or sleeping area, to the use of prescribed medications. When medications are prescribed, it is usually for a short period of time.

There are things you can do on your own to help ensure a better night's rest.

- ** Maintain a regular bedtime and awakening time throughout the week. Many people change their sleep schedule on the weekends, but this can make a sleep problem worse.

- ** Use your bed only for sleep and sexual intimacy. Avoid reading or eating in bed, watching TV, or engaging in other activities. This will help train your body to sleep when you go to bed.

- ** Avoid stimulants such as caffeine for four to six hours before going to bed. Exercise can also act as a stimulant, so avoid exercising within four hours of retiring for the night.

- ** Avoid going to bed hungry or over-full. Both conditions can make it difficult to sleep.

- ** Try to change arrange your life so that external stressors are limited. If you are worried about something, or a great deal of stress, sleep may be difficult.

Sleep deprivation caused by insomnia can be problematic in your daily life. Determining the cause of sleep problems and taking necessary actions to correct the problems can make a significant impact on your life.

WellBeing: The Working Diet By Not Sticking To It

A common expression is that we're "going on a diet." The phrase suggests that, like a vacation trip, there is a beginning and an end. We dream of the day we will reach our weight goal and how wonderful it will be when we don't have to lead a life of painful deprivation.

In the back of our minds, there is a comforting little tape playing, promising us that when our weight loss campaign is over, we'll be able to stop counting calories, carbohydrates, or fats. We long for the day when we no longer have to clench our teeth as we refuse a favorite dish that always causes us to salivate in our sleep. We reach for the carrot and celery sticks without anticipation or enthusiasm while torturing ourselves with visions of the special treats we'll enjoy when the diet is over.

Uh, hello?

Allowing ourselves to think of a diet as a delineated, restricted period within our total life span is a sure avenue back to tent city (that refers to what we wear, not where we live). To have any hope of attaining permanent weight control, we must approach it as a lifelong effort, watching our intake day after day, week after week, year after year.

You feel your heart sinking in your chest. You think “If I have to live like this all the time, it’s just not worth it!” That little voice promises you that you are different. You can relax because now you know how to lose weight, you can do it anytime you want. Gain five pounds and you’ll go back on your diet and be back to goal in no time at all.

But you won’t! Think back over your chequered weight history. We all believe that once our weight is down, it will be so easy to go on a short diet if we gain back a few pounds. It doesn’t work that way, though, does it? We start gaining a pound here and a pound there, but then there are some special events coming up and a diet would be so inconvenient. We don’t go back “on” our diet until we’ve gained enough weight to develop the self-disgust that warrants a new period of serious deprivation. We have become a full-fledged member of the yo-yo club, that vast majority of dieters who cannot keep the weight off for more than a few weeks.

The reasons we go “on” and “off” diets are numerous: they are boring, depressing, and very uncomfortable. They set us apart from friends, family, and coworkers who continue to snack, to feast, and to celebrate. We resent how diets make us feel and how they impact our daily lives.

Let’s look at the whole picture from a different perspective for a minute.

Instead of “a diet” envision a way of eating that involves living on a diet for the rest of your life. While the prospect may appall you, don’t say you can’t do it just yet.

First, consider another wide-spread concept many of us accept. To lose substantial weight in a relatively short time, we need to select the diet that seems to fit us and then stay with it, religiously, until we’ve reached our goal.

Let’s now take these two concepts, squish them together, and then turn them upside down.

We are not “going on a diet.” We are starting our diet-for-life. We then pick a diet, any diet at all, and make the commitment to stick with that diet for one week, and one week only. At the end of the week, we are going to pick an entirely different diet to which again we only commit for a one week period. This continues for virtually the rest of our lives with selected diets changing on a weekly basis.

What does this accomplish? A whole bunch of things:

- 1.

By selecting a different diet each week, it removes those common misgivings that maybe we should have gone in a different direction. We worry that we’re not getting the right nutrients or that we’re going to get sick or develop a rare disease. We read the diet ratings and panic at the warnings posted for all the popular programs. With our new approach, you don’t have to fret about if you made a good or bad choice because you’ll be making a new choice in a week.

2.

If there are particularly painful “No-Nos” in this week’s diet, resolve to try something next week that allows a currently forbidden fruit. For example, a primarily protein regimen has been found successful for many participants who often lose five or ten pounds in a week. However, they miss the vegetables and salad they enjoy. The next week could then be a vegetables and salad only routine, also successful for rapid weight loss but a bit lean on the protein your body needs for self-repair.

You may then find yourself craving some good bread so you switch to the Subway diet for a week until your craving is satisfied. Move on to something completely different – the cabbage soup diet or liquid shakes. Since there are literally thousands of diets, a few are bound to include the food you crave.

You are never more than a week away from having what you feel you absolutely must have in order to keep going. You can include spartan fad diets that move fat quickly and you can include calorie counting or Weight Watcher diets that allow almost anything so long as you adjust your intake to stay within the totals specified.

3.

The frequent changes in your eating patterns keep your body off-balance. Give the body enough time and advance notice and it will adapt to anything, turning protein into carbohydrates and storing even low calorie carbohydrates as little pockets of fat. By totally changing what you eat on a regular basis, the body gives up trying to figure out how to thwart you and spends its time efficiently processing what you give it. You are effectively using your smart little mind to outmaneuver your smart not-so-little body.

4.

The constant changes force you to buy food in smaller packages. It’s pointless and wasteful to buy those family packs of anything. That will help you with overall portion reduction, a must for any serious dieter. Your shopping goal is only to purchase items that you can consume within a week. If you see something that you particularly want but is not on your allowed list, make a mental note to find a diet for next week that can accommodate it.

5.

The need for a new diet each week requires that you read and research a lot of diets. The reading acts as reinforcement for your goals and will assure your continuing education on nutrition and fitness. When you see something that intrigues you or just makes a lot of sense, try it out. Perhaps one week will involve barely restricted eating but require a lot of exercise. Go for it – it’s only a week.

6.

You are in the happy position of having wide choices available but also the needed structure of an organized plan to follow. The regimented eating is within each week’s diet; the power of choice is operative when you decide what the next week’s program will be.

7.

Can you stay on a diet permanently? Yes, you can, because you're not restricting yourself from anything for life, just for a week at a time. Should you stay on a diet for the rest of your life? Yes, you probably should as long as you are getting a balance of foods from an intelligent mixing of alternative diet plans. If you like one diet more than another, or if one particular program works exceptionally well for you, by all means cycle that diet into your routine on a regular basis. Just make sure you don't use the same plan more than once a month or your body is going to be ready for it and Zap! you find it no longer works so well.

8.

Can you over-diet? We have all seen (although they seem to be harder to find these days) overly thin, cadaverous dieters with sunken cheeks and loose skin. That can be avoided by making your selected diets very diverse so you are never without needed nutrients for very long. For example, many retirement homes and assisted living co-ops produce thin seniors with pallid skin and protruding abdomens. Replace their mushy, high starch meals with any of the myriad high protein and vegetable-fruit diets and their color will improve, their energy increase, and their tummies fade.

9.

Can you ever be too thin? Visit an eating disorder facility and you will see the results of anorexia nervosa, not a pretty sight and highly dangerous from a medical standpoint. If you have a history of overweight, you may tell yourself that being too thin will never be in the cards for you. However, there are not infrequent cases of the perennial heavy who becomes anorexic through dieting too much with resulting anxiety about gaining back even an ounce of the flesh so painfully discarded. If you have a distorted body image, and reliable friends are concerned about your being too thin, get professional help.

10.

It all comes down to using your brain intelligently. When you are at your heaviest, with the most to lose, the logical choice is a rather spartan program that will get the fat moving quickly. As you lose, more moderate programs can be interspersed so that your skin and cheeks have a chance to adjust and fill in as your weight stores become redistributed. If a particular part of your body is resistant to reduction, exercise may become a more important part of your plan than simply a dietary approach. Once you are hovering at your ideal weight, simple calorie counting or support group involvement may be all you need.

The secret is to be rational about it all and use that wonderful mind of yours to set the program for your not-so-intelligent body with its insatiable appetite and poundage conservation cravings. Don't try to cheat unless you want to cheat yourself and then be honest and admit that, for whatever reason there is, you want to avoid further weight loss. When you want and need to lose fifty pounds, an ice cream and chocolate diet is not rational. When you are at ideal weight or below, a stringent fad diet makes no sense.

Will all this mixing of diets result in consistent weight loss? There is never consistency in weight loss because there are just too many factors involved: water retention, digestive inefficiencies, the amount of energy expended, and individual body quirks. Over time, you will lose steadily but there will always be some ups and downs along the way.

Once the concept of “going on a diet” has been discarded, a lifelong eating plan can be embraced, guaranteed to leave you in control of your weight for the rest of your long slender life.

Well Being: Your Immune System

Your Immune System Needs Support Too!

The increasing level of toxins in the environment is making it difficult for the immune system to protect you properly. You need to help the immune system to do its job. Learn how.

The human body is a very vulnerable organism, except for the very strong line of defense that the immune system has thrown around it. Without the natural defense system provided by the immune system, the bacteria, microbes, viruses, toxins, parasites, etc., would reduce the body to its chemical components in a few days.

That is what happens when the body dies and the immune system is no longer there. The human immune system works 24X7, though its work never comes to the limelight. The failure of the immune system is easily noticeable, though.

Although we inhale and eat thousands of germs everyday, the immune system prevents them from causing diseases. When a germ breaks through the immune system occasionally, we wind up with a disease. Once the immune system learns about these germs, it will fight them, and we get over the malady.

The major parts of the immune system are the thymus, spleen, lymph system, bone marrow, white blood cells, antibodies, complement system, and hormones.

The immune support system displays dual characteristics: self or non-self recognition, general or specific, and natural or adaptive, cell-mediated or humoral, active or passive, and primary or secondary. Some parts of the immune system act against specific antigens. These parts are called antigen-specific. Other parts of the immune system are systemic, working throughout the human body rather than restricting themselves to the initial infection site. Still others recognize antigens in order to attack them more vigorously next time they pose a threat. These parts of the immune system are said to possess a memory.

We are all born with a genetically based natural defense system. The skin is the most important organ of our natural defense system. An injury is a gateway for germs to enter the body. This, or the presence of a foreign object within the body, causes the immune system to act, getting rid of the invaders, while the skin takes care of the wound. When this process does not take place, it results in an infection.

Another sign of the functioning of the immune system is when we get a rash or a bump on the skin after a mosquito bites.

The body would cease to be without the immune system. Just take a look at some of the few things that could go wrong with a sub-optimal immune system:

Self or non-self recognition in the immune system occurs when every cell displays a marker based on the major histocompatibility complex (MHC). If a cell does not display this marker, the immune system considers it as a non-self and attacks it.

A breakdown of this process results causes the immune system to attack the self-cells. Multiple sclerosis, systemic lupus, types of diabetes and arthritis are all autoimmune diseases caused by the immune system attacking the self-cells. Allergies are the result of the immune system overreacting to certain stimuli.

Diabetes occurs when the immune system attacks the cells in the pancreas and destroys them. Rheumatoid arthritis is also the result of the immune system causing trouble in the joints. The immune system also creates problems during organ transplants; it often refuses to accept the new organ.

Keeping the immune system in proper working order, especially with the increasing amounts of toxic pollutants in the environment, is becoming a tough task. Recent research is leading scientists to believe that certain carbohydrates represent the next frontier in the search for non-toxic compounds that support the immune system.

Eight of these essential sugars, called glyconutrients, have already been discovered. Only two of these are found in our daily diet though. These eight essential sugars supply the body with glycoforms that are needed for cell-to-cell communication. Four of the last eight Nobel Prizes in medicine have been awarded for research into Glycobiology. A steady supply of glyconutrients is necessary for keeping the immune system working well. It has been found that the body recovers and heals faster when glyconutrients are used when administering chemotherapy and radiation.

Trouble is, the same toxins in the environment that weaken our immune system also affect the body's ability to synthesize these glyconutrients. Which is why we should ensure a steady supply of these glyconutrients through glyconutritionals or food supplements containing glyconutrients.

We are living in an increasingly polluted world. The body is increasingly finding it difficult to combat the ill-effects of these through its natural processes. It is up to us to use our intelligence to tap our advance medical knowledge for the body's help. Because, ultimately, it is a question of our existence itself.

Your Immune System: How It Works And How You Can Support It

Do you know what your immune system is? The parts your immune system is made up of? How it works? Those are the things that we'll explore in this article.

What Is Your Immune System?

Your immune system is your body's defense system. Whenever any kind of pathogen, such as a virus, bacteria, or such, enters your body, it is the immune system's job to find, destroy, and remove the pathogen. In short, the immune system is designed to keep you free from disease.

How your Immune System Works

Your immune system is divided into two parts: the innate part and the adaptive part.

The innate part of your immune system is the part of your immune system that is always there and guarding against infection or disease. It is your first line of defense.

Parts of the innate immune system include neutrophils, macrophages, and dendritic cells. Natural Killer Cells, or NKC's, are also part of your innate immune system. They are specially able at killing cells infected with a virus, as well as cancer cells.

Your innate immune system also includes parts like your skin mucous membranes, and other parts that protect your health by blocking or keeping out pathogens.

Your adaptive immune system is the part of your system that adapts to respond to threats to your health. The adaptive part of your immune system is the reason that you generally will not get the same common cold virus or chickenpox more than once.

Your adaptive immune system is made up of two primary components: antibodies and T-cells. Each of these types is designed to recognize specific types of virus-infected cells, bacteria, or other pathogens.

Note that this is a very generalized overview of how your immune system works. For a more precise explanation, see an encyclopedia or medical textbook.

Nutrition and your immune system

There are many nutrients that play a role in your immune function. Here are just a few of them:

Glyconutrients are an important part of the immune response. Glyconutrients are used to create glycoproteins, which cover the outsides of all cells in your body. These glycoproteins are used by immune system cells (among others) for recognizing pathogens.

Phytonutrients have been found by science to be very helpful in fighting disease. Scientists are not certain whether phytonutrients are actually used by your body, if they have a direct effect on disease, or both.

Colostrum taken as a supplement can help boost the immune system.

Deficiencies in vitamin C can cause poor immunity.

Hopefully this article has given you at least a slightly better understanding of your immune system, and how it works. Make the effort today to support your immune system with proper diet and supplements – you won't be sorry!

Well Being: Versatile Antioxidant Vitamin

The Versatile Antioxidant Vitamin

Vitamin C as an antioxidant, helps reduce the activity of free radicals, by products of normal metabolism which nonetheless can damage cells and set the stage for aging, degeneration, and cancer. This article provides information on the many benefits of Vitamin C as an antioxidant.

Slice an apple into half, and it turns brown. A copper penny suddenly becomes green, or an iron nail when left outside, will rust. What do all these events have in common? These are examples of a process called oxidation. If the sliced apple is dipped in a lemon juice, however, the rate at which the apple turns brown is slowed. It is because the Vitamin C in the lemon juice slows the rate of oxidative damage.

Since its discovery 65 years ago, vitamin C has come to be known as a “wonder worker.” Because of its role in collagen formation and other life-sustaining functions, Vitamin C serves as a key immune system nutrient and a potent free-radical fighter. This double-duty nutrient has been shown to prevent many illnesses, from everyday ailments such as the common cold to devastating diseases such as cancer.

The water-soluble vitamin C is known in the scientific world as ascorbic acid, a term that actually means “without scurvy.” We depend on ascorbic acid for many aspects of our biochemical functioning; yet human beings are among only a handful of animal species that cannot produce their own supply of vitamin C. Like these other animals, including primates and guinea pigs, we have no choice but to obtain this nutrient through food or our daily diet.

Vitamin C can enhance the body’s resistance from different diseases, including infections and certain types of cancer. It strengthens and protects the immune system by stimulating the activity of antibodies and immune system cells such as phagocytes and neutrophils.

Vitamin C, as an antioxidant, helps reduce the activity of free radicals. Free radicals are by-products of normal metabolism which can damage cells and set the stage for aging, degeneration, and cancer. It shouldn’t come as any surprise that vitamin C is being used for cancer treatment. In large doses, Vitamin C is sometimes administered intravenously as part of cancer treatment.

Vitamin C prevents free radical damage in the lungs and may even help to protect the central nervous system from such damage. Free radicals are molecules with an unpaired electron. In this state, they’re highly reactive and destructive to everything that gets in their way. Although free radicals have been implicated in many diseases, they are actually a part of the body chemistry.

As an antioxidant, vitamin C’s primary role is to neutralize free radicals. Since ascorbic acid is water soluble, it can work both inside and outside the cells to combat free radical damage. Vitamin C is an excellent source of electrons; therefore, it “can donate electrons to free radicals such as hydroxyl and superoxide radicals and quench their reactivity.”

The versatile vitamin C also works along with glutathione peroxidase (a major free radical-fighting enzyme) to revitalize vitamin E, a fat-soluble antioxidant. In addition to its work as a direct scavenger of free radicals in fluids, then, vitamin C also contributes to the antioxidant activity in the lipids.

Optimal health, however, requires a balance between free radical generation and antioxidant protection. One of the functions of Vitamin C is to get and quench these free radicals before they create too much damage.

However, there is research to show that vitamin C may act as a pro-oxidant. In other words, vitamin C, under certain conditions anyway, may act in a manner that is opposite to its intended purpose.

So the whole vitamin C issue has not been fully resolved yet.
Well Being: Products To Avoid When Treating Acne

Products To Avoid When Treating Acne

There are many over-the-counter products available for treating and helping to prevent acne. Some are

developed specifically for this purpose, and contain acne medications and substances designed to unclog pores and reduce the chances of acne from developing. Others are simply cleansers, designed to do nothing more than cleanse the skin and remove excess oils and dirt, which helps control breakouts.

So which products are helpful, and which could actually be harmful to your skin? Soap is one of the most basic products used to cleanse the skin, and for some people is okay to use on acne afflicted areas. It can, however, aggravate these areas depending on one's skin type, skin sensitivity, and actual acne condition. That is why it is important to use a cleanser that will work best with these factors. This will help you avoid further irritation to the skin and will promote faster healing. If you have sensitive skin, stay away from fragrant soaps, as the chemicals in them can cause breakouts. If your skin is oily, use soaps that are virtually oil-free, as products containing a substantial amount of oil will add oil to your skin, causing the pores to become clogged and subsequent breakouts to occur.

Cosmetics can cause acne to worsen. Certain makeup products contain chemicals that while on the skin, clog the pores and irritate the skin, causing breakouts. If you are suffering more breakouts than normal, or if you feel something is irritating your skin, you may want to find out what is in your cosmetic products that might be causing this to occur.

Instead, use cosmetics that are non-cometigenic, meaning they won't clog your pores. If a product irritates your skin, stop using it and find one that doesn't. Product containers now contain information about what is in the product, and what it should be used for, and often times, what skin types it works best on. You can gain information by reading these labels.

As mentioned above, remember not to over wash your skin, as this can cause it to become irritated and breakouts to occur. Also, wash gently. Harsh scrubbing will not remove any more dirt and oil than gentle scrubbing, and will also cause irritation.

Do not squeeze pimples, as this causes the bacteria to go deeper within the skin, and the area around the pimple to become irritated and inflamed. Instead, cleanse the area and use a toner to alleviate the problem and bring out the pus.

Be sure to choose your acne products carefully. You might even try sticking to one brand for your daily regimen, as this will help you be consistent. Often times, a specific line of products is engineered to work together, and will promote healing and prevention in the same way.

Stay away from harsh products that can irritate your skin, and change products if what you are using is not working for you. Consult a physician if use of over-the-counter hygiene products isn't doing the trick.

Well Being: Genital Hair Removal

Your Essential Guide to Genital Hair Removal

Disorders of the female reproductive system are relatively common. Some disorders are self-limited and cause only minor inconvenience to the woman. Others are life threatening and require immediate attention and long-term therapy.

Many disorders are managed by the patient at home, whereas others require hospitalization and surgical intervention.

When these happen, appropriate measures prior to the operation are made to ensure optimum safety and hygiene. One of the most important pre-operative measures is the genital hair removal.

However, genital hair removal is not only applied as pre-operative measures. In most cases, genital hair removal is used as a means of eliminating unnecessary hair from the genitals, also known as pubic hair.

Hairless genitals are considered sexy and clean, and largely add to someone's attraction and libido.

Generally, genital hairs grow as boys and girls mature in age. The increasing concentration of "androgens" bring about the continuous proliferation of pubic hair around the genital area of both boys and girls.

At younger age, the human pubic hair were thin and fewer. As the human body matures in age, the genital hair, likewise, grows with the flow. Hence, genital hair began to grow faster, appearing more twisted and curled, and is a lot thicker.

As hair growth becomes prominent in both the female and male genitalia, men and women eventually realized that it is better to eliminate these unwanted hairs.

Without proper hair removal, the genitalia becomes a weak breeding ground for infections. Infection in the genitalia can also be caused by excessive growth of bacteria in a thickly dense genital hair.

Along with the growth of genital hair, ingrown hairs are also dominant especially if they were left unattended. Ingrown hairs are curlier and more prominent in the outer surface of the skin. Excessive outgrowth of ingrown hair can cause irritation on the skin. It may result to swelling or inflammation of the affected area.

So if you have decided to have your genital hair removed, try to learn the different methods of hair removal and choose the best methodology for you.

Here is the list:

1. Waxing

This is the most common type of hair removal. However, not so many people can stand using this method because it is one of the most painful processes of removing unwanted hairs. Just imagine the effect it will have on your genitals. It can leave your skin bruised and beaten.

Hence, if you are thinking of having a genital hair removal, it is best not to use waxing. Besides, other methods can produce the same result obtained through waxing. So why suffer the consequences when you can have beautifully shaved genitals without the pain?

2. Razor shaving

This is the most well known genital hair removal process. The key to a successful shave, however, is based on utilization of shaving cream and proper use of razor.

You must observe proper cleaning to promote hygiene while working on your genital hair.

3. Electrolysis

Considered as one of the best permanent genital hair removal method, electrolysis accounts to almost 60% of those who wish to have their genital hair removed.

Electrolysis use “electric shocks” to remove excess hair from the genitals. The process can be done at home or in a particular “hair salon.”

The only drawback is its price because this process can be pretty expensive. However, with the best results and guaranteed permanent genital hair removal, it is better to have empty pockets than excessive genital hair overgrowth.

4. Creams

These are also effective means of removing genital hair. However, it can cause some allergic reactions when left in the skin for a longer period.

Moreover, using this method on people with sensitive skin may only cause more harm than good. Hence, it is best to test for any allergic reaction on a safe area, such as the interior portion of your elbow or your back. If the treated area becomes irritated or becomes red after 3 hours of exposure to the cream, do not use this method.

5. Sugaring

This is a similar method as that of waxing but the concentration of the solution is more “sticky paste.” The effect is just the same, with more intense, pain that is, because of a more concentrated solution.

6. Plucking

This can also be very painful since your genital hair are removed or tweaked using tweezers.

Genital hair removal can serve many purposes and may not only refer to personal choice. But what matters most is choosing the right choice of method that will render better and more effective results.

Bikini Hair Removal

There is nothing more flattering to a woman’s body than having it flaunted and accented by a bikini. However, there is probably nothing that can ruin this flaunting more than stray bikini hair.

Dealing with these hairs is a straightforward affair. However, it is also a painful one at that. And after suffering though one particularly stressful de-fuzzing session, you will only find yourself at the end of another one in a few weeks or so – depending on how fast you grow hair.

Thankfully, new solutions to this hairy problem are sprouting out all the time. You now have a bevy of depilatory products and treatments that can get rid of unwanted hair more effectively and less painfully. Here are some of the currently available treatments, their pros and cons, and advice on when to use them.

1. Shaving. Shaving is one of the oldest means available to get rid of extra fuzz. Unfortunately, it is

also the crudest and has some of the least desirable side effects.

With the help of a good razor, some shaving lubricant, and a steady hand, it shouldn't be hard to get rid of bikini hair. And if done properly, you should be left with smooth, stubble free skin that is definitely sexy and attractive.

However, with a bad razor, you could suffer cuts, burns, and other skin irritations. You also run the risk of growing thicker stubble owing to the nature of shaving. Aside from that, you could also develop ingrown hair and other inconveniences.

If you are looking for a quick fix to your bikini hair problem, then this is a great solution. If you have the time and the money to go for other treatments – not to mention the stomach for some of the more painful ones – then you should look elsewhere for your bikini hair treatment.

2. Bikini Wax. The bikini wax treatment involves an application of a waxy chemical that hardens upon contact with skin. It then binds with body hair and is lifted using strips. It has the effect of plucking entire regions of its hair.

However, this method is a little painful, and may seem inconvenient to some. But if you compare that pain to its results, then it may well be worth it. Waxed areas won't grow noticeable hair up to four weeks after the treatment. This is probably one of the most popular treatments around.

You should use this treatment if you are looking for a long term treatment that is effective and does not cause stubble. It also results in a very smooth skin feel after the treatment.

3. Hair Removal Creams and Lotions. You may also opt to use hair removal lotions and creams. These are fast acting agents that help dissolve and/or loosen hair in regions they are applied to. They are usually painless and effective.

The only downside to this treatment is the fact that they could cause allergies. Some agents can cause rashes, irritation, and itching. To avoid this, test the lotion on your elbow skin before going full strength on your bikini area.

If you show signs of irritation, then consult with your dermatologist and/or allergocologist. You may also try other lotions that do not cause this sort of irritation on your skin.

4. Epilators. These devices remove hair by the roots – pretty much like bikini wax treatment. This treatment works very well with stubble and short hair. It also keeps hair off for about a month and a half. This is great news for those looking for long term solutions to their bikini hair problems.

The only downside to this treatment is that it tends to be painful. However, newer treatments of this ilk use a mild skin anesthetic to help keep the pain down. Again, if you have the time and the money to take care of your bikini hair problem, then this is a great option.

Conclusion

In your quest for the perfect bikini line, look to the above-mentioned treatments. Shaving is the quick-fix solution that should come in handy in emergencies. Creams and lotions are great, painless solutions that are short-term in nature. If you are looking for long-term bikini hair treatments, wax and epilatories

are the best solution.

Well Being: Ultrasound Fat Lipo Cavitation Non Invasive Ultrasonic Fat Removal Scam Fraud

There are a lot of ultrasound or ultrasonic massage devices with one or more different heads or probes, whatever you call them, that upon contact with the skin are supposed to breakdown fat cells, which would result into loss of fat and getting slimmer.

And the one and only reason why all these machines are all marked “OK for home usage” is that they are indeed 100% safe but also 100% ineffective. That’s why they are approved by the FDA mafia.

They do NOT breakdown even one single fat cell. You will not lose one single millimeter of size, not one single gram of weight, and no lymphatic system will transport one molecule of fat to outside of your body! All those stories and scientific before & after photo-shopped crap pictures make up a huge pile of bull-shit.

Don’t let those YouTube scam videos fool you. They do not show the truth. Unless, of course, they embark upon the debunking of said devices.

Ultra sound means non-audible sound, beyond the range of our ears. So from say about 23 kilohertz and up any sound is supposed to be “ultrasonic”. Some manufacturers claim frequencies up to 1 gigahertz and over! They lie, of course, as the gigahertz range is microwave frequency, and to microwave your body is definitely not a good idea, unless very carefully applied by a skillful medical doctor in a monitored operating room. Why else do you think that microwaves cook steaks in seconds?

The intensity of the ultra-sonic heads is somewhere in the range of 40 to 60 milliwatts, which is comparable with the intensity of audible sound that comes from a small loudspeaker in your computer screen, according to their own specs.

That is less than a pair of walkman (oops, sorry, ipod) headphones that normally boosts many milliwatts more.

You should take the test: Put the headphones on a piece of fatty bacon, turn up the music volume to the max. After one hour, see the results. You will notice that the bacon has not changed one bit.

So now what to expect from such low intensity? Nothing at all. It is far more efficient to put a loudspeaker of your mp3 player or mobile phone at full volume onto your tummy. You will lose zero fat anyway.

So you see on eBay those wonderful ultra-sonic ultra-sound non-invasive liposuction machines, most of them made in China, some available in France, and their prices range from 200 Dollars up to 4000 or more. They all work perfectly, and they all cause no results. Perfect.

Usually the casing of these devices look very handsome, white and silverish, and give the impression that they are credible medical devices. But inside there are some cheap electronics, total value 10 to 20 dollars maximum, and that be it. More I could not make out of it. It is nothing more than a massage stick or a cheap sound generator.

You better spend your money on healthy food and a fitness programme. For 200 dollars you can eat healthy greens during one month and lose 10 pounds of fat.

Why is it that a pair of headphones does not cause your head to become slimmer, even though the output is stronger than that of a cavitation machine? If a cavitation machine really works, then your brains would have been melted long ago by your headphones, due to the higher sound wave intensity.

And whether the output is 50 kilohertz or 500 kilohertz, it does not make any difference, simply because the intensity is way too low. Try such a device on a piece of fatty porc or duck meat and see what happens. After a few hours, still the same fat will stay put till Hell's Kitchen finals are long over.

Speaking about cooking, there are applications of sound in the range of 20 kilohertz to breakdown fruit into juice within seconds. These devices have a much higher output intensity, should not be touched at the head when active, and would be most effective in breaking-down fatty cells, however, also destroy other cells as well! That kind of technology is used for cleaning machines and for drilling holes. These devices are not for the regular consumer, not even for medical staff!

You just cannot apply any specific sound frequency that would only break-down fat and not break-down any other type of bio substance. That technology does not exist. If it did, then there would be no reason to limit the output intensity around the 50 milliwatts range. And the health authorities know this.

Moreover, the medical industry folks know that such devices bear no effect at all, so these folks won't lose customers or revenues. All in all, it is a waste of time and money.

I sold my ultra-sonic toy for the same price (hundreds of bucks at eBay) as I bought it, after I re-assembled it, used that money to start simply eating half of what I was used to, and I am steadily losing fat happily ever after.

Well Being: Liver & Gallbladder Cleanse With Epsom Salt

Liver Flush This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not linked to pains other than gallbladder attacks.

It is easy to understand why this thought: by the time you have acute pain attacks, some stones are in the gallbladder, are big enough and sufficiently calcified to see on X-ray, and have caused inflammation there. When the gallbladder is removed the acute attacks are gone, but the bursitis and other pains and digestive problems remain. The truth is self-evident. People who have had their gallbladder removed surgically still get plenty of green, bile coated stones, and anyone who cares to dissect their stones can see that the concentric circles and crystals of cholesterol match textbook pictures of "gallstones" exactly.

Do cleanse your liver twice a year.

LIVER CLEANSE INSTRUCTIONS

You'll need:

4 tablespoons Epsom salts = ($\text{MgSO}_4 + 7\text{H}_2\text{O}$)

1 large fresh pink grapefruit (2 small or 3 lemons)

1/2 cup Olive Oil Extra Virgin (=1.25 dl)

3 cups water (=750 dl)

1 large straw or 2 small plastic straws to help drink potion

Pint jar with lid to shake it up in

Optional:

4 – 8 Ornithine pills, to help you sleep (I don't use this and have had no trouble sleeping)

Notes: EPSOM salts = Magnesium Sulphate = EPSOMITE = Magnesium Sulfate Heptahydrate. You can substitute 3 cups water (=750 dl) (that is used in this recipe to dissolve Epsom salt) with 3 cups freshly pressed grapefruit juice, or freshly pressed apple juice . That way you will not feel unpleasant taste of the Epsom salts. If using lemon juice, do not blend juice with oil. Drink little oil, little juice, from 2 different cups.

If you mix oil and juice, it may (it doesn't happens always) slightly congeal, and get a slimy consistency that is not easy to swallow. It never happens with grapefruit juice!

Choose a day like Saturday for the cleanse, since you will able to rest the next day.

Take no medicines, vitamins or pills that you can do without; they could prevent success. Stop the parasite program kidney herbs, too, the day before.

Eat a no-fat breakfast and lunch such as cooked cereal with fruit, fruit juice, bread and preserves or honey (no butter or milk), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

2:00 PM. Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later.

Get your Epsom salts ready. Mix 4 tbs. in 3 cups water and pour this into a jar. This makes four servings, 3/4 cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only). Note: don't be fooled, nothing improves the taste!

Note: You can substitute 3 cups water with 3 cups freshly pressed grapefruit juice, or freshly pressed apple juice.

6:00 PM. Drink one serving (3/4 cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbs. in 3/4 cup water now. You may add 1/8 tsp. vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterward or rinse your mouth.

Get the olive oil and grapefruit out to warm up.

8:00 PM. Repeat by drinking another 3/4 cup of Epsom salts. You haven't eaten since two o'clock, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success; don't be more than 10 minutes early or late.

9:45 PM. Pour 1/2 cup (measured) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 cup, more (up to 3/4 cup) is best. You may top it up with lemonade. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

Now visit the bathroom one or more times, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late.

10:00 PM. Drink the potion you have mixed. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take 8 if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use ketchup, cinnamon, or brown sugar to chase it down between sips. (Note: editors note- don't, just stomach the terrible taste...and it is horrendous- be

forewarned...but that's part of the cleanse, you can deal with it just like we have.) Take it to your bedside if you want, but drink it standing up. Get it down within 5 minutes (fifteen minutes for very elderly or weak persons).

Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). Go to sleep, you may fail to get stones out if you don't.

Next morning. Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 am.

2 Hours Later. Take your fourth (the last) dose of Epsom salts. Drink 3/4 cup of the mixture. You may go back to bed.

After 2 More Hours you may eat. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered.

Well, be prepared to shit all day long ;-) to speak in layman's terms. I would recommend to clean your butt with the shower rather than with paper, to avoid a sore skin.

Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol inside. Count them all roughly, whether tan or green. You will need to total 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two week intervals. Never cleanse when you are ill. When I did my first Dr. Clark's liver cleanse I immediately dropped over 200 pea size green and tan stones, and when I examined them, they crushed in my fingers and what I found was pure fat, pure cholesterol. Can you imagine hundred of them. Also in my second liver cleanse I had the same experience.

Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as a "chaff" floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging stones.

How safe is the liver cleanse? It is very safe. Based on reports of over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However it can make you feel quite ill for one or two days afterward, although in every one of these cases the maintenance parasite program had been neglected. This is why the instructions direct you to complete the parasite and kidney rinse programs first.

Liver cleanses have been gaining popularity recently as a potential way to quickly eliminate toxins that have been backed up in your liver and gallbladder. There are concerns about the safety of liver and gallbladder cleanses, particularly for those that use Epsom salts and grapefruit juice along with olive oil. You should consult your medical practitioner before engaging in any type of cleanse.

Basics

1. There are several variations of the liver and gallbladder cleanse, depending on what Internet site or health practitioner you have found. A more popular cleanse involves drinking two teaspoons of Epsom salts (reputably to relax bile and gall ducts so as to pass stones and also to cleanse the colon), then in the evening drinking eight ounces of olive oil mixed with fresh squeezed grapefruit juice and lying in the fetal position on your right side for a half hour. As the flush is designed to rid the body of stones and deposits, there is a slight risk of a blocked bile or gallbladder duct from a lodged stone.

Risks from Epsom Salts

2. Epsom salts serve as a colonic that can lead to dehydration and electrolyte imbalance. Drink plenty of water while ingesting Epsom salts. You may want to add grapefruit juice as a way to get rid of the very unpleasant taste.

Epsom salts in very high dosages can lead to dangerous magnesium toxicity. Risks for an unborn fetus are unknown and pregnant women should not ingest Epsom salts. Talk with a medical practitioner if you use any medications or herbal products as Epsom salts may cause a dangerous interaction.

Risks from Grapefruit Juice

3. The greatest risks from grapefruit juice occur for individuals who are taking medications that interact with it. According to Mayo Clinic nutritionist Katherine Zeratsky, grapefruit juice can interfere with enzymes that break down certain types of prescription drugs, particularly calcium channel blockers and cholesterol-lowering drugs, leading to an overdose.

Popular drugs affected by this include Zocor, Zolof and Lipitor. As a general precaution, you should not take drugs during a liver cleanse, even if you replace the grapefruit juice with lemon juice instead. The release of bile from the liver during the cleanse could potentially lead to abnormal absorption of other drugs as well.

Risks from Olive Oil

4. There are surprisingly few risks from drinking eight ounces of olive oil at once besides nausea. According to information supplied by Dr. Juergen Buche in "The Liver Detox Diet," any rise in cholesterol from consuming so much fat in a short time would drop immediately once the bile and other by products are expelled from the liver, which would lead to a long-term drop in cholesterol levels.

Overall Risks

5. A liver cleanse is a surprisingly safe procedure and few complications are reported other than

diarrhea and bloating. According to Dr. Peter Moran in “The Truth About Gallbladder and Liver ‘Flushes,’” the greatest danger from doing a liver cleanse may occur for individuals who postpone surgery to remove gallbladder stones in favor of the cleanse. Due to the large size of many gallbladder stones, they may not be eliminated through one cleanse, but the procedure is unlikely to hurt the condition.

People who are in poor health should not do a liver cleanse, and those who are constipated should do a colon cleanse first. There is a slight risk of pancreatitis, but, according to Moran, the risk is no more than would occur if you were to consume regular fatty foods. Do not do this cleanse when you are feeling sick and consult with a health professional with any questions you may have about it.

Well Being: Your Quality of Life

Your Quality of Life

Your body is a living biological organism just like any plant or other animal, all your organs, fluids and cells work as a team, if one part of the team is not at its best, your body becomes diseased and illness sets in.

Think of your body as a football team, you don’t have to know anything about football; all you need to know is that you have a home team and an opposing team. The football field is your life, from the moment of the first play, your birth, to the final goal, the end of your life. The opposing team, all the outside evading sources are attempting to cut your life short by stealing the ball and going in the opposite direction. I call this premature death due to disease or illness.

The opposing team is made up of some really big players, free-radicals and chronic inflammation, these players never get tired and they will never give up. From the moment you are born, free-radicals enter into your very young body with your very first breath and start their attack on your cells. Free-radicals are molecules or atoms that are missing an electron, they attack any cell they come in contact with and try to steal an electron from them. Free-radicals continue their attack until they succeed, in the process they damage the healthy cells they are attacking. Free-radicals are a part of life. They are in air and water pollution, they are in the processed foods we consume, free-radicals are also caused by traumas and injuries. Another source of free-radical damage comes from the medications we take in order to recover from illnesses; this particular free-radical damage from medications is called “side-effects”. There are times in our lives when we need to take medications to combat a serious illness, but we must keep in mind that we have to boost our immune system during the time we are on these needed medications. This will minimize the side effect damage and aid in our long term recovery. Every time you breathe, fresh free-radicals are entering your body and start playing for the opposing team. The next opposing team member is chronic inflammation; scientists are calling this player a silent killer. Our bodies are amazing organisms; if it senses an injury or illness it sends in a home team member, called inflammation, to aid in the defense of our body and help restore the area that is damaged. This is where the game gets a little complicated; free-radicals cheat, they don’t just damage a cell when they steal an electron, they actually mutate the cell or deform it, the damaged cell then becomes another free-radical; when the home teams healthy inflammation tries to go in and protect the now unhealthy cell that the body senses as damaged, the unhealthy cell turns on the inflammation and attacks it stealing an electron. Now the once healthy inflammation cells become mutated or deformed themselves and become chronic inflammation attacking healthy tissues inside our bodies. Boy oh boy, this starts a whole chain of continuing events. But remember this; the football game has two teams playing on the field.

You have to breathe everyday in order to live; now you know that every time you take a breath free-radicals are entering into your body and doing damage. You can however win the game if you take in large amounts of anti-oxidants to refresh your team players. Anti-oxidants are your really big players; they are molecules or atoms that have an extra electron that they will give to a free-radical. When this happens the free-radical no longer plays on the opposing team, instead it begins to play for you. This is what I call building your team forces, your team force is your immune system. Your team works together but your immune system is your coach, if your immune system is strong it can send in the needed players at the right time to fight any invaders that your body may encounter. But you have to feed your immune system; it requires necessary minerals and vitamins as well as large doses of anti-oxidants everyday. If you starve your immune system of the required nutrients, then the players on the field do not get the reinforcements they need to win. Most people start taking multi-vitamins when they get older, but parents should start their children on multi-vitamins as soon as possible and teach their children about nutrition starting at a very young age. People as young as 20 years of age are being diagnosed with diabetes in this country due to their poor eating habits. This is a very scary trend that is taking place. Many 30 year olds have heart disease also due to their poor eating habits, "hardening of their arteries". Scary!

What did you eat today? You are breathing in polluted air as you are reading this article, what type of defense did you provide your immune system with today? I hope you took your vitamins and minerals; did you eat any fresh fruits, or fresh vegetables? What about your children?

Most plants contain about 1,000 to 1,500 anti-oxidants, vitamins and minerals also contain large numbers of anti-oxidants. Vitamin C and E contain the largest amount of anti-oxidants. You can take as much vitamin C as you want without harming your body, but vitamin E has a recommended dosage per day, take much more and you can cause yourself problems, do not exceed any recommended dosage for your weight. Fish also have high numbers of anti-oxidants, try putting that into your diet a few times a week. Now think about this, you can destroy the anti-oxidants in your food through your cooking habits. Do not microwave your vegetables or fish, either steam or broil; do not cover in fats and fry. Foods are delicate and you can destroy any health benefits through any improper preparation. Foods are also biological organisms just like you. Now if you are like me and have a tendency to burn things, then do what I did and invest in a juicer and juice your vegetables and fruits, juice your way to healthier living. The amazing thing about juicing, there are so many combinations you can get your kids to drink their vegetables by adding sweet fruits to the mix. Wow!

Now let's look at the numbers, because of our ignorance, we as a population of people, have caused serious pollution problems on this amazing planet we live on. So we end up taking in roughly one billion free-radicals per day, in the form of pollutants. Let's see how many anti-oxidants we can take in; if we have one whole grape fruit and two eggs and one piece of toast for breakfast, and let us not forget our multi-vitamin, we will take in about 3,600 anti-oxidants. For a snack we have a banana and a glass of milk that's about, let's be generous, 1,800 anti-oxidants. Lunch we have fish with steamed spinach and one cup of whole grain rice, that's about 4,000 anti-oxidants. Dinner comes and we do very well and have a nice cut of steak and some steamed broccoli with red onions and mushrooms, we now add a yam to that meal and we take in 9,500 anti-oxidants. For the day we did not do very well at all, only 18,900 anti-oxidants. We are losing the football game and we thought we were winning. What can we do? You can drink a lot more fruits and vegetables, by juicing them instead of trying to eat them, and you will not lose the anti-oxidants in these life saving foods. There is also a newly discovered fruit from South East Asia called the Mangosteen Fruit.

The mangosteen fruit has been used in South East Asia for centuries for all types of ailments. To date

there is a significant range of known traditional uses such as; anti-diarrhea, anti-inflammatory, pain control, treatment of infections, fever control, gastro intestinal problems, skin rashes and burns, headaches, anti-parasitic, muscular-skeletal and joint problems, control of blood sugar and diabetes, infections – viral, bacterial and fungal, as well as mouth ulcers, prevention of atherosclerosis, dementia, anxiety and depression, cancer and anti-aging concerns, and there are many, many more. The list of health benefits continues to grow as more clinical studies and scientific research is done on this fruit.

For the last 20 years independent universities and scientists have been doing studies on the mangosteen fruit, they wanted to understand why the people of South East Asia did not suffer with the same diseases that we experience in this country. The serious diseases that are killers here in America are barely seen in South East Asia. As the scientists were beginning to study this particular fruit they found out it has the ability to help with disease control. A chemical compound called xanthones was discovered inside the skin of this fruit in record numbers, another amazing thing was the record number of anti-oxidants found in this fruit. The mangosteen fruit contains the highest number of anti-oxidants ever found in one food source, an unbelievable 25,000 per fruit. Wow!

In nature xanthones are very restricted in their occurrence, what I mean is look at the Aloe Vera plant, it contains only one xanthone, yet it is used for medicinal purposes in a variety of ways. When the news came out about how good the Aloe Vera was for burns and skin problems, people began to grow Aloe Vera in their yards and break pieces off when ever they had a skin problem. Over 200 hundred xanthones have been identified in nature to date and 41 of those are in the mangosteen fruit alone, that's almost a full 25% of all the xanthones that are known.

What can xanthones do for you? Xanthones are a new class of chemical compounds with biologically active plant phenols. Xanthones are a unique, biologically active group of molecules with a six-carbon ring; this structure makes the xanthone very stable and also allows it to be extremely versatile. Each xanthone has a unique chemical formula that permits the xanthone to perform a specific biological function when consumed. Xanthones are so stable that they can defeat more than one free-radical at a time and render it harmless while still performing a biological function. Xanthones show several beneficial properties such as, anti-inflammatory, anti-tuberculosis, anti-tumor, anti-platelet stickiness and anti-convulsive. Scientific studies are making it evident that xanthones are responsible for a wide range of medicinal benefits experienced by people using this juice. The mangosteen fruit is a food, not a drug, and therefore does not have the inherent dangers associated with medications. The thousands of people now drinking mangosteen fruit juice for medicinal reasons are reporting positive beneficial effects on their conditions. The mangosteen fruit has three components, the skin or pericarp, the fleshy fruit and the seeds, all of the components have the powerful xanthones and anti-oxidants, but the majority are in the skin or pericarp. One thing you should know is xanthones must be consumed in their natural form. The mangosteen fruit juice is the whole fruit ground up in order to make a juice out of it; nothing is wasted, so you receive the full benefit from this amazing fruit.

By changing your diet to a healthier menu and adding mangosteen fruit juice, you will enhance your team players by supporting your immune system so they can defend your body against the outside invaders.

You will have a wonderful quality of life!
Well Being: Diet Busters & Myths

Top 10 Most Surprising Diet Busters

Beware of those so-called “health-conscious” food products you’re buying – they may be disguised as low-calorie, but these culprits could put a dent in your diet goals. Just when you think you’re getting a low-fat muffin, you’re snacking on tons of extra calories. And the ones that seem to be obviously good for you, well, that isn’t always the case!

Soups: certain soups can be packed full of calories and fat, especially favorites like New England clam chowder or cream of broccoli.

Sugar-Free Cookies: It’s not uncommon for a fat-free or even sugar-free food to have nearly the same number of calories as its regular counterpart, and taste-wise, there’s no comparison to the real deal.

Pork: Depending on the cut, the piece of pork in front of you can be comparable to low-fat, low-calorie chicken, or as high in fat as a hot dog. And adding sauces can de-lean it!

Coffee: Coffee drinks can be astronomically high in calories depending on the ingredients and size of the drink one selects

Salads: Throw on a creamy dressing, cheese, croutons, and bacon bits, and your lunch is starting to look less healthy, more calorie packed, and detrimental to your diet.

Breakfast Bars: Some breakfast bars look healthy and even have healthy looking pictures on the box – look at the actual calories and extra sugars in its ingredients.

Dried Fruits and Granola: Granola sounds great, but it’s very rich in fat, so you have to watch how much you eat.

Juice and Soda: You have a juice mid-morning, and a soda mid-afternoon, and next thing you know, you’ve consumed an extra 400 calories in liquids – they add up.

Low-Fat/Low-Cal Foods: Low calorie does not mean no calorie.

Nuts: Nuts are high in fat so they are only healthy if you can eat just one serving.

Before your diet goes south, consider the effects of the above diet busters. And before you pat yourself on the back for eating soup and salad for lunch, make sure you read the label.

Top Five Cholesterol Myths

Health care savvy Americans, confident in their cholesterol knowledge, may be in for a surprise. Knowing their cholesterol numbers-and where they should be-is not enough. To protect their health, consumers need to recognize key myths surrounding cholesterol. According to experts, the top five include:

Myth No. 1: If my total cholesterol and LDL cholesterol are “normal,” I don’t need to worry about heart disease.

Wrong. Patients who get their total and low-density lipoprotein (LDL or “bad”) cholesterol results back as “normal” may actually be at risk because standard cholesterol tests fail to measure many cholesterol abnormalities that can lead to heart disease. In fact, almost half of all patients who have heart attacks

have “normal” cholesterol, as measured by the standard cholesterol test.

Myth No. 2: If I exercise and eat healthy, I don’t need to worry about heart disease.

That’s another fallacy. Many people who are at risk or already suffer from heart disease exercise and eat right. That’s because genetics play a significant role in heart disease. In fact, a recent study of male twins, one lean and athletic and the other heavier and more sedentary, found that the brothers tended to show the same cholesterol response to high-fat and low-fat diets.

Myth No. 3: Women aren’t as susceptible to heart disease as men.

This myth couldn’t be further from the truth. Cardiovascular disease is the No. 1 cause of death in women. In fact, nearly twice as many American women die of heart disease and stroke as from all forms of cancer combined, including breast cancer. High cholesterol is a major risk factor for heart disease and stroke, and women tend to have higher cholesterol than men starting in their 40s.

Myth No. 4: The routine cholesterol test gives an accurate measure of my LDL cholesterol.

Wrong again. A little-known fact about the routine cholesterol test is that it estimates LDL cholesterol, rather than directly measuring it. This process can result in a significant underestimation of a patient’s LDL level-and resulting heart disease risk.

Myth No. 5: If my good cholesterol (HDL) is high, I am protected against heart disease.

This may appear true, but there’s a catch: High-density lipoprotein (HDL) consists of subclasses (HDL2 and HDL3). While people with higher HDL2 are more protected against heart disease, those with more HDL3 may actually be at increased risk-even if they have normal total HDL.

What Can I Do?

A new, expanded cholesterol test debunks these myths by identifying up to 90 percent of people at risk for cardiovascular diseases-nearly twice the rate of routine cholesterol tests. The VAP® Cholesterol Test measures total cholesterol, HDL, LDL and triglycerides. It also breaks down cholesterol further-providing information that can help your doctor better assess your true risk of heart disease. The simple blood test is available nationwide through national and regional diagnostic laboratories and is reimbursed by most insurance companies, including Medicare.

Well Being: Tired Puffy Eyes Dark Circles

Tired Eyes, Dark Circles, Puffy Eyes – A Common Problem

This is due to excess strain on your eyes. Staring continuously at the computer screen is one of the problems. Lack of sleep also causes this problem. Such kind of strain to your eyes gives the tired look. You start developing dark circles as well as eye bags which can be a put off many people by having a glance at you.

Self-care Measures

- Get enough sleep
- Eat a vitamin A rich diet such as fruits, apricots, green leafy vegetables, carrots, egg yolks and butter

- Drink plenty of water
- Avoid alcohol, smoking and direct sun
- Try to wear sunglasses whenever you are outside
- Avoid too much television

Home Remedies for your eyes

- Easiest of all the solution is to wash your face with cold water. This helps in making your face clean and clears your face from any inflammation and also moisturizes it to avoid any eye problems.
- Take some boiled tea in a cup of water. Once the water cools, dip two gauzes in it, place each of the gauzes on your eyelid for 15 minutes. Once the gauzes are dried, dip it again to gain the most from this remedy.
- Lavender oil is another soothing agent which helps to keep your eyes fresh and radiant. Add a drop of this oil in two and half cup of water. Shake it well before using. You can use two cotton pads as eye pads which are dipped in this solution.
- Use two chilled and soaked chamomile tea bags to be placed on your eyelids
- The first thing in the morning you see in the mirror is the puffed eyes. You can use ice, chilled spoons or tea bags on your eyes to remove that look.
- Place couple of slices of chilled cucumber on your eyes and try to relax in a secluded place. You can use the same procedure by using boiled (and cooled) potato
- Soak couple of cotton pads in Witch Hazel to be placed on your eyelids. Due to the good starch content, potatoes work greatly to minimize puffiness and redness.
- You can dip cotton in a mixture of rosewater or milk or almond oil to keep your eyes refreshing

Warning: The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using any of these products if you are allergic to it.

Well Being: Need to Take Risks

Why we Need to Take Risks

If you want to get ahead in life you have to take risks. Being the best always comes with the willingness to take chances and in one way or another, this is the same in every aspect of life.

It does not matter if you are a Doctor, a Lawyer or an infantry soldier in the Army if you want to be the best and get ahead, you will need to take risks.

A doctor may have to take risks when working with a patient. The Doctor may have to experiment with different forms of medications or new surgical procedures when all else has failed in an attempt to help the patient.

A lawyer may have to argue a case in an unorthodox manner to win the case, but if the lawyer wants to become the top lawyer and make millions of dollars fighting high profile cases lots of risks have to be

taken.

A soldier may have to take a risk and run thru gunfire to save another injured soldier, to complete their mission, or just to secure an area from being overrun by enemy troops, after going days with little to no sleep, but if a soldier wants to get promotions and eventually lead men into battle they also need to take risks.

These risks are not unlike someone looking to get rich in a casino, they have to be willing to risk everything they have to get that million dollar payoff. If you play it safe in a casino you may get lucky and win a big jackpot on the slot machines, but if you want to make millions you are going to have to play games such as Poker, Blackjack, Roulette and Craps . These are the games that with some skill, some luck and a lot of risk taking you can retire off your winnings.

The same can be said about life in general. No one gets ahead in life from playing it safe. You will not meet your special someone if you are too afraid to risk getting rejected by someone, you will never get that big promotion unless you take risks at your job.

It is very important to continue to take risks in life. To stop taking risks means to stand still in life. Standing still in life is one of the main causes of depression. These are usually the people afraid to confront the boss and tell him that they demand a raise; they are the ones that allow life to pass them by out of fear. The entire purpose of fear is to stop you from taking a risk.

Fear is nothing more then the unknown. If you have always wanted to quit your job and open a shop but you are too afraid to do it, this is because you are afraid of failing and risking what you already have.

It is important to learn to take risks in life if you want to be happy, you may not always get the things you risked for, but you will know that you tried, and in the end it does not matter in my opinion if you succeed or not it is how many risks you try to make that is the real test of how successful you are.

Just remember if no one took risks we would be a world without flight and probably no automotive vehicles at all, maybe we would have no electricity. So risk truly is needed to improve the world.
Well Being: What Is Meditation

What is meditation – how to meditate

Here you find a general definition of meditation, and an easy meditation technique is explained.

Meditation is a group of mental training techniques .You can use meditation to improve mental health and capacities, and also to help improve the physical health. Some of these techniques are very simple, so you can learn them from a book or an article; others require guidance by a qualified meditation teacher.

WHAT IS MEDITATION

Most techniques called meditation include these components:

1. You sit or lie in a relaxed position.
2. You breathe regularly. You breathe in deep enough to get enough oxygen. When you breathe out, you

relax your muscles so that your lungs are well emptied, but without straining.

3. You stop thinking about everyday problems and matters.

4. You concentrate your thoughts upon some sound, some word you repeat, some image, some abstract concept or some feeling. Your whole attention should be pointed at the object you have chosen to concentrate upon.

5. If some foreign thoughts creep in, you just stop this foreign thought, and go back to the object of meditation.

The different meditation techniques differ according to the degree of concentration, and how foreign thoughts are handled. By some techniques, the objective is to concentrate so intensely that no foreign thoughts occur at all.

In other techniques, the concentration is more relaxed so that foreign thoughts easily pop up. When these foreign thoughts are discovered, one stops these and goes back to the pure meditation in a relaxed manner. Thoughts coming up, will often be about things you have forgotten or suppressed, and allow you to rediscover hidden memory material. This rediscovery will have a psycho-therapeutic effect.

THE EFFECTS OF MEDITATION

Meditation has the following effects:

1. Meditation will give you rest and recreation.
2. You learn to relax.
3. You learn to concentrate better on problem solving.
4. Meditation often has a good effect upon the blood pressure.
5. Meditation has beneficial effects upon inner body processes, like circulation, respiration and digestion.
6. Regular meditation will have a psycho-therapeutically effect.
7. Regular meditation will facilitate the immune system.
8. Meditation is usually pleasant.

THE DIFFERENCE BETWEEN HYPNOSIS AND MEDITATION

Hypnosis may have some of the same relaxing and psycho-therapeutic effects as meditation. However, when you meditate you are in control yourself; by hypnosis you let some other person or some mechanical device control you. Also hypnosis will not have a training effect upon the ability to concentrate.

A SIMPLE FORM OF MEDITATION

Here is a simple form of meditation:

1. Sit in a good chair in a comfortable position.
2. Relax all your muscles as well as you can.
3. Stop thinking about anything, or at least try not to think about anything.
4. Breath out, relaxing all the muscles in your breathing apparatus.
5. Repeat the following in 10 – 20 minutes:

— Breath in so deep that you feel you get enough oxygen.

— Breathe out, relaxing your chest and diaphragm completely.

— Every time you breathe out, think the word “one” or another simple word inside yourself. You should think the word in a prolonged manner, and so that you hear it inside you, but you should try to avoid using your mouth or voice.

6. If foreign thoughts come in, just stop these thoughts in a relaxed manner, and keep on concentrating upon the breathing and the word you repeat.

As you proceed through this meditation, you should feel steadily more relaxed in your mind and body, feel that you breathe steadily more effectively, and that the blood circulation throughout your body gets more efficient. You may also feel an increasing mental pleasure throughout the meditation.

THE EFFECTS OF MEDITATION UPON DISEASES

As any kind of training, meditation may be exaggerated so that you get tired and worn out. Therefore you should not meditate so long or so concentrated that you feel tired or mentally emptied.

Meditation may sometimes give problems for people suffering from mental diseases, epilepsy, serious heart problems or neurological diseases. On the other hand, meditation may be of help in the treatment of these and other conditions.

People suffering from such conditions should check out what effects the different kinds of meditation have on their own kind of health problems, before beginning to practice meditation, and be cautious if they choose to begin to meditate. It may be wise to learn meditation from an experienced teacher, psychologist or health worker that use meditation as a treatment module for the actual disease.

Six Types Of Meditation

Sometimes you have to try different types of meditation to find the one that’s right for you.

There are so many different types of meditation. How many? Who knows, but enough so that you can find the one that’s right for you. To get your search started, here are six types of meditation you can try.

1. Breath watching. Can meditating be as simple as paying attention to your breath for a few minutes? You bet. Relax in whatever position works best for you, close your eyes and start to pay attention to your breathing. Breathing through your nose gets your diaphragm involved and gets oxygen all the way to the bottom of your lungs. As your mind wanders, just re-focus your attention on the air going in and out of your nose. Just do this for several minutes, or longer as you get used to it.

2. An empty mind meditation. Meditating can create a kind of “awareness without object,” an emptying of all thoughts from your mind. The techniques for doing this involve sitting still, often in a “full lotus” or cross-legged position, and letting the mind go silent on its own. It can be difficult, particularly since any effort seems to just cause more business in the mind.

3. Walking meditations. This one gets the body involved. It can be outside or simply as a back and forth pacing in a room. Pay attention to the movement of your legs and breathing and body as you walk, and to the feeling of your feet contacting the ground. When your mind wanders, just keep bringing it back to the process of walking and breathing. Meditating outside in this way can be difficult because of the distractions. If you do it outside, find a quiet place with level ground.

4. Mindfulness meditation. A practice Buddhists call vipassana or insight meditation, mindfulness is the art of becoming deeply aware of what is here right now. You focus on what's happening in and around you at this very moment, and become aware of all the thoughts and feelings that are taking your energy from moment to moment. You can start by watching your breath, and then move your attention to the thoughts going through your mind, the feelings in your body, and even the sounds and sights around you. The key is to watch without judging or analyzing.

5. Simple mantra meditation. Many people find it easier to keep their mind from wandering if they concentrate on something specific. A mantra can help. This is a word or phrase you repeat as you sit in meditation, and is chosen for you by an experienced master in some traditions. If you are working on this alone, you can use any word or phrase that works for you, and can choose to either repeat it aloud or in your head as you meditate.

6. Meditating on a concept. Some meditative practices involve contemplation of an idea or scenario. An example is the "meditation on impermanence," in which you focus on the impermanent nature of all things, starting with your thoughts and feelings as they come and go. In the Buddhist "meditation on the corpse," you think about a body in the ground, as it slowly rots away and is fed on by worms. The technique is used to guide you to an understanding that your rationalizing mind might not bring you to.

There are many other meditations you can try, such as the "meditation on loving-kindness" or "object" meditation, and even meditating using brain wave entrainment products. Each type has its own advantages and effects. For this reason, you may find that at different times and for different purposes you want to use several different types of meditation.

Well Being: Stress Meditation

Stress Meditation

Learn this stress meditation today, and you'll forever have a way to relax in sixty seconds.

Too much stress? You need a simple stress meditation. Of course, learning to meditate might intimidate you, and it's tough to find the time for daily meditation. A solution to both problems is a meditation you can learn right now, that will take a minute to do each day.

An Easy Stress Meditation

When you breath through your mouth, it expands your chest. Breath through your nose and you'll notice how your abdomen extends. Nose-breathing causes the diaphragm to pull air to the bottom of your lungs. This delivers a good dose of oxygen into your bloodstream and brain, and it also tends to relax you. Breathing through your nose is healthier, and it's the basis of this one-minute meditation.

Here's how you do it. Close your eyes, sigh, and let the tension go out of your muscles. It may help to tense up your muscles first, then release that tension. Then let go of your thoughts, as much as possible, and take four or five slow, deep breaths through your nose, paying attention to your breathing.

Can Meditation Be This Easy?

The short answer is yes. No, you're not likely to get you into a deep meditative state with this simple stress meditation. However, you will get benefits, including a clearer mind and a reduction in stress.

It helps to develop a “trigger” for your meditation. For example, do your four breaths when you get into the car, or right after lunch each day. These triggers are places or times that remind you, so your meditation becomes a habit.

You can say this isn’t “real” meditation, but there’s nothing wrong with enjoying the relaxation you’ll get from this technique. If you want, you can always pursue deeper meditation later. Meanwhile, remember that not everything has to be difficult to be of value. Why not try this easy one-minute stress meditation?

Well Being: The Art Of Silence

The Art Of Silence: Meditation Techniques

In today’s fast-paced world, many people are seeking a way to get away from it all and relax. Meditation, which is essentially a method to obtain a level of deep thought and relaxation, is one way to find inner peace and tranquility. Many people think of monks or other spiritual types sitting in crossed-leg position and reaching states of bliss when they think of mediation, but there are many ways to meditate. While there are many ways to reach a meditative state, there really are no right or wrong ways to mediate (this would defeat the purpose), only practice and finding ways that feel right for you.

Meditation is associated with many religions, but one does not need to be associated with any particular religion in order to meditate. You might want to investigate different methods, however, to find a form of mediation that feels most comfortable. One common method includes repeating a sound or word, called a mantra. Other forms of meditation involve focusing on a visual image, such as the flame of a candle or a symbol. Other meditative techniques involve breathing and physical movements, such as yoga or other breathing practices.

No matter what the method, the tools used in meditation are there to help users reach a state of mental relaxation. Many mediation techniques help you clear your mind of the constant thoughts that normally run through the mind. In reducing or eliminating these thoughts, one can reach a state of deep thought that is associated with meditation.

There are two primary approaches to meditation, which are concentrative meditation and mindfulness meditation. In concentrative meditation, the practitioner focuses on breath, an object, or a sound (mantra). In mindfulness meditation, the practitioner sits quietly and “observes” everything in the environment, including thoughts, sounds, smells, and more. In this form of meditation, the practitioner practices not reacting to the environment (both internal and external), which can lead to a greater ability to act in a non-reactive way in daily life. Both forms of meditation are useful, and one is no better than the other is. Personal preference may determine which method you choose, and you can always try both.

Both physical and mental benefits can result from meditation. This can include increased heart health through relaxation, lowered cholesterol and blood pressure, and a more youthful feeling. Mental benefits can be an increased sense of well-being, decreased anxiety and depression, and emotional stability. Meditation should not be used as a cure for physical or mental ailments, however, but it can be a powerful supplement. Those with physical or mental health conditions should consult with a health care professional before beginning a mediation practice.

Meditation can be quite physical, such as with some types of yoga, or seemingly passive, such as in

mindfulness types of mediation. In addition to the types of meditation, there are different stages as well. Generally speaking, in early stages of meditation, the practitioner is more aware of the practice. He or she may have difficulty concentrating on breath or not reacting to thought. With practice, this moves into a stage where one is much less aware. This is followed by a stage of bliss, which is followed by very deep sense of self, followed by an ability to reach a stage of deep stillness.

There are many resources available on meditation. Those new to the practice may opt to take part in a class or guide when beginning. Others may prefer to read up on the various options and practice on his or her own. Visit the local library for books and resources or visit a yoga or spiritual center. Meditation can be an enjoyable experience and provide balance to an otherwise hectic life.

Well Being: Vagina G-Spot

How To Easily Reach The G-Spot ?

What is this so mysterious g-spot ? Where is it located and how can it be stimulated ? This article gives some answers.

The G-spot, or Grafenberg spot, is certainly the most popular topic, with the penis size, on websites discussing sex issues, male and female health. This spot was named after Ernst Grafenberg, the famous German gynecologist who first described it in 1950, in his paper The Role of Urethra in Female Orgasm. Grafenberg was a German born doctor (Adelebsen 1881 – New York 1957), of Jewish confession. Arrested by the Nazis in 1937, he escaped in 1940 with the help of friends of the International Society of Sexology, and emigrated to California.

Before trying to reach this spot, we must know where it is located. The g-spot is something like a female prostate located between the pubic bone and the cervix on the top side of vagina. The g-spot is a part of the urethral sponge, a tissue playing a great role during arousal : if correctly stimulated, this area can be very pleasurable, and lead to orgasm during sexual intercourse. Note that other women could also feel the urge to urinate when this spot is stimulated.

Indeed, this urethral tissue or sponge is like a cushion against the pubic bone and the vagina wall, surrounding the urethra. Mainly made of erectile tissue, filled with blood during arousal, it has a compressing effect on the urethra, preventing urination during sex. This tissue also contains the Skene's glands, able to produce the famous female ejaculation (usually a fluid of clear color) men are so curious about. Other scientists think the g-spot is not really a physical spot, but more probably the clitoris deepest nerves passing through the urethral tissue and connecting with the spinal column.

An important point is that the fluid produced by the Skene's glands during orgasm passes through urethra (as urine does) but must not be considered as urine or as an effect of urinary incontinence. This clear colored fluid is similar to what is produced by the prostate and that is why we can speak about female ejaculation.

The structure of this important tissue also varies during time and after the age of 30, occurring changes make the g-spot easier to reach. This is why women after 30 will be more than probably experiencing the best of their sexual life and pleasures.

But how can men reach this so mysterious spot ? In fact, 3 methods can be applied in order to reach this spot. These methods can be found in sex advices guides on the web.

1. For men having an upward curved penis, the missionary position is the best, because that kind of penis will exert greater pressure on the front wall of the vagina.

2. For men having a downward curved penis, or an uncurved penis, doggy style position is probably more suitable because of the pressure exerted against the front wall by the downward curved penis.

3. With the fingers or the tongue : you must push down on the clitoris and arce the tongue or fingers upwards. Note that fingers or tongue must be at least 1 – 3 inches inside the vagina...since the exact distance greatly varies from a person to another... Good luck.

Science has now answered lots of questions concerning this mysterious female area, but female orgasm is and remains a complex phenomenon wherein g-spot plays an important role.

Well Being: Safer Senior Fitness

Mini Guide To Safer Senior Fitness

The idea that we should feel pain after we exercise may be good for military boot camps that want to create soldiers out of young men, but as seniors, there should be a way to work around extreme exercise... and there is!

Here is a useful mini guide explaining ways to safer, pain free senior fitness how you can actually enjoy your daily physical exercise...

Swimming is popular activity that is highly recommended for no pain, with gain exercising. Being in the water relieves muscle tension, pain and swelling from arthritis, and lets your body perform resistance exercise with little tension on your joints.

It is still possible to overexert yourself and feel sore the next day, but the water makes the chances of a successful and painless workout much more possible.

Some hospitals have even built swimming pools or co-opted with gyms for pool use because swimming is such a beneficial way for seniors and those undertaking physical therapy to regain strength and fitness.

There are a few ways to make sure that you are in the right environment to engage in a no pain with gain workout. Professional gyms that employ certified instructors are a great place to start and senior fitness classes are now becoming very popular.

Silver Sneakers offer classes made specifically for seniors at various levels of fitness and ability. Many instructors will also offer modifications for exercises. If the modification information is not readily available, ask the instructor or fitness manager for it.

As long as your doctor has approved the activity or class, the instructor should be able to offer ways to keep pressure off the knees and wrists, or recommend alternate exercises for those of you using walkers or wheelchairs.

Wellness centers and weight rooms should have personal trainers on hand that can recommend the proper weight for circuit training and lifting weights. If a fitness instructor does not have this information, then consider taking a different class or going to another gym.

Luckily, many doctors and fitness enthusiasts are beginning to support seniors in the re-done no pain, no pain approach. Yoga, for example, purports that no one is supposed to feel pain during any of the postures being used.

In other words, a posture done within a person's own abilities will not be painful – after all, yoga exercises are designed to improve the body not to cause self-injury!

The benefits derived from the different types of yoga are numerous: not only does it help you improve your flexibility, focus and stamina it also helps maintain your overall general health.

Besides finding places which can offer you the proper modifications to their classes and machinery, from a mental wellness attitude, finding something enjoyable which you like to do and that is physical will also diminish any pain philosophy.

If you pick a physical activity that you consider fun, you are not likely to associate it with a need to create discomfort. For instance, if you go dancing then you should end the night feeling both rejuvenated and exhausted by the fun, not the pain, you have experienced.

Even just taking a little walk can do wonders for your fitness and general well being... not only does it revive you it may motivate you to continue exercising.

The only potential drawback to doing something that you enjoy is that you tend not to think about how much you are working your body during the exercise. Try to keep tabs on how it is feeling and remember when your body tells you it's had enough – stop and rest!

As gentle and safe as the new workouts for senior fitness are, a little soreness can still result from any physical exertion.

Counteracting soreness with some yoga or stretches will take away some of your knots and kinks. Drinking plenty of water before, during and after exercise also helps to keep sore muscles at bay.

The traditional, tried and tested remedy of a relaxing warm bath is still a favorite way to help your body alleviate any soreness until it gets accustomed to your new pain-free senior fitness program.

Well Being: Gut Feel Vibrational Meter

You have within you a vibrational meter that tells you what is good and what is not good for you. That meter is your emotions.

Have you ever felt 'stuck' in life? I mean totally 'stuck'—immobilized, paralyzed or unable to make the right decision?

Several years ago, I felt totally stuck. I was considering a business opportunity that seemed like an ideal situation for me and promised to be very lucrative as well. However, I had hit burnout several times during the course of my association with this business and I had to admit that something did not feel right about the whole thing. I took two weeks off from communicating with the parties involved, believing that if I had some space I would find the answer that I needed, in order to know how to proceed. But at the end of the two weeks, I felt just as confused as I had been earlier, and did not know whether to proceed with a partnership or pull out partially or pull out entirely.

I went away to a nearby resort to try to clear my head and find the answer. After two days and nights I still had no clear idea of what to do. I was trying so hard to figure everything out with my mind and my rational mind was not helping at all. Finally, in desperation, in the middle of the night I wrote:

“I need a new framework; a completely new way of looking at my life and making decisions.”

The next morning, I plugged in a cassette tape a new-found friend had sent me. Though the tape was of poor quality, I heard something that has become my new framework:

You have within you a god-given vibrational meter that tells you what is good for you and what is not good for you. That vibrational meter is your emotions. If something feels good, then it is good for you. If something does not feel good, then it isn't.

I knew immediately that this business proposal was NOT good for me, because I did not feel entirely good about it. In fact, I was making myself sick trying to make it feel right when it was not.

What a relief it was to have this new framework from which to make decisions.

I had clarity and peace about not proceeding with this business partnership AND I immediately wrote out a list of characteristics that I WANTED in a business partnership. Within a few days, I met my current business partner who is an absolute perfect match to that want list.

With the realization of this vibrational meter, you never need to make decisions with your mind. You never need to rationalize or justify your decisions. You simply need to recognize that “that doesn't feel good” and “that feels good” and “that feels great!” to know what is right for you.

Well Being: How to prevent hair loss

How to prevent hair loss

Baldness or hair loss is one of the most dreaded situations people can find themselves into. This is because this will not only affect their overall physical appearance but can also affect their emotional status as well.

Experts categorize hair loss into two types—the permanent hair loss and the temporary hair loss. Permanent hair loss is associated with hereditary factors. People who have a bloodline that is prone to baldness cannot do much anything about it since it is in their genes.

The pattern baldness or androgenetic alopecia can affect both men and women. In men, pattern baldness can lead to thinning hair and receding of hairlines even at an early age. Eventually, this condition may lead them to total or partial baldness. In women, pattern baldness may come at a much later age and does not lead them to total baldness. Usually, the thinning hair manifests at their temples and hairlines.

When it comes to temporary baldness, it can be caused by certain factors such as illnesses, taking in medications for certain conditions, undergoing medical treatments wherein the drug that was used takes too much toll on the hair, hormonal changes which can either be caused by pregnancy or by taking in birth control pills, hairstyles that put too much pressure on the scalp and stops it from growing new strands of hair, and using hair products and treatments that may irritate the scalp and affect healthy hair

growth.

Prevention as the key

People who have risks for pattern baldness cannot stop the condition but can slow the rate of hair loss through various treatments. But for those who are undergoing temporary hair loss, prevention can be the key to avoid total baldness in the long run. The following are some of the tips that can help prevent hair loss:

1. Proper diet.

Having a diet that is balanced is one of the major keys to prevent excessive hair loss. Eating foods that are nutritious especially for the hair can be an effective tool to fight against the signs of hair loss. People who are experiencing hair loss because they are undernourished should take time to make a diet plan which can provide sufficient nutrients not only for the hair but for the overall health as well.

2. Developing good hair habits.

Unhealthy hair habits such as improper handling of the hair can lead to excessive hair loss. People—especially those who have sensitive scalp—should ensure that they handle their hair gently especially when it's wet. Proper handling of wet hair is very important because the hair is weaker when wet. If possible, opt for natural air drying methods instead of using electronic ones such as blowers.

3. Stick to one hairstyle for a longer period of time.

This will really help you prevent hair loss because you are letting your hair undergo its normal growth cycle. If possible, try to avoid hairstyles that are tight like buns, ponytails, or braids because these put too much pressure on the scalp and hinder it from growing.

4. Don't twist, rub or pull your hair.

People who experience hair loss are those who twist, rub, or pull their hair often. If it has become a habit, try to break it. You can do this by focusing on other things instead of putting too much pressure on your hair and on your scalp.

Well Being: Stone Age Diet Solution

The dietary habits adopted by developed countries over the last centuries are largely responsible for many of the chronic diseases that are now commonplace in Western society.

Diseases such as coronary heart disease, diabetes, high blood pressure, and cancer of the colon are virtually unheard of among the few hunter-gatherer populations still remaining in the world.

The stone age diet is based on the foods that our hunter-gatherer ancestors would have eaten before they became farmers.

Even over the last fifty years, our food has drastically changed. Where once our food was made up of simple, natural foods with minimal added ingredients, our food now contains a multitude of different ingredients.

Often it can be hard to even find modern-day food that does not contain some form of milk or wheat, which are common triggers in food allergies, and this leads to people eating the same ingredients every day and often at every single meal.

The stone age diet is nutritionally balanced and a very low allergen diet ideal for people who suffer from food allergies or food related ailments.

The foods you can eat on the stone age diet should be from natural sources and include items such as fruit (except citrus), fresh fruit juices (except citrus), all game and fish, free-range eggs, all vegetables, fresh vegetable juices, fresh nuts (except peanuts), herb teas, natural seasonings (salt, black pepper, herbs) and bottled or filtered water.

The foods you must avoid on the stone age diet are milk in all forms, milk products, cereals and their related products, any form of sugar, domesticated animal meat (meat from pigs, cows, sheep etc.), chicken, eggs (unless free-range), citrus fruit, alcohol, coffee, tea and all manufactured foods such as canned, packaged, bottled foods and ready-meals, processed meat or fish, chocolate and cocoa products, spices and tap water.

The above list may seem restrictive but you will find your health and well-being dramatically improves just by removing the foods to avoid from your diet.

There are also some exceptions which you are allowed to eat on the stone age diet which do fit in with our modern lives and dietary practices. Live low-fat yoghurt in moderation is a good addition to the diet and some grains which are well tolerated, even by those with a food allergy, are rice and millet.

If alcohol needs to be consumed (perhaps you're at a wedding or celebration) then a small amount of dry white wine or real ale can be taken.

The stone age diet is based on natural, nutritionally rich foods and following the dietary habits it provides will ensure you reap the benefits and achieve a strong, fit and healthy body.

Well Being: Anxiety

The Roots of the Anxiety Problem

Anxiety is a bit of a common phenomenon in today's stress-filled world. Most people have already experienced the sudden palpitations, the sweaty palms, and that overwhelming sense of dread. People inherently understand the power that fear holds over them and can sometimes even recognize when fear becomes too much for them. Fear is often said to trigger sudden battles with anxiety in even the toughest and most hardened minds. This is because fear grips everyone and is as clearly defined and universal as the concept of death. However, what most people don't seem to understand is that fear is not the sole trigger of an attack, although it always plays a role. There are disorders out there, mostly of the psychological variety, that can also trigger an attack.

Interestingly, statistics show that acne is a powerful trigger for anxiety, particularly among teenagers and young adults. In fact, it is cited as being among the most common sources of anxiety in the US and certain European countries. The causes for this reaction are readily obvious to the teenagers themselves, but can sometimes be elusive to adults. The teen years are an age where social development and peer acceptance tend to play prominent roles in people's psychology. Acne and other skin infections can become a hindrance to achieving the above goals, putting them in a precarious

position along the social ladder. This is considered to be among the most prevalent problems that cause teen anxiety. aside from situations involving immediate family.

Obsessive-Compulsive Disorder (OCD) has also been known to trigger anxiety, among other potential side effects. This is particularly true if the object of the obsession involves either harming others or being harmed personally. Being obsessed with avoiding physical harm can often make someone extremely anxious about being placed in any environment that they perceive to be potentially hazardous. It should be painfully clear just how dangerous a person who is obsessed with inflicting pain upon other people would be in any society, even though it usually causes conflicts with the cultural mores that the person has been raised with. In this case, the anxiety often stems from the fact that the desire to inflict pain exists, acting as a subtle difference between these people and actual sadists.

Weight disorders generally stem from unfounded fear and anxiety and are often capable of generating enough of the latter on their own to keep the cycle going. However, in most cases, the fear is the root of the disorder, along with peer pressure and poor self-perception, but not necessarily one of the potential psychological complications.

Phobias can also cause someone to feel anxious and overly worried, particularly when around the object of the phobia or threatened with it. According to some studies, some specific phobias are more effective at this than others, particularly if the object of the phobia is a commonplace occurrence, person, or item. Cases where the phobia stemmed from a traumatic experience during the formative years are also very powerful at causing a person to develop anxious feelings, even in the long-term. Agoraphobia and claustrophobia are known to have this sort of effect on certain individuals.

Well Being: Relaxation Techniques

Ten Relaxation Techniques

A few good relaxation techniques can save your life, because stress is more than just unpleasant. It's also dangerous to your health. Disciplined practices such as meditation can help relieve that stress, but what if you don't have the time or motivation? Maybe you need to try a few of these simple ways to relax.

1. Hug someone. Giving a hug means getting one. As long as it's from somebody you don't mind hugging you, this really can be relaxing.
2. Interrupt routines. Go talk to that guy sleeping on the bench, or eat lunch on the roof. Just doing anything that breaks you out of your habitual patterns can relieve stress.
3. Have a hot shower. It relaxes your muscles, and any break from more stressful activities can help too. Some find that an alternating hot and cold shower is even more relaxing.
4. Try watching your mind. Spot the stressors lurking just below the surface (hunger, worry, a phone call you need to make), and you can resolve them and feel more relaxed. If you practice this mindfulness exercise, it may become one of your favorite relaxation techniques.
5. Try laughing. Your own experience shows that this helps you relax, right? Go find a guy that knows all the best jokes, or find something funny in front of you.

6. Use relaxing music. Keep your favorite relaxation CD at the office, in the car, or wherever you'll need it most.
7. Leave the room for a while. This can really help if the things in the room or related to it are triggering your stressful thoughts. Why not get out for a little while?
8. Breathe deeply. Try five deep breaths through your nose. Close your eyes and pay attention only to your breathing while doing this. It's like a mini-meditation, and perhaps the most effective of the quick relaxation techniques.
9. Drink some chamomile tea. Chamomile tea seems to have a calming effect on the nerves. Any hot tea without caffeine may be relaxing.
10. Walk a while. If you have at least ten minutes to spare, walking is one of the best relaxation techniques. While you're at it, find a pretty place to walk.

Naturally, it is ideal if you can change yourself, so you're naturally more relaxed all of the time. Perhaps the thought of the work involved in this just stresses you more. In that case you might have to take it slow, so why not start with one or two of the simple relaxation techniques above?

Well Being: Meditation Technique Of Perception

Meditation technique of perception

Learn a unique technique of meditation. How contemplating on your own life can take you into a meditative state.

One Answer....for all questions – This too will pass...

This meditation technique is quite different from the conventional meditation techniques. This technique is actually a contemplation exercise and involves thinking over life. Though people of all age can try this technique, it is basically suitable for people with mature age (I mean 18 & above). The reason is that only those who have lived a certain (substantial) duration of life can reflect back on their past. Very young people who are still in the initial phase of their life are less likely (though not impossible) to analyze their life from the angle which this meditation demands. Nevertheless, this meditation technique is very useful for knowing our true self.

First read this thought provoking story :

Once a king called upon all of his wise men and asked them,

” Is there a mantra or suggestion which works in every situation, in every circumstances, in every place and in every time. Something which can help me when none of you is available to advise me. Tell me is there any mantra?”

All wise men got puzzled by King's question. One answer for all question? Something that works everywhere, in every situation? In every joy every sorrow, every defeat and every victory? They thought and thought. After a lengthy discussion, an old man suggested something which appeal to all of them. They went to king and gave him something written on paper. But the condition was that king was not to see it out of curiosity. Only in extreme danger, when the King finds himself alone and there

seems to be no way, only then he'll have to see it. The King put the papers under his Diamond ring.

After a few days, the neighbors attack the Kingdom. It was a collective surprise attack of King's enemies. King and his army fought bravely but lost the battle. King had to flee on his horse. The enemies were following him. His horse took him far away in the Jungle. He could hear many troops of horses were following him and the noise was coming closer and closer. Suddenly the King found himself standing in the end of the road – that road was not going anywhere. Underneath there was a rocky valley thousand feet deep. If he jumped into it, he would be finished...and he could not return because it was a small road...From behind the sound of enemy's horses was approaching fast. King became restless. There seemed to be no way.

Then suddenly he saw the Diamond in his ring shining in the sun, and he remembered the message hidden in the ring. He opened the diamond and read the message. The message was very small but very great.

The message was – "This too will pass."

The King read it. Again read it. Suddenly something struck in his mind- Yes ! it too will pass. Only a few days ago, I was enjoying my kingdom. I was the mightiest of all the Kings. Yet today, the Kingdom and all his pleasures have gone. I am here trying to escape from enemies. However when those days of luxuries have gone, this day of danger too will pass. A calm came on his face. He kept standing there. The place where he was standing was full of natural beauty. He had never known that such a beautiful place was also a part of his Kingdom. The revelation of the message had a great effect on him. He relaxed and forgot about those following him. After a few minutes he realized that the noise of the horses and the enemy coming was receding. They moved into some other part of the mountains and were not on that path.

The King was very brave. He reorganized his army and fought again. He defeated the enemy and regained his lost empire. When he returned to his empire after victory, he was received with much fanfare at the door. The whole capital was rejoicing in the victory. Everyone was in a festive mood. Flowers were being thrown on King from every house, from every corner. People were dancing and singing. For a moment King said to himself, "I am one of the bravest and greatest Kings. It is not easy to defeat me.: With all the reception and celebration he saw an ego emerging in him.

Suddenly the Diamond of his ring flashed in the sunlight and reminded him of the message. He opened it and read it again: "This too will pass"

He became silent. His face went through a total change -from the egoist he moved to a state of utter humbleness.

If this too is going to pass, it is not yours.
The defeat was not yours, the victory is not yours.
You are just a watcher. Everything passes by

We are witness of all this. We are the perceiver. Life comes and goes. Happiness comes and goes. Sorrow comes and goes.

Now as you have read this story, just sit silently and evaluate your own life. This too will pass. Think of the moments of joy and victory in your life. Think of the moment of Sorrow and defeat. Are they

permanent. They all come and pass away. Life just passes away.

There were friends in past. They all have gone.

There are friends today. They too will go.

There will be new friends tomorrow. They too will go.

There were enemies in past. They have gone.

There may be enemy in present. They too will go.

There will be new enemies tomorrow and.....they too will go.

There is nothing permanent in this world. Every thing changes except the law of change. Think over it from your own perspective. You have seen all the changes. You have survived all setbacks , all defeats and all sorrows. All have passed away. If there are problems in the present, they too will pass away. Because nothing remains forever. Joy and sorrow are the two faces of the same coin. They both will pass away. Who are you in reality? Know your real face. Your face is not your true face. It will change with the time. However, there is something in you, which will not change. It will remain unchanged. What is that unchangeable ? It is nothing but your true self.

You are just a witness of change. Experience it, understand it.

Everyday for 10-15 minutes sit in silence. Just think over the sentence, " This too will pass." Pondering over your own life will make you realize the true meaning of this sentence. Everything passes yet your real identity remains the same. That real you is your true self. To know that self is true meditation.

Well Being: Penis Size Matters

What is the average penis size ?

This article presents the conclusions of several studies that measured the average penis size.

For most men, the size of the penis is a measure of masculinity and one's ability to satisfy another person sexually. Due to this, penis size can have a significant impact on your self-esteem and self-confidence. Having a smaller than average size penis can lead to feelings of anxiety and fear of intimacy.

Hundreds of studies and researches have been made to determine the average penis size. Here are some results:

Study #1

The Alfred C. Kinsey Institute for Sex Research

Year: 1948

Sample: 3500 white college males

Average penis length = 6.2 inches

Average penis girth = 4.9 inches

Comments: It is important to note that the information used in the survey was based on men who measured themselves. Only white males were included in the survey and they were all college students, so it did not represent a wide diversity of races or ages.

Study # 2

Durex Condoms

Year: 1980

Sample: 2,936 men from different countries

Average penis length = 6.4 inches

Average penis girth = 5.2 inches

Comments: Men were asked to measure themselves and then report their results online. The bulk of respondents were from the United States and the majority of participants were white.

Study # 3

Lifestyle Condoms

Year: 2001

Sample: 301 volunteers over 18 years old

Average penis length = 5.9 inches

Average penis girth = 5.0 inches

Comments: Each volunteer was measured by a researcher.

Study # 4

Brazilian Urologist

Sample: 150 Brazilian men

Average penis length = 5.7 inches

Average penis girth = 4.7 inches

Comments: Each volunteer was measured by a researcher.

One important conclusion is that volunteers may in fact exaggerate their own size when permitted to measure themselves.

So considering the results above, it would seem that the average erect penis measures between 5.7 and

6.4 inches in length and between 4.7 and 5.2 inches in circumference.

(note: 1 inch = 2.54 cm, 0.25 inch = 0.635 cm)

What Women Say About Penis Size?

What women have to say about penises and their sizes. Here you can see the conclusions of some research made.

So, does penis size matter for women?

Yes, penis size does matter, but not in the way that you may think.

After asking several hundred women over 18 years old, sizes, ethnicities, and sexual habits, 82% of these women answered that were happy with a penis that was big enough to satisfy them, which averaged at about 6 inches, that is just about the average penis size for men. Of course, there was a small percentage (9%) who wanted a penis that was larger than average (7 to 8 inches). Fewer women (2%) said that they preferred huge-sized penises (larger than 10 to 12 inches).

Penises much larger than average can cause some difficulties during sex. In fact, many women who dated men with abnormally larger penises complained that they weren't able to comfortably enjoy certain sexual positions, nor were they able to adequately give oral sex.

But... when asked whether length or girth was more important, most women opted for girth, as they claimed to enjoy the feeling of a thick penis against their vaginal walls rather than having an unusually long penis poking against their insides. The length has to be proportional to the width. And what would that be? I suppose that would be the average.

Other important things:

56% expect a penis to more or less match the complexion of the rest of a man's body.

23% expect a penis to feel very smooth.

21% weren't very happy about an abundance of veins.

So, if you're below average, you have two options:

- there are other ways in which to satisfy your woman, so explore your options;
- you can also try some methods to enlarge your penis...

Many people wonder whether penis enlargement pills are a scam or not. Sure, none of the leading physicians has ever endorsed such a pill and some are openly claiming that this method of penis enlargement simply cannot work. Still, many men actually spend money on such pills and not all of them complain about the lack of effects. This is why the question was born in the minds of both prospective customers and simply curious people: are penis enlargement pills a scam?

The answer is not that simple. The range of products available on the penis enlargement market is quite

wide since demand for this type of pills is high and growing and companies stand to make good profits. Unfortunately not all companies are honest in their business and not all products are good for you. The mixtures of herbs, which the pills contain, can count just about anything among the ingredients and while some ingredients may be simply useless, other can do you serious harm.

Some of the most popular brands used to include among their ingredients Yohimbine, a substance obtained from the bark of the *Pausinystalia yohimbe* tree. The substance is used by the traditional medicine of Asian countries as a sexual stimulant. However, doctors have found out that this ingredient is not safe for use because of problems related to high blood pressure and anxiety.

Still, some pills available on the market (such as ProSolution Pills and VolumePills) do not contain any hazardous ingredients and have no reported side effects. The companies selling such pills have a commendably high rate of successful treatments and a large number of satisfied customers.

Our conclusion is that consumers should pay close attention to the list of ingredients, which make up each product and to the record of parent companies. Also, note that websites promoting pills featuring Yohimbine or other substances that are known to cause potentially dangerous side effects may not be trustworthy.

Well Being: Washboard Abs Stuff

You Can Have Washboard Abdominals And Look Great On The Beach

Hints and tip picked up in over thirty years around the gym

You Can Have Washboard Abdominals And look Great On The Beach

Can you imagine walking along the beach in you swimsuit with everyone looking at your rippling six pack. All eyes jealously admiring your suntanned, muscular physique.

OK here's the truth, "there are no easy ways to build washboard abs"!

But there are some ways that will give you fantastic results, and most will waste your time.

It seems as if there is a new "Super Fast Power Abdominals" gadget on the market every week. All of them are totally useless and may do more harm than good. The only thing that will get a workout is your wallet.

Some of them may work for a while but when the novelty wears off, it's packed in the back of a cupboard, never to be seen again.

They are all limited in what they can do. They only allow you to do a limited number of movements. And then you get the next gadget out! You would need to exercise in a warehouse to get everything in. And that's just for the abs!

I have even seen for sale, on eBay, with bids, a sun mask to place on your abs so that you will get sun tan where the muscle separation would be. I can imagine all the couch potatoes queuing up for this one.

If you do regular "Sit Up's" for millions of reps you are very unlikely to build rippling muscles but you will have great endurance. If you do "straight leg sit ups" it is possible that you may damage your

lower back due to the strain placed upon it. It may be better to avoid sit ups at all costs. The same with “lying straight leg lifts”.

One of the best exercises for abs is crunches. Lay on your back with your feet on a chair or bench. Curl up your upper body towards your knees. At the top position, hold for a few seconds, while flexing your abs. You will only get a short range of motion with this exercise but it will work wonders.

There are many variations of the crunch. Try doing them with a twist to work the side oblique muscles. Lying on the floor, try doing Jackknife crunches, raising your legs as you crunch, and try to reach past your toes with your hands.

For best results you need to do between 8-15 reps to build abs that will be admired by everyone. And take all sets to total failure and some more.

Some trainers say that in a set of 10 reps the first nine are the warm up and the tenth produces the muscle. I think this can be improved if you think that the one that produces the results is actually number 11!

If you are carrying a layer of extra body fat you will never be able to display a set of washboard abs. Losing that extra few pounds can make all the difference.

Counting every calorie that you eat is not my idea of fun. I like to eat a high protein diet and find it works for me. I enjoy lots of chicken, turkey, beef, milk, and cheese etc, eaten with plenty of healthy salads.

Avoid all processed food and cut down on the carbonated drinks, even the “low cal” ones. You do not need the artificial sweeteners and chemicals.

If you have a sweet tooth and are sometimes tempted to have chocolate it may be better to have a small bar occasionally instead of obsessing about it and then pigging out with dozens of candy bars. Buy fresh fruit and each time you have cravings eat some fruit.

As with any new program it is recommended that you start slowly and build up gradually as you gain experience. Even Arnold had to start with low weights and learn from more experienced bodybuilders.

This article is provided as entertainment and no responsibility can be taken for loss or injuries incurred during physical exercise. If you have not undertaken any form of exercise for a while, please consult your doctor before starting any new exercise program.

But the most important point overlooked by all of us is that if you want to lose that gut that hides your 6-pack or 12-pack, then you must exercise ALL muscles with great rigor. You have to burn calories, lots of it. That is the only way to get lean. But remember, the tummy fat is the one that fades away last. No exception.

Above all, Have fun and be safe.
Well Being: All That Clutter

We all have excuses for doing some of the negative things we do. Holding onto clutter is common, and having excuses as to why we keep all the “stuff” is par for the course.

You know what the real problem is with getting organized?

We have too much stuff!

I'm willing to bet you have some things you (or someone you live with) keep without having a good enough reason.

So why DO we keep so much stuff?

The thing is, it's easier to find excuses for why you should keep something and delay making a decision rather than making a firm (and sometimes difficult) choice to say goodbye to your "stuff."

Here are four of my favorite excuses...

1. "I might need it someday."

Yes, you might. But the thing is most of the items we keep can easily be found or replaced within a day or two. Lots of men (my dad included) keep every screw and nail created and store it away like a squirrel with his nuts.

But what happens is these little tiny items create more and more clutter and it gets to a point where you can't find that little screw anyway because it's like finding a needle in a haystack.

2. "I'm going to lose some weight and start wearing this again."

I hope if you have a goal to lose some weight, you do everything in your power to make it happen. And when you do, I give you permission to go out and find a sale and buy some brand new clothes. You should be proud and it's the perfect time to reward yourself.

3. "So-and-So Gave Me This."

I'm all for keeping memories and items that remind us of people we love.

But the truth is, memories are not in the clutter, the kick-knacks and "stuff" you have shoved in a box.

I won't say get rid of everything and it's not always an easy decision. But try and just keep the special things you cherish.

And get them out in the open, on display – where you can enjoy them and have a story to tell when someone comments or asks a question about the item.

4. I paid good money for this..."thing!"

I'm sure you did. But the thing is, what has more value...this "item" you no longer have any use for or the way you enjoy your house? The item...or your happiness? The item... or your space?

5. Oh, I'm just trying to figure out what to do with it...

Okay, so maybe it's not worth holding onto.

See, if it takes that much mental work to figure out what to do with something, you can take a pretty good guess that it may not be worth as much to you as you think.

If you can't figure out what to do with something...it's a safe bet you won't miss it too much.

There is a lot more value in enjoying your home, your friends and your family than the "stuff" you paid for.

Clear Clutter for a Cozy Casa

:

Is your house so messy you can never find what you're looking for? Are you often late for work because you can never find your car keys? These tips will help save time and keep you more organized.

Is your house so messy you can never find what you're looking for? Are you often late for work because you can never find your car keys? These tips will help save time and keep you more organized.

Keep things in a place that makes sense. Drop your keys in a dish by the front door so you won't waste time looking for them throughout the house. Put anything you need to take with you by the front door-outgoing mail, your briefcase or the library books that need to be returned. This will save you time in the morning because you won't be running around trying to gather what you need for the day.

Straighten up as you go. Pick up the newspaper and put in the recycle bin instead of leaving it on the coffee table. Fill the dishwasher after every meal instead of once a day. Put your groceries away rather than leave them on the kitchen table. How can you possibly know what food you do or don't have if last week's haul is still in the bag? This makes the kitchen an appealing place to enjoy a meal instead of a constant reminder of chores that need to be done.

Finish one project before starting another. I have a friend who has started to update his bathroom, never finished the project and is now working on his kitchen. His house is constantly in a state of confusion and he never manages to get any project completed because it's now so overwhelming.

Keep your bathroom tidy. Wipe up the sink and vanity top after you shave or wash your face and put your toiletries away. Doing these small things as you go keeps the bathroom looking cleaner in case unexpected guests stop by- you won't have to be embarrassed if they ask to use the facilities.

Organize your closets. If your closet is filled to capacity, you can't see what you have. Instead of squeezing everything into your closet, keep out of season clothes in the spare bedroom closet. Keep shoes in boxes or shoe racks. Donate any garments that no longer fit or if you haven't worn them in the past season. Don't hang onto things you can't use anymore because there is someone out there who will be grateful to have it.

Keep your important documents and papers in a safe place. Birth certificates, passports, marriage license, divorce papers, the deed to your house and the title to your car should be filed in a fireproof lock-box. Better yet, they should be kept in a safe deposit box at a bank close to home so it's convenient for you to retrieve them when needed. If you keep important financial information on your home computer, it's a good idea to backup to a flash drive and keep this at the bank too. The cost of a

safe deposit box is worth the peace of mind knowing you won't have to replace these documents if they were ever lost in a disaster.

Taking small steps every day to keep organized will help keep your case cozy and clutter-free.

Clutter Quickly Grows With Procrastination...And Even Kills!

Why do so many people have trouble getting rid of clutter? Are you thinking about organizing your home...but still waiting for the perfect time? It's called procrastination. Here's how to get going today.

The most common problem most people have with getting rid of clutter and getting organized is not knowing how to begin or where to get started.

So it gets put off until...later.

Of course, the reasons are usually decent.

For one, there's a lot going on in our lives. We go in so many directions and there never seems to be enough time to get anything done.

And it's easier to put organizing off because you think it'll take up too much time right now.

The other priorities — like eating and sleeping (minor things, right?) of course take first on the list.

But getting organized doesn't have to take a lot of time every single day.

And if you don't start getting organized, even just a little bit at a time, there are some very real negative affects that, well, could kill you.

A little drastic... I know.

But the affect clutter and disorganization has on your health is very, very real.

It adds stress to your already busy life.

It sucks away your energy and makes you tired.

In many people, it increases the symptoms of depression.

But enough of the negative stuff!

Here's how we can benefit from being organized and getting rid of clutter...

-More sleep.

-A better mood every day.

-Better relationships.

-Easier house management.

-Your bills get paid on time.

-More space.

-More time to do things you actually enjoy!

This is all very real stuff and getting organized should not be put on the back burner any longer.

But I know...it's still too easy to put it off for "later."

I will admit, the here and now makes it easier to pile things on the counter, on chairs and tables or toss things in closets and drawers.

It's too easy to put things down and ignore my simple and important rule of "touch it once."

Though, like I said earlier...clutter can be deadly.

No joke.

Back in January of this year a 62 year old woman from Washington was found dead under nearly six feet of dishes, boxes and "clutter" that apparently collapsed on her.

A very sad, and very drastic story.

Take this poor woman's life back about thirty years. How many days went by when she procrastinated and said she would "get to it tomorrow."

Now I hope your situation is not as drastic but reality is reality. And unless you get things under control right away, you just don't know what a disorganized house can lead to.

At the very least I bet you're feeling stressed and a little frustrated with a real desire to simplify your life at home.

It's not a lot to ask, is it?

And we all know stress is not good.

But maybe your situation isn't so out-of-control, and you just want to get rid of clutter and get your things in order.

Or you need to manage papers better because once in a while you forget to pay a bill that was sitting somewhere in a pile (because you don't have a real system for your bills — which you need.)

No big deal, right?

After all, what's a \$5 payment here or a \$35 late fee there?

It adds up.

So how 'bout you take a step towards ending clutter in your home and getting organized...before it kills you?

How to End Clutter and Make Home Organization Easier

The reality is we are a society who likes to accumulate and, dating back to the Great Depression, we tend to keep everything we believe has monetary value when, in reality, it really doesn't.

I've spoken to quite a few people over the years who say they have very nice clothes they love but the don't wear them anymore.

But my question is this: If you value something so much...then don't you think you should be wearing it?

The reality is we are a society who likes to accumulate and, dating back to the Great Depression, we tend to keep everything we believe has monetary value when, in reality, it really doesn't.

For example, a pretty dress or a nice suit you bought ten years ago went for what can be considered a lot of money.

And the problem is you haven't touched it in nine years because, as most clothes do, it went out of style.

Could it come back in style someday? Maybe. Styles do often return.

But this is not a reason to hold onto things you don't use..."just in case."

You feel like, because you spent "good" money on it, you are throwing money away. But ask yourself this... is it putting money in your pocket sitting there in the back of your closet with dust on the shoulders?

Is it giving you anything? Do you benefit at all from keeping outdated outfits?

Now ask yourself one more question... will you gain anything by getting rid of it and donating it to charity?

Of course you will!

The benefits?

More space to be able to keep the clothes you are going to wear (we only wear 50% of the clothes we own, by the way.)

I might even suggest buying a new outfit for every three to five you get rid of.

The purpose?

Because new clothes make people feel good. I don't recommend buying new clothes for the sake of buying new clothes and throwing away your money. But you've got to admit putting on a new pair of pants that make us look better is a nice, uplifting feeling.

The thing is the items taking up space, yes, you paid for them.

But by keeping something you no longer wear or use you are not getting anything in return but more clutter and a lack of storage space you could be using for something else.

Here is something you should do right now with items (they don't have to be clothes) you are holding onto because you paid good money for them.

1. Go find ten items you own for one reason and one reason only... because you paid for it.
2. Grab a piece of paper and make three columns.
3. Write the items you are having trouble getting rid of in the left column. In the middle column, write "why I am keeping this item" and in the third column write "what will I gain by getting rid of this item."

My guess is you will have a lot more in the right column than you will in the middle.

Be specific with both.

If you can honestly fill up the middle column with more reasons of why you should keep it, and they are good, legitimate reasons, then maybe you shouldn't get rid of it.

But I'm willing to bet that won't be the case.

Well Being: Calorie Reduction Diet Works

Forget all the glitzy adverts for the latest must have diet product. The only way to lose weight successfully is by following the calorie reduction diet.

Fluctuations in your body weight are caused by consuming more energy than you use up. Our system converts surplus food to fat and we put on pounds. Our body is actually protecting itself by storing food to prevent starvation if we do not have enough to eat. Worked quite well in the old days when people often went hungry but these days, the result is a nation suffering from obesity.

If you want to slim down, you need to expend more energy than you consume. Sounds easy right? So just how many calories a day do people need to reduce in order to lose weight? Well it depends on the individual to a point. If you are losing weight under medical supervision you should follow your doctor's advice.

If you are trying to do this on your own, the World Health Organization recommends that all adults have at least 1200 calories a day. If you try for less than this, your body may think you are in fact starving and slow your metabolism right down. This will stop you losing any excess pounds.

Crash diets i.e. those that restrict you to less than 1000 a day will result in rapid weight loss at first. But you will be miserable and starving and the results are not sustainable nor is it healthy.

The bigger the deficit you can cause between the amount of food you consume and the energy you expend, the more weight you will lose. But studies show that if you reduce your weight by one to two pounds a week, you are more likely to maintain your new waistline. So if you increase your level of activity you won't have to impose a huge calorie reduction. You will also preserve your muscles and they help to burn fat and keep your metabolism raised.

You can cut down quite simply by changing the way you eat and cook. Most of us rely too much on takeaways and packaged meals. These contain a lot of hidden fats and sugars. It is much healthier and cheaper to cook the meals from scratch at home. You can reduce your consumption by using semi-skimmed milk in recipes rather than the full fat version. You probably won't notice the difference. Using tomato based sauces also helps as does eating brown pasta and rice as opposed to the white versions.

Fruit and vegetables contain few calories and little fat. Increase your consumption via smoothies, salads and juices. They are great at filling us up and if we put a little extra effort into preparing our meals, they are very tasty as well. Eat little and often and keep carbohydrates for breakfast and lunch not your evening meal.

So if you are serious about that new figure, try the calorie reduction diet for yourself.
Well Being: Sleep & Sanity

The Tie That Binds Sleep And Sanity

What is sleep?

All living things require sleep. It is the natural state of rest observed not only by human beings but also by other species of the animal kingdom. An adequate amount of sleep is important for one's health and survival. It is during sleep that the body is recharged for another day of work.

Sleep has five stages. The first four stages are part of the non-rapid eye movement (non-REM) phase of sleep. The last stage is the rapid eye movement (REM) sleep. Stage one is the transition period from wake to sleep. Stage two is the intermediate level of sleep. Stages three and four are referred to as deep or slow wave sleep, with stage four as the deepest phase of sleep. The fifth stage of sleep, the REM stage, is the part of sleep where people have dreams. The term rapid eye movement was coined from the fast movement of the eyes during this phase of sleep.

Studies have been done to find a link between sleep and certain psychological conditions. It was found out that there are two sleeping difficulties that are related to psychiatric conditions. These are:

- Insomnia. A sufferer with this sleeping condition has difficulty falling or remaining asleep. Insomniacs usually complain that sleep is never restful for them. This condition can be classified as acute or short-term, or chronic, wherein the condition lasts for over a month).
- Hypersomnia. A patient who has this condition feels extremely sleepy throughout the day. Hypersomniacs usually sleep long during the night and still take multiple naps throughout the day. Even though patients sleep long, they are still complain that they are not refreshed.

What are the different psychological disorders related to sleeping problems?

As was mentioned above, sleeping disorders have been linked certain mental disorders. Here are some psychiatric conditions that are commonly related to having sleeping disorders:

- Generalized anxiety disorder. A patient with this condition displays frequent patterns of worrying about things. Patients find it difficult to sleep because of the thoughts that swim inside their minds.
- Panic disorder. A patient often experiences extreme fear and anxiety over something unexplainable. Sufferers of this condition usually wake up in the middle of the night and have difficulty going back to sleep.
- Adjustment disorders. This is a condition wherein a person overreacts to any form of stress in their life. Patients with this disorder often complain of having insomnia.
- Bipolar disorder. In this mental disorder, a sufferer feels periods of mania and depression alternately. Patients with this conditions are most often diagnosed with hypersomnia.

How are mental disorders linked to sleeping dysfunctions?

People who suffer from sleeping disorders sometimes show symptoms of their mental illness or that of the sleeping disorder itself. Here are some of the most noted signs:

- Feelings of anxiety increase at bedtime.
- Feels an inclination to staying in bed more often.
- Fatigue or complete lack of energy.
- Having a difficult time concentrating.
- A tendency to fall asleep when in low-stimulation situations.
- Feels disoriented when awakened.
- Decreased appetite.
- Gets easily irritated.
- Memory impairment.

Recent studies have shown that brain movement noted with mental illnesses have been observed in healthy people who've been deprived of a night's worth of sleep. An increase in activity in the brain's emotion center, the amygdala, was seen in patients who've been asked to miss a night's rest. The same study noted that sleep deprivation affected the way the prefrontal cortex, which damps down the amygdala, reacts. The same disruption of prefrontal cortex function has been noted in patients with certain psychiatric disorders.

Sleep is not just a regular function that we need to engage in to rest our body. It doesn't only help our body recharge and heal, our mind's health depends on it too. Your busy schedule and lifestyle may tell you that sleep is for the weak. But think of how much weaker a lack of sleep may turn you into.
Well Being: WTF Exercise Modality

What The Heck Is An Exercise Modality, And Why Should I Care?

What are you trying to get out of your exercise program? Are you trying to lose weight? Are you trying to put on muscle mass? Are you training for a sport or an athletic contest of some kind?

Okay, now that you've answered the question of why you are exercising to begin with, you are now ready to ask yourself what type of exercise program you will need to get involved with in order to accomplish that goal.

If you answered “aerobics”, “weight training”, “yoga”, “flexibility exercises”, “martial arts”, or pretty much any other form of exercise that you can imagine, then congratulations are in order! You’ve just answered the question, “What the heck is an exercise modality”?

Simply put, an exercise modality is a system or form of exercise that is designed to elicit a very specific response from the body of the individual who is engaging in the exercise. In the case of aerobics, most people are trying to get their body to shed excess bodyfat and to increase their level of cardiovascular endurance. Weight or resistance training exercisers are usually trying to grow or tone their muscles to make them stronger, bigger, or more attractive. People who practice Yoga are usually after a stronger mind/body connection in order to gain more energy or awareness.

The possibilities are endless. There are so many exercise modalities out there that even trying to name them all would be a waste of time. Even as this article is written, and even as you – the reader – take in its information, someone somewhere is probably coming up with a new “exercise modality”.

So why even try to learn them? Why should you care about exercise modalities? Simply put, because you need to practice them!

No, that doesn’t mean that you have to be able to run a marathon, bench press 400 lbs, balance on your pinky toe, and dance a jig all at the same time...

The point is not that you have to become proficient in any specific exercise modality. You do need to learn about different types of training, though. No matter how effective your present exercise program is, one of two things is either already happening, or is going to happen eventually:

- 1) Your body is adapting to the stimulus provided by your chosen exercise modality, and you are not seeing the same results from it that you saw in the beginning.
- 2) The exercise modality that you have chosen is lacking in one or more of the measurements of good health: strength, cardiovascular conditioning, flexibility, agility, balance, tensile strength of bones, tendons, and ligaments, basic survival skills such as starting and limit strength, swimming capabilities, or a heightened level of neuromuscular coordination.

As you can see, simply being able to run through a circuit of weight machines at the gym and then jumping into an aerobics class is not sufficient for a level of health and fitness that is both complete, as well as sustainable over the long-term.

Despite what you may think, there will never be a time in your life when it is appropriate or healthy for you to “back off” and give up on exercise or proper nutrition. From today until the day when you leave this Earth, you will need the high quality of life that is provided by the proper level of health and fitness.

In order to ensure that your health and fitness program does not allow your body to adapt to a certain stimulus, as well as to ensure that your program includes activity in each of the measurable levels of health and fitness, you must practice different exercise modalities on a regular basis.

Don’t scoff at Pilates because you think it is for wimps. Those of you in the aerobics room don’t look at the weight lifters as if they are a bunch of cavemen who know nothing about true fitness. Those of you in the Yoga frame of mind, open up your mind to the fact that Yoga alone is not going to maintain your

level of health and your quality of life from now until the end. Martial artists – step out of the Dojo and pick up some dumbbells or balance on an exercise ball once in awhile.

There is no single exercise modality that is perfect for everyone, all the time. Yes, there are certain modalities that work better for certain people, but that doesn't mean that you should never check out new activities and experiences.

Close-mindedness has never resulted in positive results in the entire history of our planet. It's not going to start now. Open your mind to new possibilities and you will open yourself to new experiences and a higher quality of life itself.

Who knows? You might even enjoy it!

Well Being: Ozone/Oxy Therapy cures AIDS and Cancer

Suppressed, forbidden and banned science. Cancer Cured By Hyper-Oxygenation

a.. Several dozen AIDS patients have not only reversed their death sentences, but are now back at work, completely free of the disease. They destroyed the virus in their blood by hyper-oxygenation, known in various forms as oxygen therapy, bio-oxidative therapy or autohemotherapy. This is a simple, inexpensive and very broad spectrum process that many feel could force a complete overhaul of the medical industry. The two basic types of oxygen therapy are ozone blood infusion, and absorption of oxygen water (hydrogen peroxide) at very low concentrations.

b.. It turns out that the AIDS virus cannot tolerate high oxygen levels in its victims' blood. Not only that, every other disease organism tested so far has the same weakness. Even cancer growths contract and disappear when the oxygen saturation is sufficiently increased in the fluids surrounding them, since they are anaerobic.

c.. AIDS, herpes, hepatitis, Epstein Barr, cytomegalovirus and other lipid envelope virus are readily destroyed by hyper-oxygenating the patients blood with ozone. This was demonstrated by among others Dr. Horst Kief in Bad Hersfeld, West Germany. Dr. Kief has already cured a number of AIDS victims by drawing blood, infusing it with ozone and returning it to the patient, at regular intervals until all the virus is gone. (He can be reached through Biozon Ozon-Technik GmbH, An Der Haune #10, Bad Hersfeld, D-6430, Federal Republic of Germany). Dr. S. Rilling of Stuttgart and Dr. Renate Viebahn of Iffezheim are among the growing number of physicians who have obtained similar results with their patients. They are with Arztlich Gesellschaft fur Ozonetherapie and JrJ Hansler GmbH, respectively.

d.. THE BASIS OF BIO-OXIDATIVE THERAPIES

e.. For many years the health sciences have been seeking to identify the primary physical cause of all diseases, and the cure-all that this basic principal would yield. Now both have been found, but their utter simplicity makes them difficult to accept at first, since it seems like if it's that easy, we should

have been using them all along.

f.. Our bodies are composed mostly of water, which is eight ninths oxygen. Most nutritional studies tend to get caught up in the small details of biochemistry and overlook our most abundant and essential element, and the fundamental role of its depletion in causing illness. Of all the elements the body needs, only oxygen is in such constant demand that its absence brings death in minutes.

g.. The main difference, for healing purposes, between benign microorganisms (including our own cells), and those which cause disease, is that the later require much lower oxygen levels. This is due to their more primitive evolutionary origins, during the ages when free oxygen was far less abundant. Now their descendants can only survive in low oxygen environments such as accompany stagnation and decay. To become a growth medium for such parasites, one has to have allowed the oxygen saturation of the bodies fluids to drop well below the optimum level for healthy cell growth and function.

h.. The simplest substances available for restoring one's oxygen balance to a healthy range are ozone (O₃), and hydrogen peroxide (H₂O₂), which is much easier to obtain and use. They are both highly toxic when concentrated, which has tended to obscure their germicidal value except as a skin antiseptic. But when diluted to therapeutic levels (for H₂O₂, 1/2 of 1% or less), they are not only non-toxic but uniquely beneficial.

OZONE BLOOD TREATMENT

Ozone overcomes the AIDS virus by a fundamentally different process than usually attempted by drugs. Instead of burdening the liver and immune system with more elaborate toxic substances, ozone simply oxidizes the molecules in the shell of the virus.

i.. The treatment is remarkably simple. The ozone is produced by forcing oxygen through a metal tube carrying a 300 volt charge. A pint of blood is drawn from the patient and placed in an infusion bottle. The ozone is then forced into the bottle and mixed in by shaking gently, whereupon the blood turns bright cardinal red. As the ozone molecules dissolve into the blood they give up their third oxygen atom, releasing considerable energy which destroys all lipid-envelope virus, and apparently all other disease organisms as well, while leaving blood cells unharmed.

j.. It also oxygenates the blood to a greater degree than is usually reached, what with poor air and sluggish breathing habits. The treated blood is then given back to the patient. This treatment is given from twice a week to twice a day, depending on how advanced the disease is. The strengthened blood confers some of its virucidal properties to the rest of the patient's blood as it disperses.

k.. The disease will not return, as long as the patient maintains his blood in an oxygen positive state, through proper breathing, exercise, and clean diet.

l.. A Dr. Preuss, in Stuttgart, has written up ten case histories of AIDS patients he has cured by this method. But his and the other physicians' reports are all anecdotal rather than in the form of "controlled studies", since they could not be expected to treat some patients and deny treatment to others just for the purpose of accumulating evidence. Thus their results are not considered "proof" by the US medical community. So the Medizone Company in New York has taken on the task of doing the controlled studies required for the treatment to be approved in the US for general use.

MEDIZONE TESTING OZONE BLOOD TREATMENT

m.. In the summer of 1986 Medizone obtained from the FDA an IND (Investigative New Drug) Approval for ozone, which falls under the heading of drugs even though it isn't. They verified that ozone destroys the AIDS virus in vitro, and completed their animal tests in the fall of 1986. The tests demonstrated no indication of toxicity, at ten times the equivalent amount that is proposed for human treatment.

n.. Medizone says that it has obtained the rights to US patent #4,632,980, on "ozonation of blood and blood products", from the company "Immunologics", in exchange for Medizone stock shares. The patent pertains specifically to inactivating lipid-envelope virus. In humans, this includes AIDS, herpes, hepatitis, Epstein Barr virus, and cytomegalovirus, among others. Medizone obtained tentative FDA approval in April 1987 to begin human testing, but for a variety of "bureaucratic reasons" the FDA has postponed the actual start of the tests eight times now, with requests for further data, some of which had already been given to them.

o.. All this can be done with virtually no publicity. The official reason for is that the accepted procedure for publishing medical breakthroughs is to complete all the tests first, even though victims may die waiting for the cautious, methodical testing procedure to run its course. No one in the industry wants to raise false hopes, let alone repeat the medical disasters that have resulted in the past, from rushing approval on new treatments.

p.. On the other hand, the enormously expensive and dubiously effective drug AZT was widely publicized and many months before it was approved in the US, as is ongoing research into possible AIDS vaccines. In fact, FDA Commissioner Frank Young has even announced a proposal to make experimental drugs available to AIDS victims as swiftly as possible, without waiting for full FDA approval procedure to be completed. So there appears to be a severe double standard involved here. It seems that highly profitable "treatments" with serious side effects can be promoted through massive news coverage, while an actual cure, repeatedly demonstrated in Europe, with minimal cost and no apparent harmful effects, must be delayed and kept quiet while panic and deaths mount. Surely at this stage the benefits of unauthorized publicity will outweigh the risks.

SAFE PURIFICATION OF BLOOD FOR TRANSFUSIONS

q.. Ozone infusion also provides a simple method of purifying stored blood and blood components, eliminating any possibility of disease being transmitted by transfusion. It also pre-oxygenates blood to be transfused, greatly reducing the burden on the body receiving the blood.

r.. This application alone, of the Medizone process has enormous profit potential, and the treatment will have vast international demand as the news spreads. This has not gone unnoticed by various investment analysts. "Confidential: report from Zurich", "Penny Stock Insider" and "Low-Priced Stock Edition", among others, are urging their readers to get in on Medizone now, comparing the opportunity to getting in on Xerox, IBM, or Polaroid when they were still unknown.

s.. Various physicians have independently discovered ozone to be also effective against cancer, leukemia, arthritis, coronary heart disease, arterial circulation disorders. colitis, gum diseases, and assorted childrens' diseases. Some of these findings have now been collected and published in the volume, "Medical Applications of Ozone", available from the International Ozone Association, 83 Oakwood Terrace, Norwalk, Ct 06850.

t.. Some of the medical uses of ozone have been appreciated for years in Europe, Brazil, and elsewhere, as well as its advantages over chlorine for water treatment (no toxic residues, 5000 times more rapid disinfection) but its still relatively unknown in the US.

OXYGEN WATER

u.. A much simpler type of Oxygen Therapy uses hydrogen peroxide (H_2O_2) which is what ozone (O_3) forms on contact with water. It can be taken orally if diluted with water to 1/200 or less, absorbed through the skin by bathing in it (anywhere from 1-8 pints of 3% H_2O_2 in a standard size bathtub half full), or in severe cases it can be injected (250 cc of .075% to .15% or roughly 1/1300 to 1/650). Injections obviously require a physicians assistance, but self treatment is possible with oral and skin applications.

v.. The principle is the same as with ozone blood treatment. All hostile micro-organisms prefer lower oxygen levels than the bodies cells require to remain healthy. Boosting the oxygen level revitalizes normal cells while killing virus and other pathogens.

w.. The domestic sales of hydrogen peroxide are rising at 15% per year, as the news of this option spreads at the grass roots level. The rapid expansion of the peroxide movement is especially remarkable considering there has been almost no media coverage, and in fact the FDA, American Cancer Society

and other enforcers of established medicine have tried hard to discourage the practice.

x.. Hydrogen peroxide is the only germicidal agent composed only of water and oxygen. Like ozone, it kills disease organisms by oxidation as it spreads through the patient's tissues.

y.. This also destroys cancerous growths which are anaerobic. Nobel prize winner Dr. Otto Warburg demonstrated over 50 years ago the basic difference between normal cells and cancer cells. Both derive energy from glucose, but the normal cell requires oxygen to combine with the glucose, while cancer cells break down glucose without oxygen, yielding only 1/15 the energy per glucose molecule that a normal cell produces. This is why cancer cells have such a huge appetite for sugar, and also why people who consume excessive quantities of sugar tend to get cancer more often.

z.. The anaerobic breakdown of glucose by cancer cells forms large amounts of lactic acid as a waste product, the same substance formed by fermentation of lactose, as in spoiled milk. The liver converts some of this back into glucose, in an attempt to salvage a food source from a toxic waste. In doing this the liver uses 1/5 the energy per glucose molecule than a normal cell can derive from it, but that's three times the energy a cancer cell will get from it. The more the weak, deranged cancer cell multiply, the more energy is lost to the normal cells. Thus we find that low levels of both oxygen and energy tend to occur where cancer is present, and vice versa. This wasteful metabolism becomes self-sustaining and dominant unless the oxygen and/or energy levels are sharply increased, or the cancer's food source is eliminated.

aa.. HEART TRANSPLANT PIONEER RECOMMENDS OXYGEN WATER

Dr. Christian Bernard, who performed the first heart transplant, said in march 1986 that he was taking peroxide and water himself, several times daily to reduce arthritis and aging, and he recommended it highly at the time. Since then he has come under heavy attack by the medical establishment for this position, and now states that he "is not involved" with the peroxide movement. But he does not retract his original endorsement, nor deny that he still uses it personally.

ab.. Over a hundreds physicians are already curing a broad assortment of "incurables" with this natural anti-microbial agent. This includes some forty or more in the US. A principal liaison to these free-thinking physicians is DR. Charles H. Farr, who wrote "The Therapeutic Use of Intravenous Hydrogen Peroxide". He directs the International Bio-Oxidative Medicine Foundation, and publishes the "IBOM Newsletter" which contains procedural updates and technical refinements for physicians using intravenous H₂O₂ therapy on their patients. By classifying the treatments as experimental they can get around the FDA's archaic restrictions for now, until massive public demand and/or media exposure force official approval.

ac.. Dr. Farr summarizes the beneficial effects of H₂O₂ in “IBOM” issue #2; these include killing bacteria, protozoa, yeast, and virus, oxidizing lipids from arterial walls, increasing oxygen tension intracellularly, stimulating oxidative enzymes, returning elasticity to arterial walls, dilating coronary vessels, and regulating membrane transport. IBOM is at PO Box 61767, Dallas/Ft. Worth, TX 75261

ad.. H₂O₂ CAN BE SELF ADMINISTERED

ae.. The oral and skin applications offer the option of home treatment, as no blood needs to be drawn, and hydrogen peroxide is cheap and plentiful. Keep it diluted though; in high concentrations it can irritate sensitive skin and induce vomiting when ingested. (Veterinarians routinely give common 3% H₂O₂ to animals that have swallowed poison, to make them throw it up.)

af.. The starting dosage is one ounce of .5% (1/200) H₂O₂ in water, and some find they need to start with less. As the peroxide contacts pathogens in the stomach it liberates free oxygen, so those with high levels of virus and streptococcus in their stomachs may feel slight nausea while the reaction is occurring. The dosage is increased by an ounce per day, up to five ounces on the fifth day, then finally up to five ounces three times daily for a week (or until disease is no longer present). Then the dosage is tapered back down over a five week period.

ag.. Food-grade or Re-agent (these are 35%, dangerous if undiluted) is better for internal use, since the common USP 3% H₂O₂ contains small amounts of chemical stabilizers and other impurities. It can still be used if food-grade is unavailable; it just isn't as pure.

ah.. An alternate dosage regimen uses three drops of 35% H₂O₂ in a glass of water three times a day, which is then increased by a drop per dose, per day, up to 25 drops per dose in extreme cases. Candidiasis victims should start at one drop per dose, and build their tolerance gradually. Some find the taste rather blechy and unpleasant, and may wish to chase it with plain water. It can also be mixed with fruit juice, and citrus juices in particular cover the taste pretty well.

ai.. Adding seven drops of 35% H₂O₂ to a gallon of drinking water and shaking well purifies it and gives it a pleasant waterfall-like flavor.

aj.. For more dosage details and extensive references on H₂O₂@ taken internally, contact Walter Grotz,

box 126, Delano, MN 55328;. His progress report, "ECHO", costs \$1. Another source is Father Richard Wilhelm, Box 18, Union Rd, California KY 41007. These gentlemen have continued the research initiated by Dr. Edward Carl Rosenow (1875-1966). They have located over 4000 peer-reviewed medical articles on the applications of hydrogen peroxide, some dating back to the 1800's. They received the National Health Federation's Pioneer Award in Medicine this year, for this ongoing research. Walter Grotz, in particular, has been touring and lecturing extensively on the benefits of self-administered H₂O₂, literally saving lives wherever he goes, and bringing hope to people who have been told their causes were hopeless.

ak.. Dr. Kurt W. Donsbach in Rosarita Beach, Baja Mexico, claims he has achieved a remission rate exceeding 70% in over 300 patients, at last count, most of whom had been previously told they were beyond hope, and had "tried everything else". Bio-oxidative therapies are now applied to all cases that arrive at this clinic, and all respond except for those who arrive already very close to death. The Guadalajara Medical School, Mexico's largest, is initiating their own tests this summer, and will add it to their curriculum upon verification.

al.. As Dr. Donsbach has pointed out, no US clinic or institution has ever tested intravenous H₂O₂ as a treatment for cancer, so any claim that it is not effective is not based on clinical trial, and amounts to willful disinformation.

am.. The Gerson Institute and La Gloria Clinic in Mexico are also using Hydrogen Peroxide therapies on their patients, after the staff tested it on themselves and found it beneficial.

an.. HYDROGEN PEROXIDE IN NATURE

ao.. Hydrogen peroxide occurs naturally in rain and snow, from atmospheric ozone, and in mountain streams where rushing water is continuously aerated. Most of us learned at an early age to drink only from a stream only where the water is running white, because that is where it gets cleansed of germs. The reason is that H₂O₂ is forming there due to its rapid agitation, and that's what kills any harmful microbes present.

ap.. By just shaking a bottle of water vigorously for a while you can tuck enough extra oxygen into it to form detectable amounts of H₂O₂, improving its purity, flavor and vitality.

aq.. It turns out that the spring waters at Lourdes, France, long recognized for their remarkable healing

properties, are very high in natural hydrogen peroxide. The spring is fed by high altitude snow melt, so the snow apparently absorbs unusually large quantities of ozone on its way from the upper atmosphere. Other less-known high altitude springs are said to be likewise effective.

ar.. Similar benefits can be obtained in a swimming pool or hot tub, by discarding the chlorination system and simply pouring in H₂O₂, or by bubbling ozone through the water. One simple method of making pool-grade ozone is to pump air past an enclosed ultraviolet lamp.

as.. Raw, uncooked vegetables and fruits can contain natural hydrogen peroxide. Cooking drives off the extra oxygen. Fresh fruit juices are well known for their blood cleansing and revitalizing capabilities, particularly when they are not combined with other foods; this is largely due to the H₂O₂ they contain. Reconstituted frozen juices have much less and are no longer “alive”, thus they are not nearly as effective.

at.. H₂O₂ IS THE HEART OF THE IMMUNE SYSTEM

au.. Mother’s milk contains a high amount of H₂O₂, especially colostrum, the first milk secreted after birth, which activates the newborns immune systems, and key to many other metabolic processes.

av.. Under conditions of optimum health, H₂O₂ is produced by the body’s immune system in whatever amounts are needed to quickly destroy any invading hostile organisms. It is made by combining water in the body with the free oxygen that is supposed to be available. When the body is oxygen-starved, it can’t produce enough H₂O₂ to wipe out invading pathogens, which can then get the upper hand and cause visible disease.

aw.. OXYGEN BOOST IS KEY TO OTHER HEALING METHODS

ax.. When penicillin is effective against infection, it is largely due to the formation of bacterial amounts of H₂O₂, when glucose is oxidized by O₂ in the presence of penicillin notatin. (General Biochemistry, Fruton & Simmonds 577.1 F944 p. 339)

ay.. Much has been made about the healing properties of interferon, but it is unbelievably expensive. However, much of its effectiveness is apparently due to the fact that it stimulates the production of H₂O₂ and other oxygen intermediates, which are a key factor in reactivating the immune system. (Journal of Interferon Research Vol 3, #2, 1983 p. 143-151.) Thus Interferon may turn out to be simply a very elaborate way to accomplish essentially the same thing as H₂O₂ regimen.

az.. Vitamin C (ascorbic acid) has long been recognized as essential to the proper use of oxygen by the cells. Dr. Linus Pauling has demonstrated that large doses of vitamin C are effective against cancer. The mainstream medical community still has not acknowledged this discovery, let alone put it to use, despite Dr. Pauling's previous credentials. As it turns out, vitamin C actually creates extra H_2O_2 in the body.

ba.. Organic Germanium (bis-carboxyethyl germanium sesquioxide) is gaining increasing recognition as a potent healing substance, primarily through the work of Dr. Kasuhiko Asai. This compound directly increases the body's oxygen supply, as it contains a great deal of oxygen in a form that can be easily assimilated. (See "Miracle Cure: Organic Germanium" by Dr. Paul Asai, Japan Publications, Inc., Tokyo and New York.)

bb.. Taheebo (aka Pau D'Arco or Lapacho Colorado) is a tree that grows in the Andes and fixes high concentrations of oxygen in crystalline form in its inner bark. The bark has been used for centuries by the native peoples of the area to prevent and reverse illness, and it is one reason, why they do not get cancer. In recent years it has become popular in the US, and it gets by the FDA as an "herbal tea" whose distributors wisely make no medical claims for it. Again, much of its effectiveness is apparently due to its high oxygen content, released in solution when brewed as a tea.

bc.. CAUSES OF OXYGEN DEPLETION

There are several common practices that drop a person's oxygen level far below what it should really be. At sea level, 20% of the atmosphere is supposed to be oxygen, but city air gets down as low as 10%, due to smog and removal of trees. Air that tastes bad induces a tendency to breathe shallowly, getting even less oxygen to the blood. So does lack of exercise.

bd.. The carbon monoxide (CO) in smog does not normally occur in nature in much quantity since it's formed by incomplete combustion of carbon compounds. It is electrically unbalanced, so it seeks to bond with any available oxygen to form the more stable carbon dioxide (CO_2). Those who breathe too much carbon monoxide tend to die, fast or slow depending on the concentration. It strips oxygen molecules from the blood to form CO_2 , which the body can't use and must exhale, at least until its oxygen runs out. The fact that the body considers CO_2 a waste product, by the way, doesn't say much for carbonated beverages.

be.. Tap water is very low in oxygen, having no opportunity to be aerated during its journey through the pipes, and being loaded down with chlorine and various contaminants. Since cooking drives the extra oxygen out of vegetables, if one diet is mostly cooked or processed foods, there's yet another oxygen source lost.

bf.. EATING, FASTING AND OXYGEN BALANCE

bg.. Overeating is so common in the US it's considered "normal". One cause is the widespread use of oral antibiotics. While destroying the target germs, these drugs also kill off one's intestinal flora, which are needed for healthy digestion. With these friendly bacteria gone, digestive efficiency plummets. As a result, the sensation of hunger comes more often and lasts longer, as the body tries to compensate for ineffective digestion by increasing the amounts consumed.

bh.. Even just eating daily, without ever giving the gastro-intestinal tract a rest, loads down the blood with toxins and impurities, especially uric acid crystals. Under a microscope these resemble tiny coffin lids, interestingly enough, another clue to our Creator's whimsical sense of humor. When the waste products exceed the cleansing capacity of the kidney's, the blood ends up just having to haul it around the body and stash it wherever possible. These toxins literally take up so much room in the blood cells that the cells can't take on enough oxygen when they pass through the lungs. The blood's primary function of picking up and distributing oxygen gets blocked by overuse of garbage-hauling function.

bi.. Fasting restores health by giving the overloaded blood cells a chance to dump the toxins and inert matter through normal organs of elimination at a rate they can handle, instead of through the skin, as in acne, or other inappropriate places. If the fast is long enough, accumulated residues in the body are also scoured out and expelled, giving a considerable spiritual resurgence once all the backlog is cleared away. While the debris is flushed out, various toxic reactions may come and go. Once the blood is cleansed the red corpuscles have a lot more room for oxygen molecules, the oxygen saturation of the molecules is high, and health and energy are boosted considerably. Each breath now gives more life than it was able to in the blood's earlier state.

bj.. Most long-lived native peoples, who are not affected by our more common diseases, either include fasting as a regular part of their yearly food cycles, or eat much less overall, than industrialized peoples.

bk.. Today many Americans are existing at such high levels of toxicity, that their toxic reactions when attempting to fast can seem intense enough to make them start eating again before any serious cleansing can be accomplished. Fortunately one can partially bypass the lungs and get the blood level back up, by taking oxygenated water internally and through the skin. Several weeks of detoxification of this regimen will also make it much easier to fast without discomfort, if one chooses. It reduces appetite, logically enough, to a level more in line with the body's actual needs.

bl.. The bacteria that aid digestion are not killed by oral use of H₂O₂, as long as it's diluted properly.

bm.. OXYWATER MAY EVEN CURE “STUPIDITY”

bn.. Perhaps the greatest potential benefit is the reversal of the slight brain damage caused by long-term oxygen depletion, which can be observed in the “average” human, and is not always all that slight. It’s well known that after about nine minutes of no oxygen, from drowning or whatever, you can kiss your brain good-bye. By the implications of constant gradual oxygen starvation in our cities somehow escape notice, despite the tiredness, depression, irritability, poor judgement and health problems affecting so many citizens.

bo.. Increasing the oxygen supply to the brain and nervous system will reverse these conditions. The oxywater regimen improves alertness, reflexes, memory and apparently intelligence, and may offer the elderly a new weapon against senility and related disorders. Alzheimer’s and Parkinson’s are reported to be responding to it. Alcoholics who start taking H₂O₂ soon loose interest in alcohol, and the thirst does not come back. Look up what alcohol does to your blood oxygen and your ability to use it, and you’ll see why.

bp.. One possible spin-off of a coming major increase in the blood oxygen supply to human brains is that various short-sighted and oxygen- depleting activities such as deforestation, and other intelligent practices, should fade from the scene. Americans especially, will have an opportunity to outgrow many stupid things.

bq.. It’s strange that the common drug aspirin “stops pain” by interfering with the nervous systems ability to use oxygen, in the electrochemical reactions needed to transmit impulses. Though maybe it’s not that strange, considering that the Bayer Company which originated it was a subsidiary of IG Farben, the German chemical conglomerate that is famous for, among other things, developing and mass-producing the lethal gas Zyklon-B specifically for the exterminations at nazi death camps.

br.. ECONOMIC INERTIA

bs.. Dr. Terry McGrath, the CEO at Medizone, confirmed that Hydrogen peroxide would in principle act much like ozone in destroying AIDS virus, but pointed out that it’s never likely to be tested and proven in the laboratory. There’s simply no economic incentive, since it’s an unpatentable process and offers no commercial returns than most other natural remedies. So it’s completely up to individual patients and concerned citizens to push these options out into the open, immediately, before various companies get too financially committed to the assumption that AIDS (or any other disease) will continue to spread and be incurable.

bt.. This is a good place as any for the FDA-required disclaimer: “Information given here is for research and educational purposes only and is not intended to prescribe treatment.”

bu.. VETERINARY AND AGRICULTURAL APPLICATIONS

bv.. Human’s aren’t the only life form to benefit from compensation for their oxygen deficient air, water and/or lifestyle. H₂O₂ in animals’ drinking water, not enough to taste unpleasant, knocks out a growing list of illnesses. Locally, cats have gotten rid of their feline leukemia and chlamydia, and are back to their old energetic slapstick selves. Distemper in dogs has been reversed with H₂O₂, and a growing number of farmers are applying it to their livestock to cut losses from disease and infected wounds.

bw.. Plants grow better with an ounce of 3% H₂O₂ per quart of water they’re given. Spray the solution on their leaves as well. Seeds germinate faster, with bigger sprouts, when they are first soaked in 1 ounce of 3% H₂O₂ to a pint of water. Instead of cutting trees that are diseased or otherwise struggling, spray them with H₂O₂ and water (1 part 3% to 32 parts water).

WHY ISN’T IT ALREADY IN USE ?

bx.. The obvious question is, if hyper-oxygenation is so simple and effective, why has it taken so long to discover it?

Ozone is hardly new and hydrogen peroxide has been on the market for over a century. Why aren’t all doctors already using it ?

How come this story isn’t all over the major news outlets?

by.. Turning the question around helps clarify the problem. Just exactly what would happen if a cure was discoverer that was completely effective against the vast majority of diseases, ridiculously cheap and plentiful, and in most cases could be self-administered without a physician?

bz.. Would the current medical establishment welcome a breakthrough that could render 98% of all drugs useless.

Well Being: Truths & Myths Of Masturbation

The Truths And Myths Of Masturbation

This article discusses the common myths of masturbation and the details about those ideas. Among those that are included in this article is the issue about masturbation causing impotence among men. Also, this article discusses the truth about impotence and the ways of avoiding it.

Most men are still clueless about masturbation, yet they do this activity almost everyday. Thus, when people make up even the most absurd stories about masturbation, some men easily fall into the trap of believing it. These absurd stories are often called myths which are ideas that may sound really possible when you first hear about it. However, when considered more deeply, these ideas do not make sense at all. To be able to determine whether a certain story about masturbation is true or possibly just a myth, one must know more about the technicalities of masturbation. This means knowing more about the anatomy and physiology of the most banal of all activities that is masturbation.

Masturbation, as they say, is the imitation of the act of sexual intercourse when done alone. The sensations that are triggered during sex are the very same sensations that result during self-stimulation. During masturbation, men usually hold their penis loosely and make an up-and-down hand motion. This is continued until orgasm or ejaculation is achieved, which is the very same end result of sexual intercourse. Other techniques, gadgets, and styles can be used to further improve the experience of self-stimulation. Some of these techniques or gadgets can be dangerous since it may cause physical injuries. Other than that, masturbation has no other known dangers unlike what the myths suggest.

One famous myth about masturbation is that it is said to cause erection problems or erectile dysfunction in the future when masturbation is done frequently. As said earlier, myths seem true or possible when heard the first time. However, upon deeper analysis, it is only then that the truth or the possibility of the claimed statement is proven false or improbable. In this case, it may seem possible that frequent masturbation can eventually cause erectile dysfunction or erection problems. However, when analyzed further through asking, "How can this be possible?", it will be known that masturbation has nothing to do with erection problems at all.

First, take into consideration the main causes of erectile dysfunction. Usually, these are injuries caused by physical trauma due to extremely strenuous activities or actions. Masturbation can neither cause physical trauma nor is it considered an extremely strenuous activity. Even if it is repeated several times and quite frequently, a person's body naturally regulates the capacity of a person to endure self-stimulation for even a long period of time. Thus, it is impossible for a person to go overboard when it comes to masturbation. One reason for erectile dysfunction to possibly occur is when a device used or applied during the act of masturbation has caused an injury in the nerves of the man's penis.

Truth is, no matter how frequent or how many times masturbation is done, it can never eventually result to erectile dysfunction. The common possible causes of erection problems are those that will have some influence on the functioning of the penile nerves. These include traumatic injuries, highly strenuous activities, health problems such as diabetes, and psychological factors such as stress or anxiety. The best way of preventing or avoiding this situation from happening is to also avoid the situations that may cause it. Since masturbation is not considered to be one of the causes, therefore, it may still be continued without worries.

Most women fear that as they age and the hormone levels drop, so too will their enjoyment of, and oftentimes desire for sex.

Fortunately, while diminishing hormones and sex may happen in the same breath, the latest research indicates that sexual desire has less to do with these changes than it does with lifestyle and other women's sexual health factors, at least some of which are under a woman's direct control.

According to reports from a group of distinguished European sex experts in the first ever supplement to *The Menopause*, the journal of the North American Menopause Society, the findings have helped

healthcare professionals discard the notion that sexual difficulties occurring close to menopause are either biologic or physiologic.

The new research was part of a series of studies conducted on female sexual dysfunction by the department of clinical psychiatry and psychotherapy at Hanover Medical School in Hanover, Germany. As part of the overall project, 102 women aged 20 to “45 plus” answered 165 questions designed to flush out determinants of female sexual satisfaction.

Specifically, researchers hoped to determine satisfaction with sex life in general, sexual satisfaction and orgasm during intercourse, petting, masturbation, attitudes towards sexuality, quality of partnership, and women’s sexual health myths.

Based on the study, there appeared to be no differences with respect to frequency of sexual intercourse or the desire for sexual activity not involving intercourse among the differing age groups. Age did not make a difference in regard to frequency of orgasm or in sexual satisfaction ratings with their partners. For example, 29% of women up to age 45 reported having orgasms “very often,” compared with 26% of women over age 45.

Even more dramatic was that while 41% of women over age 45 reported having orgasms “often,” only 29% of younger women reported having orgasm “often.”

Among the few differences in the groups: Women over 45 reported having fewer orgasms during non-intercourse sexual activity or during masturbation. Both groups of women reported a dual dimension necessary for successful lovemaking that included having both feelings of emotional closeness to their partner and satisfactory physical experiences.

After comparing all the answers from both older and younger women, as well as from women who reported sexual problems and those who did not, researchers concluded that the single most influential factor with regard to women’s sexual health satisfaction via intercourse was the quality of the partnership, in particular the quality of mutual respect, which then becomes of greater importance as a woman ages.

After comparing these study results to earlier and ongoing findings, the researchers concluded that the basis of any sexual problems that did occur at midlife could not be drawn from menopause status or age alone. Instead, life stressors, contextual factors, past sexuality, and mental health problems are more significant predictors of midlife on women’s sexual health interest than menopause status itself.

This study was just one of several research papers presented in the journal on the subject of women’s sexual health dysfunction. Each one striving to shed much needed light on a subject that some believe has been hidden in the shadows too long.

Some people believe that once a person reaches the older adult age range, he will no longer show any interest in doing the things he used to enjoy such as sex and intimacy. This is untrue, of course, for the need for intimacy has no age limits. A person’s hunger for affection, intimacy, and emotional bond with another person is limitless.

However, there are still a significant number of older men and women who no longer have a fulfilling and happy sexual and intimate relationships with their partners. When a person doesn’t have a healthy physical and emotional relationship with someone, he or she may suffer from low self-esteem and poor physical health.

What causes poor sexual health?

As one ages, his body experiences physical and physiological changes that can affect his sexual health and relationship with another person.

Common physical changes:

When a woman ages, she will eventually experience physical changes in the body that are associated to hormonal imbalance and menopause. For instance, the vagina takes longer time to lubricate and swell when aroused. This physical change can really make intercourse painful, thus, resulting to decreased or lost of interest in sex.

In men, the most common physical change is difficulty in achieving and maintaining erection. Erections do not last long and are less firm.

Common physiological changes:

The mind also experiences certain changes as an individual ages. These changes can also significantly affect one's sexual stamina or desire for sex. If an adult person is ashamed of his sexual needs and preferences, then it may probably lead to aversion from sex.

Also, when one notices gray hairs and wrinkles on his or her face, tendency is that he or she may feel less attractive, thus, reducing his or her sexual drive. Another common physiological change associated in aging is stress. When an aging individual worries too much on his sexual performance, this often leads to impotence for men and decreased desire to have sex for women.

How to improve sexual health

It is not really impossible for aging adults to improve and maintain their sexual health and stamina. However, it requires serious communication in the relationship if one wants to improve and maintain his or her sex life.

The following are a couple of helpful tips on how aging adults can improve their sexual health:

1. There is more to sex than just penetration.

To improve one's sex life, a person needs to expand his knowledge and perception on sex, for there is more to this carnal act than just mere penetration. Remember that intimate gestures such as touching and holding hands are perfect alternative to sex. Oral sex, masturbation, and sensual massage are also good substitute for sex.

2. Keep your body healthy and well-tuned.

Maintaining a healthy and fit body keeps a person's body ready for sex. As such, it is highly advised to aging men and women to eat a well-balanced diet that includes veggies and fruits. Exercising also helps tuning the body.

3. Level your expectations.

Basically, older men and women who have poor or stagnant sex life are usually the ones who engaged in less sexual activities during their younger years. On the other hand, it is contrary to partners who have active sex lives during their younger years, for they will be able to maintain their sexual stamina even when they get older.

Well Being: Best Hair Loss Products

Best Hair Loss Products

Nowadays hair loss is not only a concern for males but also for females. Hair loss affects directly one's self-confidence and also creates mental humiliation. Hence there are lots of really good hair loss products available on the market.

Hair growth products are available in many forms: natural essential oils, natural herbs, conventional drugs, shampoos, serums, lotions and conditioners. Nowadays there are so many hair loss products available on the market with the intention to stop or prevent hair loss. Finasteride, Minoxidil, and Rogaine are the commonly used best hair loss products. Finasteride is extensively used for treating hair loss and is sold in pharmacies as Propecia. This product should be used by men only.

Another very popular hair loss product is called Rogaine and is available at drugstores. Rogaine has to be applied twice daily for 3 to 4 months to get any positive results.

Minoxidil is very much used for hair loss among younger men. It is also considered to be a very effective hair loss product. But using hair loss products such as Minoxidil continually may lead to side effects such as a itchy scalp. There might be other complications if these products are used for hair loss treatment for a long time.

Dr.Proctor's Hair re-growth shampoo is one of the best hair loss products made naturally without any chemical mixing. It has been widely used by hair loss sufferers due to its easy application. People around the world use re-growth shampoo for treating hair loss. There is another product called Life Extension Shampoo that supports healthy hair.

ViViscal shampoo, Thymuskin, and Hair genesis are some of the best hair loss products, which are used for hair treatment. Thymuskin is more effective (95%)) in female than male (67%) for treating hair loss. This hair loss shampoo clears the hair follicle from debris, dirt, oil and other waste. The main advantage of thymuskin is that it consists of thymus peptides that diffuse deep into the hair follicles to clean them.

Viviscal shampoo also helped a lot of people treating hair loss. This shampoo helps to maintain the hair hale and healthy. Apart from this, the shampoo treats hair loss and thinning of hair. Viviscal products are available in all forms including scalp lotion, conditioner and tablets. Hair genesis products are also available as conditioner, topical serum, oral supplements, and hair re growth shampoo. Hair genesis is especially favored by females. The main action of Hair Genesis is stopping the action of DHT blockers. Revivogen, Tricomin, and Nisim products are also available for treating hair loss.

Hair Loss? Biotin May Help

Whether you are male or female, but especially for ladies, hair loss can be traumatic. Traditionally, women have put a lot of stock in the beauty of their hair, which is evidenced by the billions of dollars

and millions of hours spent on grooming the hair. Just about every woman in the United States fixes her hair before going somewhere important, like to work, out on a date with hubby or boyfriend, or even to lunch with friends (is hair broken - why do we call it fixing?).

If you suffer hair loss, there are probably other losses occurring, as well. You may have a loss of self-image, a loss of hope, or a loss of peace of mind. If you have hair loss, biotin may help relieve, not only the hair loss, but restore your confidence in yourself.

What is biotin? Biotin is a vitamin in the family of B-vitamins; you may be more familiar with B-6 and B-12, which are common vitamins that many people don't get enough of; in fact, B-12 shots are commonly prescribed for a variety of health concerns. Biotin is another B vitamin, which you may not be as familiar with. Hair loss experts often express the need for overall good health, and certainly getting adequate levels of the B-vitamins is essential to good general health and healthy hair. Some medical professionals even prescribe biotin to be taken as part of the Propecia or Rogaine treatment methods.

Biotin, like most vitamins and minerals, can be found naturally in different kinds of foods, but in our health-and-weight-conscious society, it is also necessary to understand that usually the biotin you get from food is not enough. Because biotin does not occur in high amounts in the food we eat, you would have to consume way too much food to get enough biotin.

So, if you have hair loss, biotin supplements may be wise, rather than trying to eat enough to get all the biotin you need. In the case you decide to eat your way to healthier hair, be sure and start a rigorous exercise workout to burn off the extra calories. Don't you dare! I was joking about the extra eating; not the exercise though. Having thinning hair is bad enough; you don't want to get obese in your quest to keep your hair. If you do decide to try biotin for your hair loss concerns, an added bonus would likely be healthier nails, as well. Biotin is also known for helping restore nail health.

If you are worried about losing your hair and are looking for some simpler remedies, biotin can also be found in topical products, which may be beneficial and worth a try. Biotin shampoo and biotin lotion are readily available. You are going to wash your hair and moisturize your skin, anyway, so why not get some healthy biotin while you are doing so?

Whether you are young or old, male or female, vain or down-to-earth, hair loss can be worrisome and troubling. If you do find yourself experiencing hair loss, biotin products may be one answer to your problem.

How to prevent hair loss

Baldness or hair loss is one of the most dreaded situations people can find themselves into. This is because this will not only affect their overall physical appearance but can also affect their emotional status as well.

Experts categorize hair loss into two type, the permanent hair loss and the temporary hair loss. Permanent hair loss is associated with hereditary factors. People who have a bloodline that is prone to baldness cannot do much anything about it since it is in their genes.

The pattern baldness or androgenetic alopecia can affect both men and women. In men, pattern baldness can lead to thinning hair and receding of hairlines even at an early age. Eventually, this

condition may lead them to total or partial baldness. In women, pattern baldness may come at a much later age and does not lead them to total baldness. Usually, the thinning hair manifests at their temples and hairlines.

When it comes to temporary baldness, it can be caused by certain factors such as illnesses, taking in medications for certain conditions, undergoing medical treatments wherein the drug that was used takes too much toll on the hair, hormonal changes which can either be caused by pregnancy or by taking in birth control pills, hairstyles that put too much pressure on the scalp and stops it from growing new strands of hair, and using hair products and treatments that may irritate the scalp and affect healthy hair growth.

Prevention as the key

People who have risks for pattern baldness cannot stop the condition but can slower the rate of hair loss through various treatments. But for those who are undergoing temporary hair loss, prevention can be the key to avoid total baldness in the long run. The following are some of the tips that can help prevent hair loss:

1. Proper diet.

Having a diet that is balanced is one of the major keys to prevent excessive hair loss. Eating foods that are nutritious especially for the hair can be an effective tool to fight against the signs of hair loss. People who are experiencing hair loss because they are under nourished should take time to make a diet plan which can provide sufficient nutrients not only for the hair but for the overall health as well.

2. Developing good hair habits.

Unhealthy hair habits such as improper handling of the hair can lead to excessive hair loss. People - especially those who have sensitive scalp - should ensure that they handle their hair gently especially when it's wet. Proper handling to wet hair is very important because the hair is weaker when wet. If possible, opt for natural air drying methods instead of using electronic ones such as blower.

3. Stick to one hairstyle for a longer period of time.

This will really help you prevent hair loss because you are letting your hair undergo its normal growth cycle. If possible, try to avoid hairstyles that are tight like buns, ponytails, or braids because these put too much pressure on the scalp and hinder it from growing.

4. Don't twist, rub or pull your hair.

People who experience hair loss are those who twist, rub, or pull their hair often. If it has become a habit, try to break it. You can do this by focusing on other things instead of putting too much pressure on your hair and on your scalp.

Well Being: Natural Teeth Whitening

Natural Teeth Whitening

You'll be surprised to know that you can whiten your teeth naturally, without the use of artificial cleansers and man-made chemicals.

In fact, in the Elizabethan era, about 400 years ago, almost everyone took care of their teeth with natural remedies. Back then, they didn't have access to tooth gels, tooth pastes or dentists. Hence, each one was their own dentist as they took good oral care through natural remedies. If you were rich, then a mixture of honey, vinegar, and wine was the ultimate tooth cleanser for you.

Even now, you can apply this regularly and see the difference for yourself.

A few centuries ago, an old rag with salt and water was also used to whiten teeth. You might be shocked to know that in ancient times, human urine was used as a tooth whitening product! To avoid the need of whitening your teeth you can also take preventive measures. It is seen that teeth become yellow with age.

Your diet intake also plays a major role in determining your teeth shades. Some of the things that you will want to avoid include coffee, smoking, and tea. Although you may not realize it, one of the worst things for your teeth is chips and wafers. Sometimes yellowing of your teeth may also be hereditary.

Rinsing your mouth with a 75% lemon juice and 25% salt solution is known to work wonders for teeth whitening.

Some of the best foods and drinks that will prevent bacteria from forming include celery and straight cranberry juice. Believe it or not, dark chocolate also reduces the amount of bacteria that can be found in one's mouth. So next time you see your teeth turning yellowish you need not shell out those bucks for your teeth whitening appointment.

Well Being: Introduction Astrology

Origins of Astrology, the Babylonians

The Babylonians are generally acknowledged to have originated the practice and science of astrology. Their astrological charts enabled them to predict the recurrence of seasons and certain celestial events. So, in the beginning and for more than 2,000 years, astrology and astronomy were the same science.

Babylonian astrology was introduced to the Greeks early in the 4th century BCE and, through the studies of Plato, Aristotle, and others, astrology came to be highly regarded as a science. It was soon embraced by the Romans (the Roman names for the zodiacal signs are still used today) and the Arabs and later spread throughout the entire world.

While earliest astrology was used to bring a sense of order out of apparent chaos, it was soon employed to predict weather patterns, primarily for agricultural purposes. It was eventually widened to include forecasts of natural disasters, war and other events in the affecting the human condition. Once success in these fields was established, it was a natural evolution for astrology to be used as a means for advising for kings and emperors and, in time, the population at large.

The zodiac (which is derived from the Greek word meaning circle of animals) is believed to have developed in ancient Egypt and later adopted by the Babylonians. Early astrologers knew it took twelve lunar cycles (i.e., months) for the sun to return to its original position. They then identified twelve constellations that they observed were linked to the progression of the seasons and assigned them names of certain animals and persons (in Babylonia, for example, the rainy season was found to occur when the sun was in a particular constellation which was then named Aquarius, or water bearer).

Around the year 2000 BCE, Babylonian astrologers believed that the sun, moon, and the five planets known at that time (Jupiter, Mars, Mercury, Saturn, and Venus) possessed distinct powers. Mars, for example, appeared to be red and was associated with aggression and war.

Tropical astrology

Tropical Astrology is the old astrological division of the sky. When the Zodiac was invented, the position of the constellations were written down. But since then, the whole Zodiac has shifted almost a whole sign due to the Precession, so whoever was once born a Virgo, is now probably born a Leo – with the personality changes that come with it. Tropical Astrology ignores this, and keeps using the old tables – which have nothing to do with where the planets actually are in the sky.

Sidereal Astrology acknowledges the problem with the shifting signs, but digs itself deeper into the ludicrous: The more sidereal astrologers try to follow the real division of the sky, the more they are distancing themselves from the old wisdom. Sidereal astrologers cannot claim to build on ancient knowledge, but have to change the signs and characteristics over time. They are in turn making the whole concept of Astrology invalid. The real astronomical signs are a few days off from the Sidereal system by now – so not even Sidereal Astrology is using the correct star signs.

Sidereal astrology uses the actual constellation in which the sun is located at the moment of birth as its basis; tropical astrology uses a 30-degree sector of the zodiac as its basis. Tropical astrology is the most popular form and it assigns its readings based on the time of the year, while generally ignoring the positions of the sun and constellations relative to each other. Sidereal astrology is used by a minority of astrologers and bases its readings on the constellations near the sun at the time of birth.

According to some astrologers, the data support the hypothesis that there is a connection between heavenly bodies and human events. There are correlations too synchronous to be mere chance between astrological signs and such things as personality, emotions and human destiny.

Sidereal Astrology

The Sidereal or Eastern system of astrology is based on the position of the belt of fixed stars and constellations in the heavens, whereas the Tropical zodiac or the Western astrological system is based upon the position of the Sun in relation to the Earth. Sidereal astrology is the system of astrology used by some western astrologers which bases their interpretation around the use of the sidereal zodiac. It was introduced to the West by the Irish astrologer Cyril Fagan in 1944 and is practiced by a minority of Western astrologers. Sidereal astrology ties its signs of the zodiac to the actual constellations and is more complex, yet more mathematically oriented than Western astrology.

Originally, the first degree of the zodiac was common to both systems. Due to the peculiarities in the Earth's orbit, however, the belt of stars and constellations appears to shift in relation to the Tropical zodiac. As a result, the two zodiacs are drifting apart. This is called the procession of the equinoxes, and today the difference between the two systems is calculated at about 23 degrees. Thus, if a person is born on January 1, he will have the Sun in Capricorn according to the Western system, but according to the Sidereal system the Sun will be at approximately 16 degrees Sagittarius.

By practical experience the use of the Sidereal method is preferable. It is mathematically more correct, and it also penetrates into the subtle elements of nature, such as mind, intellect, and spirit to present a

more complete picture of our soul's sojourn in the realm of time and space.

The Sidereal astrological system notes the strengths and weaknesses that a person will experience in life, and also recommends remedial measures for improving our future. The karma or destiny which we are born with has been destined by activities in previous births. The spiritual astrology of India suggests that karma is not eternal and can be changed.

Indian Vedic Astrology

Indian astrology is based on the theory of fate. The good and the bad actions of the past life determine your fate or Karma of your present life, and the actions of your present life determine your future Karma. According to Indian astrology a person is born at that place, on that day and on that moment when his individual fate is in perfect mathematical harmony with the progress of the stars in heaven.

However it does not preach total dependence on fate. Astrology lets you know what you were born with, what your possibilities are, the limitations, your strong points and your drawbacks. What type of life partners and professions suit you and to expect is also indicated. It also prescribes various remedial measures to ward off the bad effects and to enhance the good results. Astrology is your road-map of destiny. However your fate is in your hands. The scriptures guide us by telling us what is good and what is bad; what to do and what not to do; how to do and how not to do. You are given a piece of land and the seeds to sow. How much effort to put in to it, what amount of manure and water to add and when how to reap the produce is your job.

After that it is you who have to act using your knowledge intelligence, discrimination and experience. Fate is like a game of cards where you cannot help the cards that have been dealt to you but how to play them is in your hands. You may get good cards but if you play badly you will lose and you may get bad cards and still may win if you play carefully. Don't blame the road-map if you get drunk, drive badly and have an accident!

Elements in astrology

Groups of signs in astrology share certain characteristics that are classified according to four earthly elements – fire, air, water and earth. It helps explain why some signs are more compatible than others.

The Fire signs are Aries (March 21 to April 19), Leo (July 23 to August 22) and Sagittarius (November 22 – December 21). Fire people are leaders, dynamic. They light up everything around them. Because Fire needs Air to exist, Fire signs are most compatible with the Air signs. Water is anathema to Fire and a Water person could try to dampen the dynamism and enthusiasm that defines Fire.

The Air signs are Aquarius (January 20 to February 18), Gemini (May 21 to June 21) and Libra (September 23 – October 22). These are the idea signs, the air that breathes a spark into a flame. They can't be tied down. They require freedom of movement and thought.

The water signs of Cancer (June 22 to July 22), Scorpio (October 23 to November 21) and Pisces (February 19 to March 20) are characterized by the phrase still waters run deep. They're emotional and sensitive, given to deep thoughts and conversations. Just as water can blur an image or hide secrets within its depths, so do Water signs have secretive emotions and abilities. The Water signs are most compatible with Earth signs.

The Earth signs are Taurus (April 20 – May 20), Virgo (August 23 to September 22) and Capricorn (December 22 to January 19). They are stable and consistent. While not as compassionate as the water signs, they are nonetheless nurturing. They can be rigid (stick in the mud) and easily stuck in routines. They are most compatible with Water signs, as Water is necessary for the Earth to properly nurture growing things. Earth helps Water contain itself, which is often necessary for survival on the planet.

Chinese Astrology

According to Chinese legend, the twelve animals quarreled one day as to who was to head the cycle of years. The gods were asked to decide and they held a contest: whoever was to reach the opposite bank of the river would be first, and the rest of the animals would receive their years according to their finish.

All the twelve animals gathered at the river bank and jumped in. Unknown to the ox, the rat had jumped upon his back. As the ox was about to jump ashore, the rat jumped off the ox's back, and won the race. The pig, who was very lazy, ended up last. That is why the rat is the first year of the animal cycle, the ox second, and the pig last.

The Chinese animal signs are a 12-year cycle used for dating the years. They represent a cyclical concept of time, rather than the Western linear concept of time. In the Chinese calendar, the beginning of the year falls somewhere between late January and early February. The Chinese have adopted the Western calendar since 1911, but the lunar calendar is still used for festive occasions such as the Chinese New Year. Many Chinese calendars will print both the solar dates and the Chinese lunar dates.

A cultural sidelight of the animal signs in Chinese folklore is that horoscopes have developed around the animal signs, much like monthly horoscopes in the West have been developed for the different moon signs, Pisces, Aries, etc. For example, a Chinese horoscope may predict that a person born in the Year of the Horse would be, cheerful, popular, and loves to compliment others. These horoscopes are amusing, but not regarded seriously by the Chinese people.

Ascendant sign

Technically speaking, your rising sign, or ascendant, reflects the zodiac sign that was ascending on the Eastern horizon at the moment you took your first breath in this world. This is why an exact birth time is so vital to finding your accurate rising sign. Located on the cusp of the first house of your astrological chart — or at the nine o'clock position — the rising sign can exert an influence almost as powerful as your Sun and Moon signs.

If you were to think of your Sun sign as your soul — your inner personality and potential — and your Moon sign as your heart — your emotional core — then you could say that your rising sign is your physical self or the face you present to the world. For example, though your Sun sign might be Taurus, your rising sign could very well be Gemini. While you're feeling laid-back, others will tend to see you as a ball of nervous energy and cerebral wit.

At times, your rising sign may act as a mask, hiding some aspect of your inner self you don't feel like revealing. Your Ascendant sign describes your temperament, your outward mannerisms and behavior, the personality you put on public display. It is the part of yourself you are most willing for other people to see in casual, impersonal situations. Changes here will explain why even people born on the same day as you will have very different personalities, different strengths and interests, and different life

experiences.

The Ascendant is also called the Rising Sign of a person's chart. Astrologers use the two terms interchangeably. It is literally the sign that was rising on the Eastern horizon of the sky at the time you were born in the place where you were born. This is why it is essential to have both a birthplace and a birth time in order to cast a completely valid Natal Chart.

Well Being: Massage Therapy Risks – Fact / Fiction

Massage Therapy Risks – Fact or Fiction?

True enough, some critics believe that there are also risks involved in massage as a therapeutic technique. Life is not a bed of roses and it follows that for every advantage there is an equivalent disadvantage. How real can the massage therapy risks be? What impact will they pose on the human health? While there are folks who ring the bell to the benefits of massage as a form of therapy, there are likewise those individuals who contest them.

Clear enough, it is safe to assume that there is typically an exception to every rule. Simply put, there are several other health conditions which are not to be addressed by massage alone. There is a much better medical solution that is apt for them.

Explaining the other Side

In several articles, you surely have read about the various kinds of massage therapy. They come in different names and are done in different fashions too. At the same time, they are comprised of different techniques. The point that is being driven is the fact that if massage therapy is applied to a serious medical circumstance such as cancer, the tendency is for the situation to get even worse. In fact, the individual's life may be actually threatened. Doctors often advise that their attention should be called for prior to taking things further. Any type of massage therapy has to be pre-approved by them. Of course, the patient needs to go through an extensive test to ensure that no sort of danger will get inflicted on him.

A Threat for Cancer Patients

Studies show how this kind of therapy can truly endanger the life of a cancer patient. Cancer is a serious illness that should be addressed following the right healthcare precautions. Some of the risks involve the following:

Bone fractures. Cancer treatments often lead to the weakness of the bones. There is a tendency that during the massage, the application of some pressure may cause the bones to break.

Bleeding. Cancer-afflicted individuals often bleed profusely. For one, the deep tissue massage may cause them the life-threatening internal bleeding.

Spread of the cancer tumors. While this is yet being taken under a heated debate, there are some specialists who claim that a strong pressure on the tumor area will lead it towards metastasis. This may not yet be proven but it still calls for an extreme form of caution.

Lymphedema. This is the term used to refer to the buildup of the lymph in the soft tissues which therefore causes the soreness of the limbs. Some forms of massage therapy can cause this condition

especially to someone who has just had the cancerous lymph nodes removed.

Symptoms of flu. Those who have been taking up chemotherapy sessions and at the same time the massage therapy are likely to develop the symptoms of flu.

Pains. Unbearable pains often come after the treatment which nonetheless heightens the patient's suffering.

Post-surgery effect. Someone who is yet recuperating from a surgery should not get exposed to this kind of therapy since it may lead to the reopening of the incision and the provoking of the internal or external bleeding.

These are just some of the prime massage therapy risks known to the public. Sure enough, some other dangers may surface later on. Thus be very careful and seek for your doctor's advice prior to consenting to this kind of healing procedure.

Thai Massage Therapy at a Closer Look

Massage is said to be therapeutic. It is the science of healing that involves the human touch, so to speak. For several decades now, people have been making use of this option to treat their physical and emotional dilemmas. A lot of them even attest to how beneficial the massage has been to them. Although on the contrary there are likewise a bunch of individuals who believe and emphatically stress out its danger on those who suffer from serious medical issues, no one is able to deny how relaxing the technique can be. One of the most popular types is the Thai massage therapy.

A Bit of a Background

Thai massage is one of the types that has been practiced for a long time. Its existence can be traced to more than a thousand years now. The therapy itself forms part of the well-known area of Thai medicine. It comprises of manipulation, medicinal treatment, ritual, and diet. It is rooted from the belief that each and every disease is caused by a particular imbalance in the energy system within the body. It is geared at the promotion of balance which hence aids in the complete healing and rejuvenation of an individual.

The Techniques Unraveled

To be able to do the overall process of Thai massage, several techniques need to be applied. The pressure involved is actually gentler as compared to the rest of the types of massage therapy. It works well like the Shiatsu. In this kind of therapy, the pressure is applied on the energy channels and they are being treated using two directions.

One more technique is known as blood stopping. It is done by means of applying the pressure on the arteries in the leg or arm for about a minute. The theory that works behind is that of the importance of cutting out the principal source of the circulation that will lead to a heightened pressure. This will then lead to the slowing down of the heart muscle contractions that will eventually tone down the pressure. As the pressure applied on the artery has been let go, a supply of blood goes into the area so that brings the organ to a more relaxed state. This technique is not recommended for use on someone who has diabetes and other heart related issues.

Passive refers to the kind of stretching employed on the patient but he doesn't move. Only the therapist does. The stretching is done in several stages and at a slow pace. Other techniques involved are hatha yoga and postures.

The Involvement of Reflexology

Reflexology or that which is otherwise known as foot massage is also a part of Thai massage. Reflexology is based on the belief that the points contained on the feet are useful enough to cure the body because every point is somehow related to a specific organ. When the energies are enhanced, the person will be able to establish a deeper connection to the Earth.

Thai massage therapy employs techniques that are to be performed for a longer duration of time. It can usually last up to three hours. It is important to engage a licensed therapist to ensure that everything is done properly. However, you should consult your doctor prior to taking any of these techniques to further avoid the dangers to your health.

Well Being: Drug And Alcohol Addiction

An addict is not considered an addict just because he drinks and drugs too much, nor because his life spirals downwards because of drugs. These are just predictable symptoms of the progressive disease. Perhaps if we had a new definition for addiction, it would not be so difficult to accept that individuals may be suffering from a disease that will eventually destroy their lives.

We have all heard that addiction is a disease, but how do we truly feel about this issue? When you hear the word "addict", do you think of a junkie, crack addict, prostitute, or a homeless person who begs for money on a street corner? When you hear the word addict, do you think of a lowlife, who has unacceptable behaviors, and lower morals? Do you somehow believe that their life circumstance is their fault and that they could, "just say no?"

A successful CEO, attorney, doctor, or professional with a substance abuse problem, would not fall into the category of addict according to the stereotypical definition. Perhaps, this is one of the reasons why a professional with a drug problem, alcohol included, does not easily consider himself to be addicted and readily seek addiction treatment. Success in other venues tends to convince the professional that he can also handle this problem as well, especially when he compares himself to addicts who have bottomed out and not entered a drug rehab. If the addicted professional is still semi-functioning and has not yet lost their job, house or family, his denial system will still be relatively intact.

Perhaps if we had a new definition for addiction, it would not be so difficult to accept that individuals may be suffering from a disease that will eventually destroy their lives. According to the American Medical Association, in order for an illness to be classified as a disease, it must meet one of the following criteria. It must be either progressive, predictable or terminal. Addiction qualifies as a disease by meeting not just one, but all three criteria. An addict is not considered an addict just because he drinks and drugs too much, nor because his life spirals downwards because of drugs. These are just predictable symptoms of the progressive disease.

Everyone knows that there are blood and urine tests to determine if drugs or alcohol are present in the body. Few of us are aware that there is now a test which determines whether someone has the DNA for the addiction. There is a "Y" factor in the genetic coding of alcoholics and addicts. This genetic makeup determines how the body processes, and breaks down alcohol or drugs in the system. This "Y" factor distinguishes the addict from the drug abuser.

An addict born with the DNA coding, or Y factor, is similar to the person who is born with the predisposition for cancer, diabetes, or lupus. As with cancer, when certain favorable conditions exist the diseases will activate and progress. For those with the addictive gene, once addictive chemicals are introduced into the body, the disease activates. It does not matter whether the addictive drugs are prescribed by a doctor or bought illegally.

There are exceptions to this genetic predisposition guideline. While the children of addicts will almost certainly have the addictive gene, in some instances, it may skip a generation. However, some who do not have the genetic coding for addiction, will also become addicted. Why? Drugs like crack cocaine have been designed in laboratories to intentionally cross over this genetic line, and become instantly addictive. Have you ever heard of a social crack cocaine smoker? This drug causes someone to bottom out at a much faster pace.

Drugs change the brain's receptors sites. Enough drug usage can permanently alter the brain, and its ability to absorb vital nutrients. Our receptor sites are similar to loading docks in the brain, sending and receiving messages continually. These messages are sent through chemicals which are moved about through electrical surges. Not only do drugs alter the chemical balance in the brain, they eschew the pattern of energy pulses. But the most damaging effect of drug usage is permanent change in the cell walls, upon which other cells dock, much like how a key fits into a lock. If the lock is changed then the key won't fit.

If you knew that you have the genetic coding for a disease, wouldn't you do everything in your power to keep the disease from activating before the need for a drug rehab program? If you understood that your disease was actively progressing, wouldn't you seek drug treatment? How can you help someone who does not yet realize that they need help? Family, friends, and co-workers are in a position to see the effects of drugs, long before the addicted has a clue.

According to most defense attorneys, politicians, religious leaders, Hollywood celebrities and Democrats as well as many prosecutors and judges and as well as a large part of the American public who have been brainwashed by the "politically correct arbitrators", drug addicts are victims.

As far as I am concerned, that is a bunch of hogwash. Drug addicts are most definitely criminals. Not only are they criminals, they are as bad as, and should be punished in the same manner as, drug peddlers.

I don't feel sorry for drug users and addicts. A drug user, with very few exceptions (i.e. Someone with an IQ of under sixty), knew the very first time he or she took illegal drugs that he or she was breaking the law. Therefore, the drug user, at that point, became a criminal. The drug user was not only breaking the law, he or she was also aiding and abetting the criminal that gave or sold the user the drugs. The user was providing, or would in the future provide, money or services to the peddler that would enable the peddler to stay in business and to break more laws. If there were no users, there would be no peddlers and if there were no peddlers there would be no drug lords. There would be no drug lords who could use their money to commit murder, nor cause murder to be committed. There would be no drug lords to bribe government officials, no drug lords to pay people to grow and cultivate plants to be turned into drugs. In other words if there were no drug users there would be no drug trafficking.

People have said to me, "I only smoke marijuana, and smoking marijuana should not be against the law because it is no worse than drinking alcohol. Additionally, if it is a crime it is a victimless crime." I tell

them that they are wrong. In the first place drinking alcohol is legal for people over the age of twenty one (Whether or not drinking alcohol should be legal is a subject for another article.). In the second place, money used to buy marijuana goes to criminals and is in many instances used to commit more crimes. In the third place, some people resort to crime in order to support their habit. In the fourth place, many people while smoking marijuana, become idiots, and while being forced to talk to or deal with those people may not be considered a crime... it should be.

Many people state that the laws against using certain drugs are bad laws, therefore it is okay to break those laws. Well, I have news for them, if they use those drugs, they are breaking those laws (good or bad) and they are still criminals and they still deserve to be punished. Everyone has their own ideas as to which laws are good and which laws are bad. If everyone only adhered to the laws that they approved of then we would have anarchy.

If you don't like the current drug laws, work to have them changed. In the meantime every time you use illegal drugs you are helping someone either, a criminal or a terrorist, get into a position where they can commit more crimes, including possibly taking the lives of innocent people. This means that you could, indirectly, be killing innocent people in order to have your fun.

As far as I am concerned, anyone who would put people's lives in jeopardy in order to "enjoy" the use of illegal drugs, should be sent to prison for a long time. The idea that we should be helping and rehabilitating these 'poor', 'abused' drug addicts is baloney. People that are addicted to illegal drugs started out as criminals and are still criminals. They knew that they were breaking the law and, unless they were really stupid, they knew there was a chance that they could become addicted. They might have thought that they were too smart or too strong to become addicted, but they still knew that there was, no matter how small, a chance that it could happen.

Remember, if there were no drug users there would be no drug trafficking.
Well Being: Secrets Of The Naturally Thin

Although there are many differing reasons why you want to lose weight – you may want a healthier body, look slimmer, feel better or maybe you just want to fit back into those "old clothes". However for many it is a much more serious challenge and would that we should all head! Everyday, all over the western world, people are being advised, or even warned, by a medical practitioner to cast off the excess pounds and get fit.

For some people losing weight is easy, in fact for many the experience weight gain is as alien as meeting E.T. These people never gain excess pounds at all throughout their lives. However, if you are one of those unfortunate people, of which there are many, who has fought a constant losing battle with your weight then you already know just how hard it is to follow a regulated diet plan. In the vast majority of cases dieting just doesn't work!

We can say with relative confidence that almost all of the current slimming aids and weight loss diets are very limited in their effectiveness. In fact those that do work leave no permanent mark, for once you abandon your diet plan it doesn't take long to pile on the pounds again.

When you also take into consideration the many dangers of the surgical procedures that are available and the lack of any real long term studies into the most popular and latest diets (which usually don't work over the long haul), then you can see that a safe, reliable permanent alternative is needed.

Although there are many claims of effort free weight loss the simple undeniable truth is that weight loss, like anything worth achieving in life, requires a certain degree of effort and commitment from you. Having said that, there are very reliable techniques and excellent tools to make your transition to a slimmer body, healthier lifestyle and smaller clothes much easier, enjoyable and, best of all, permanent. Probably the most powerful system was created by Paul McKenna and tested on British television. The results were remarkable. Although, you may know that, McKenna made his fortune & fame through hypnosis this weight loss system doesn't involve hypnosis at all!

Paul McKenna has researched the subject of weight loss for over thirteen years. He has analyzed the key behaviors of the naturally thin. Armed with this powerful information he created his weight-loss system and given hope to millions of people who battle with their weight. The techniques I am about to share with you are tremendously powerful and easy to follow.

The first point you should realize is that everybody has a natural weight control mechanism. It is a sort of set point you have which constantly attempts to regulate your body weight by maintaining a particular amount of fat on your body. McKenna formulated his easy weight loss system around this important premise which to date appears to have its basis in solid fact! As I have already mentioned in this article the system was tested on British television and it had a hugely beneficial affect on viewers. The weight loss system even allowed participants to eat whatever they wanted and yet, they still lost massive amounts of weight!

How was this so?

Well, under normal weight loss dietary conditions what we are trying to do is force the body to adjust to a new and often times dramatic way of eating. A "starvation" diet for example, when you finish your meal and are still hungry, is actually resisting the powerful and completely natural urges that the body has. These urges are in place to prevent energy deficit. Therefore appetite suppressants may help to reduce these drives (while you're taking them), and a forced attempt to change your eating habits may retrain the body and mind into a new eating regime but the body will still have these urges because they are inherent to its very survival and 100% natural.

Therefore a way needed to be found where we could work with these natural urges and still maintain a health, fit, attractive body. The McKenna weight loss system achieves this by teaching you how to eat like a naturally thin person eats – they DO NOT starve themselves.

Another reason for overeating has its root in stress or comes from the desire to suppress negative emotions or feelings of discomfort. Are you a classic 'comfort eater'? This is why the use of methods such as self hypnosis or subliminal messages are so effective for weight loss because it can retrain the mind to view food, fitness and eating in a healthier way. McKenna has added a unique way of dealing with these emotional eating patters through the use of EFT(emotional freedom technique) and other methods.

Research conducted prior to the creation of the weight loss system shows that if you follow your own body's natural rhythm you will be much more successful at losing weight. This means not trying to force yourself into strict (and what feels unnatural) eating habits or denying yourself the food you want and enjoy the most. By actually denying yourself certain foods you are setting up resistance within yourself and you will make it much more difficult for yourself to stay with your weight loss plan. it's the old adage "you always want what you can't have!".

The first key of the system is to immediately stop denying yourself the foods that you really enjoy. Your body is sending signals to your brain that it wants to eat certain foods so let it but always eat them in moderation. I know this sounds much easier to say than to do but McKenna has some simple yet powerful techniques to ensure your success. Basically you can eat what you want!

How?

Simple! Eat slowly and Stop eating once you're full! Many people tend to keep eating after their body has sent a clear message to their brain that it is satisfied. By learning to recognize these signs and take heed of them you will be surprised at how much weight you begin to lose.

The next simple step is to take an extra 15 minutes of exercise a day. Spread it over the day, a few minutes at a time, so it is achieved in very small steps. Get off the elevator 1 floor early and walk up the stairs. Get off the bus 5 minutes from your house and walk the extra little bit. Walk to the corner shop instead of taking the car. These are very light exercises yet they will have a profound effect as you will be burning up more calories than usual.

Naturally thin people can eat whatever they want and they do! this might lead you to the belief that these fortunate human beings have a higher metabolic rate or have been gloriously blessed by a Divine Being with holy fat burning genes but the truth is much simpler. This truth can be applied to and by everyone else!

The truth?

Naturally thin people have a completely different psychological view about food, their bodies and their amount of exercise. This is the very reason why they can eat whatever they want. By changing what food means to you at a subconscious level you can change your automatic responses to the food you eat and the exercise you need.

Naturally thin people do not have uncontrollable food cravings. McKenna teaches that any cravings you have are merely learned behavior and if they are learned then they can be unlearned. He shows how it is possible to break all cravings and also re-program your mind in just minutes.

If you follow the above simple steps you are guaranteed success in your weight loss efforts and a new healthy slim body.

FEELING

Title Content Feeling: Broken Heart

4 Steps to Help Heal a Broken Heart

Heartbreak is a pain like any other. It is an emotional pain so bottomless that it can feel like a physical blow. When you have a pain like this one, all you want is for the deep ache to go away. As much as I'd like to advise differently, there is no band aid for a broken heart. Though it sounds cliché, time is the remedy needed for you to truly heal from such a deep, wrenching pain. In time, this pain will go away. Between now and then, however, following a few basic tips might be able to make the difference in how you are feeling.

- 1.Cry: You are going to feel like rubbish for the first few weeks. Depending how emotional of a person you are, you may feel like crying for days. Go ahead. A significant change has occurred in your life; a painful change. There is no way to expect that you will feel a little sadness and be able to shut it off with a switch. It's just not that simple. Allow yourself to grieve for your loss. But not too long! Staying in the past for too long can only hurt you. See rule number 4.
- 2.Talk to Someone Close: Use the shoulder of someone who cares about you to get out your feelings. This is a way to purify your soul by letting someone in to share your pain. Let them listen, comfort you, and offer advice. You don't necessarily have to take that advice, but sharing this comfort can make you feel better. Make sure you only allow yourself to grieve and lean on someone for a time because you need to move forward.
- 3.Distract Yourself: Bring friends you care about back into your life. Maybe having the relationship was keeping you from spending time with your parents, or siblings. Maybe you hadn't talked to your best friend in weeks. Surround yourself with this support network. Getting things that need to be done around the house done is a great way to get lost in a project. Go to the gym. Organize your closet. Get out and take a walk. Distracting yourself is a great stepping stone to moving on with your life. This brings us to rule number 4.
- 4.Look toward the Future; Forget the Past: Once you have allowed yourself the indulgence of grieving for a part of your life that is now past, look forward! There is a definite need to be able to start a new chapter in the book of your life. Now that you are past the sadness and anger, it is time for hope and renewal that will help you to move on. Take time out for yourself; get to know yourself as a single individual instead of as part of a couple. Replenish your soul by becoming you again.

Following these sometimes difficult, but necessary steps, you can begin to heal the broken pieces of your heart. You can not only become whole again, you can become whatever you wish to become. This is a chance to start fresh, and once the pain starts to ease, you will see it as such an opportunity.

Feeling: Grieving Essential To Let Go

Grieving Is Essential To Letting Go

Death is inevitable. It is an eventuality that we all have to face sooner or later.

If it's not us, it could be someone close to us: a family member, a partner, a friend. In our every day life we try to avoid thinking and talking about death. That is why we do not have much of a chance to learn about grieving and how to cope with it.

People always talk about life. They either marvel about it, mouth-off a litany of complaints, or burst into a series of philosophical points to ponder. Life is beautiful...life is unfair...life is what you make it... so on and so forth.

But what about death?

Not very many people would be willing to discuss the mystery and dread that surrounds the issue of death. Most people find it too morbid to dwell on during one's personal musings about life, much less make it a topic for conversation. Perhaps, some may consider thinking and speaking about death if they are already in the grips of leaving this world or have just witnessed the passing of someone close to them.

Death is a difficult thing to grasp, understand, and accept. It is a threat and a tragedy that strikes fear even among the most stout-hearted of individuals. Yet, we all know that death is inevitable and that death will one day come to take us from this world and everything we have come to love and cherish. No matter how hard we try to shield ourselves from the reality of death, it is a thing that we cannot escape or evade. As it is often said, there are only two certain things in life: taxes and death.

We have seen death's shadow hover us, yet we still fail to understand its depths. In muffled words, we speak to mourners and try to console them — even as we, too, seek comfort in the thought that it is not we who are inside the coffin.

But how do cope with death and dying? How do we help those who grieve? And how do we help ourselves when we lose a friend, a family member, or loved one?

Death is a one-time only experience which makes us who are alive totally clueless. To know physical death, we must first die. But surely, most people have become acquainted with grief — another emotion that has close ties with death. To grieve is to be overcome by an intense feeling of loss. Aside from grieving the loss of a loved one, some people also agonize about losing a job, a prized possession, having a miscarriage, or the end of a relationship.

Still, perhaps nothing can compare with the grief that comes with the loss or death of a loved one. It is characterized by not just a single feeling but a whole succession of feelings of pain, disappointment, and regret.

While it is a really negative emotion...something that no one would willingly want to experience, grief is an emotion that must be felt by every person who lost a loved one. While the act of grieving differs

from one person to another, the emotion is an integral part of the whole journey towards acceptance of the death of someone held so dearly.

While there are no exact ways or right approaches to the process of grieving, there are some common stages that people usually pass through when someone they love passes on. The first, usual stage is called denial. As soon as the news of the death of a close relative or friend is disclosed, most people feel simply stunned. They somehow could not accept or believe the dreadful news. Even in the case of terminally ill patients, family and friends would still pass through a stage of denial even if death had already been expected for quite some time.

There are times when the sense of emotional numbness initially keeps a person from grieving but helps in getting through some of the important practical arrangements that have to be made, such as getting in touch with relatives, as well as organizing the funeral. Sometimes, these feelings and moments of “unreality” may become a problem if it goes on for too long. In order to overcome emotional numbness, some people need to see the actual body of the dead person. Often, it is only during the funeral or memorial service that the reality of what has happened really starts to sink in. Even if seeing the body or attending the funeral can be distressing, doing so can help the person release bottled up emotions and say good-bye to the departed. However, those who avoid this episode due to the pain it would cause may experience a sense of deep regret that may take years to overcome.

When the feeling of numbness disappears, it is replaced by a dreadful sense of agitation, or yearning for the dead person. With the anger and agitation over the loss of a loved one, a grieving person may find it hard to concentrate, relax, or sleep. Sleep disorder such as insomnia may develop. Even if the grieving person gets a few hours of sleep, he or she may be accompanied by disturbing dreams about the dead. Some people may even believe that they actually “see” their dead loved ones everywhere they go: in the street, the park, around the house, and in places where they had spent time together.

Guilt is another common feeling among people who are in the process of grieving. They could not get it out of their head and may even think about what they could have done differently to prevent the tragedy of death. The grieving person may need to be reminded that death is usually beyond anyone’s control. In the case of terminally ill patients, their family may have a feeling of relief once they pass on since the sick would already be free from the suffering. Still, the family may have feelings of guilt over how well they took care of their sick relative or loved one.

Suppressing emotions can aggravate the situation and could have detrimental repercussions to the physical, emotional and mental health of an individual. The truth is, buried emotions never really disappear. These emotions resurface and appear in the guise of emotional behaviors or acts that create vicious cycles or become self-fulfilling prophecies. When a person refuses to acknowledge his feelings of sadness, there is a tendency to avoid relationships that could only aggravate the depression. In the same manner, emotional eaters fall into a succession of bingeing episodes to find temporary relief from pain and grief. However, they also become angry with themselves after realizing how they have again lost control over their eating and their emotions.

After a stage of anger or agitation comes a period of quiet sadness or depression, withdrawal, and silence. Memories of the dead person linger and only leads the family or the survivor to more moments of sadness. Other people may find it difficult to understand when the grieving person suddenly bursts into tears for no obvious reason. During this stage, it may appear as though the person is spending a lot of time just sitting doing nothing. But in reality, the person is usually thinking about the loved one, going over again and again every memory — trying to relive both the good and bad times they had

together. This is a quiet but essential part of coming to terms with the death.

In due time, the intense pain of grieving, as well as the depression, will fade away. After passing through the stages of grieving, it may again be possible to think about the future. Although the sense of having lost a part of oneself never goes away entirely, the final phase of grieving is a letting go of the person who has died. Once the bereaved person begins to feel whole again, the start of a new life will come naturally.

Feeling: Lucid Dreams

How to Experience a Lucid Dream

Lucid dreaming means dreaming while you know that you are dreaming. The term was coined by Frederik van Eeden who used the word “lucid” in the sense of mental clarity. With practice nearly anyone can experience lucid dreams.

Lucidity is not the same as dream control. It is possible to be lucid and have little control over the dream. However, becoming lucid in a dream is likely to increase your ability to deliberately influence the events within the dream. With practice you may extend the amount of control that you have over dream events. Many lucid dreamers choose to do something permitted only by the extraordinary freedom of the dream state, such as flying.

Some people have objections to lucid dreams. They say that it is un-natural and could be harmful to the psyche. In my opinion this is not true at all. Perhaps if all of our dreams were lucid and controlled there may be some harm, but with our lucid dreams spread out among many “normal” dreams we have plenty of time for non-lucid dreaming.

While we are in a dream our mind accepts what we see and feel as reality. We often find ourselves in very unusual circumstances when compared to our waking life. You could be living in a different house or driving a different car. The sky could be green and the river yellow. In most cases we accept these things as being true. Why doesn't the mind “think” ‘Hey! I don't have this vehicle’ or ‘This isn't where I live!’ or even ‘Hey! I know the sky isn't supposed to be that color!’

This is what I call incongruities. Things in our dreams that are not “normal”. We must wonder, and many have, why our mind so readily accepts anything we experience within our dreams as being real. We know there are no monsters. We know the proper colors for things. We know our home and our daily life. While we are dreaming we often forget these things and we believe what we see in the dream.

Just knowing this and thinking about it can actually help you on your way to a lucid dream experience. An incongruity is one of the triggers to lucid dreaming. A trigger is that which inspires or begins lucidity.

Here is an example of this from one of my own lucid dreams:

I was driving a blue Ford Bronco down a dirt road. I think it was a late 70's model. There was a young boy in the passenger seat. I was giving him a ride because his motorcycle had run out of gas. The bike was in the back. Suddenly I realized it. I did not own a blue Bronco! In the dream I slammed on the breaks and held my hands up. “I don't own a Ford bronco!” I said, “I am dreaming!” from that point on I was lucid.

A recurring dream or nightmare can also be used as a trigger. If you have a recurring dream make a conscious effort to realize that you are dreaming the next time you are in that situation. If the dream involves a certain person or place try to think as you go to sleep, "The next time I see that house I will know that I am dreaming". Since the dream is recurring it won't be long before you see that house, person, etc. This may take several attempts. Don't be discouraged if it doesn't work the very first time.

Another technique that works for a lot of people is asking yourself "Am I dreaming?" and leaving notes for yourself. Several times a day ask yourself the question aloud. Also write the question on a note and put it on the refrigerator. Put the same message in other places where you will see them throughout the day. Many people will find them self asking that question or seeing the question written on a note while they are actually dreaming. This will trigger a lucid dream.

My first lucid dream, that is the first one I had when I was trying to achieve lucidity, was triggered by a flying dream.

Try to go to sleep in the same place and around the same time as much as possible. It is best to sleep with silence as music or other sounds can affect your dreaming. If you do choose to listen to music while you are going to sleep choose soft and soothing music, preferably without vocals. Use the same music each time. Before you go to sleep concentrate on a trigger. My first time I said, "tonight I will fly", aloud several times and I concentrated on it. The second night I had a flying dream but I did not become lucid. On the fourth night I had another flying dream and at that time I became lucid. I was then able to fly to wherever I wanted to!

The trigger or combination of triggers that you use will depend upon you. If you have a common dream theme this is a great trigger. Just concentrate on the next time that you see or experience that you will be dreaming. Think of it as often as you can while you are awake.

Lucid dreamers often comment to themselves in dreams. You may say aloud, "This is a dream! I know that I am dreaming."

Make a list of questions that you have about dreams. Read the list often and look over it several times and concentrate on it before you go to bed.

Can you read text in a dream? Can you add numbers in a dream? These were some questions I had on my list at one time. I had read in a dream book that it was not possible to read text or to calculate numbers in a dream, but I didn't believe it. I eventually found myself lucid in an office. I walked over to a calendar on the wall and I read the text describing a New England farm house. I turned to another man there and said, "You see? You can read text in a dream!" I turned back to the calendar to read again and found that the words had completely changed. That amazed me and I commented to the other man about it. Next I walked over to a desk and found a calculator. I added and subtracted numbers and came up with correct answers. Yes, you can read text and perform mathematics in a dream. I proved it to myself beyond any doubt and with more confidence than I ever could have by reading anything about dreams.

Keep a Dream Journal

Keeping a dream journal is one of the most effective tools to achieving lucid dreams. Try to write down your dreams as soon after you wake up as you can. Don't just write a narrative of what took place in

the dream. Record your thoughts and emotions felt. This will help you later on as you develop your dreaming research. Be sure to note all major elements, such as people, places, animals, etc.

Keeping a dream journal will also help you a great deal in understanding your non-lucid dreams. As you continue to write in your journal and re-read your previous entries you will begin to see parallels with your dreams and your life. Gradually you will be able to recognize what the symbols in your dreams are really saying to you.

Once lucid in a dream, people can often choose their actions and exert some deliberate control over the dream content. This ability has been utilized in the laboratory to study lucid dreaming and dream psycho-physiology. For example, proof that lucid dreams occur in REM sleep was achieved by having subjects give a prearranged distinct signal with deliberate eye movements to mark the points in time when they realized they were dreaming. The dreamers' reports of the eye movements they had made in the dreams corresponded exactly to their physical eye movements as recorded by means of electro-oculograms on a polygraph record. Reports from experiments conducted using eye movement signaling in lucid dreams can be found in the literature (Dane, 1984; Fenwick et al., 1984; Hearne, 1978; LaBerge, Nagel, Dement & Zarcone, 1981; Ogilvie, Hunt, Kushniruk, & Newman, 1983).

What Are The Benefits of Lucid Dreaming?

The scientific study of dreaming and REM sleep

A variety of psychological and recreational applications.

Lucid dreaming can be a powerful tool for overcoming nightmares

In therapy, lucid dreams appear to be promising for providing personal insight, assisting with integration, and as a safe environment for experimentation with new behaviors (LaBerge & Rheingold, 1990).

Many lay people are attracted to lucid dreaming because it offers an outlet for fantasy, an opportunity for adventure unfettered by the laws of physics or society, and free of risk. As such, lucid dreaming is for many a source of creative and inspiring recreation. Anecdotes indicate that lucid dreams are helpful for artistic creativity, problem-solving, and practicing skills for waking life (LaBerge & Rheingold, 1990).

Dreams hold the most vivid mental images attainable by most people. Lucid dreaming is probably the best method for achieving the benefits such as enhancing physical performance, learning, remembering and facilitating healing.

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Feeling: Abandonment

As an adult you may choose to relate to other adults. One of these relationships is a partnership to create and care for the young.

Ideally, each adult is self-dependent, but sometimes adults set up dependencies. If the dependency becomes too FIXED one feels (as a child) that should 'the parent' leave, they would die.

People change at different rates and in different directions. We are here to grow and to learn and that means change occurs. Gradual change that is accepted by all those involved occurs without being noticed. Sudden, or hidden, or unacceptable changes HURT.

When open communication has been absent for a long time one person may solve the problem of their own changes by leaving.

Sudden change is similar to a sudden death.

The feelings that one gets after one has been left hurt. There is the feeling of being lost and the feeling of being less than.

There could also be anger or blame. [If so go to those sections now]

The child within you feels the results of being left as death. It initially fights it and then grieves.

The adult feels that life has 'holes' left in it.

They have got used to many things that have become part of the ritual of existence such as setting 2 places on the table. Now only one is needed.

They turn to ask an opinion and there is no one there. Someone who they expect to be there has gone.

You may have been dependent on this person.

You as an adult may be suffering from holes that need filling.

[There are many other contributing factors which need to be healed but here we are doing FIRST aid.]

As a dependent child you fear you are going to die!

As an adult you can care for yourself but need to fill the holes that are left.

You may not realize it now but there are millions of other beings to relate to.

One person whom you felt dependent upon has changed position in space and time. [It may even be that they went to another dimension as in death]

They still ARE!

A communication line is broken.

What to do about the feelings.

The hurt can be intense.

Allow yourself to feel whatever feelings are there. [Use the section on unwanted emotions.]

The adult YOU realizes what the situation really is.

The adult in you can, in quiet moments or in meditation, reach to the you that is the child and talk to that child.

Ask the child to tell you what is happening and how it feels.

LISTEN, UNDERSTAND then ACKNOWLEDGE.

When the child has told it all, give comfort and reassurance that the adult that you are is here. That you will always be there for that child. Do this as often as the child needs it.

The adult 'you' feels the emptiness of the holes left in life. It is easy to just believe your pain was caused by the other's leaving but this irresponsibility prolongs the grieving.

It is easier to see that the holes are there to be filled and complete your grieving in order to set about filling the holes.

Steps:

Write down all the things that you will miss through this loss.

Write all the things you loved in the other.

Write all the things you resisted or disliked about the other.

>From your viewpoint, write down all that you feel that you did not do or say and wished you had.

Write all that you did or said that you regret.

>From the other persons viewpoint, write down all that you consider that they feel that you did not do or say

Write all that you feel that they did that they may regret.

It is your own actions and your own thoughts that can cause your hurt.

Forgive yourself if forgiveness is needed (do this as the adult). Forgiveness means to let go of the past.

Look back in time and find all the little signs that might have shown you that the change which appeared so sudden was, in fact, coming.

Find how and when you resisted changes or lack of changes in the other.

Accept all this.

Accept the change. Whatever the other is doing now it is by their own choice and it is they that can heal themselves. Death is a part of life and so are all changes within life.

Create your new life. You can find another to depend upon or you can realize that you can create more stable relationships without dependency.

Search for those in need. Empower them, using your wisdom and knowledge, in order that they may help themselves. Give them your tenderness and understanding and support without any need to have anything in return. Isn't that what you would like for yourself?

Whilst you give to others you will feel what it is that you are giving.

Feeling: Afraid to be found out

Someone may know about something you have done that you don't want found out. The worry about whether someone will find out something that you believe will discredit you in some way is very damaging to you. It is much less damaging if you know that your secret is known, or know that it isn't known.

It is important that this worrying doubt be resolved in some way, in any way, as keeping it with you causes you to subtly destroy all your relationships. It will cause you to be critical of others, and to create distance between yourself and others in an irrational, automatic attempt to hide whatever it is that you feel cannot be revealed.

The simplest way, (but perhaps not the easiest to find the courage for), is to be honest and apologize sincerely if it is something you are sorry for. Whatever unpleasantness that might arise from this revelation is now outside you, and can almost certainly be resolved relatively easily and objectively.

Failing this direct approach, you could find out for sure whether they know or not. It is the uncertainty that is most damaging, so removing that is a valuable "first aid".

Even if you are worried that should someone find out about you it would hurt the other, your concern may still be a worry about your being discredited. You are worried lest they know it was you who "did it" and caused the hurt. Handle this as above. You will need to find a little courage!

If it is not possible to do the above find someone whom you trust and tell them EVERYTHING.

It will help to use the "Critical" handling steps.

Feeling: Alienation

Some people feel very much a part of their families and the society in which they live whilst others feel completely out of place. They feel that they must have been adopted or that they must have come from somewhere else even from another planet or another universe. They may be right.

You have your own unique universe. You are here to have fun finding how other's have constructed their own universes. Each of those universe's is different from all others—unique!

At some time in your life you will find people who feel to you like your true family. They are your spiritual family. They reflect you as you wish to be.

You choose the family you come into whether the family involved is your biological family or not. You made this choice in order to experience what you are experiencing. You 'come from' your own universe.

Look at what you are experiencing.

See what there is in the experience to help you learn about your own qualities and about the uniqueness of you.

All the good things you can see in other people are reflections of your own good qualities.

However, you also see the things in others that are not right. These reflect hidden parts of your universe that you prefer not to have.

You choose to reflect what you admire in order to see your chosen qualities and you choose to reflect what you find unacceptable in order to resolve these things in your self.

Look to see if you are judging yourself as right and others as wrong.

This judgment is what makes you feel alien to other people. This judgment is also what makes them feel alien to you.

Steps:

1. List all the judgments that you are making of a person you feel alien to.

Take the first judgment.2. Find times when you have been or done whatever it is that you are judging the other person for being or doing.

3. Take full responsibility for what you caused at each of those times, and feel the feelings that you may have caused.

Now,4. Let those feelings go—just let them go—the same way you would let a piece of paper you were holding on to go. This will allow you to forgive yourself.

5. Decide to change.

6. Repeat this for each judgment on your list—and you will feel closer to that person.

When all alienation caused through judgment is released you will find it easier to decide exactly who you are.

Feeling: Blame

If you receive information about yourself which you do not want you tend to make it unconscious to get rid of it. When it is activated in any way at another time it can appear to belong to someone else. You see the something that you do not want but it appears outside your self. It appears in another person. This is what causes you to blame others. Blame is saying “I do not want this to be!”

If someone is blaming you, realize that no matter what you have done or not done the blame is coming from the hidden consciousness of the person who is doing the blaming.

Steps:

If you are blaming others,

1. Write down all the things you are blaming them for.
2. Realize that the other person is reflecting your hidden consciousness to you just as a mirror reflects your physical image.

What you are blaming them for is the part of you that you do not want. You have attempted to get rid of it by hiding it. This is why you are seeing it in others. If this were not so, you would not be finding anything in the other to blame them for.

This realization will give you an understanding of why you blame and why other people blame you.

The hidden judgments can be removed.

A belief changing process to do so will be found at the end of this book. You can use it on yourself or have another do it for you.

Feeling: Bruises, bumps, burns

Take conscious control of the situation or help the other take conscious control of the situation if it is their injury that you are helping with. Do this first

1. Put the body in exactly the same position as it was when it was hurt—e.g. if you bumped your leg on a piece of furniture, put the spot on your leg that was hurt back in touch with the spot on the furniture, but gently this time! (Turn off and cool down any stove, radiator, power tool etc. that was instrumental in causing the injury).
2. Take it away.
3. Repeat 1. and 2. many times (the pain may get a little worse before getting much less)

The reduction of pain from this procedure is due to the following facts. We tend to withdraw our attention from an area of pain, which leaves the pain “stored away”, prolonging it and causing future

problems.

Additional relief

1. Touch with the finger, various spots around the wounded area, allowing each “touch” to be felt. (If you are doing this for someone else get them to close their eyes and to let you know when they feel your finger each time.)
2. Treat each side of the body. So if the left leg is injured, touch a spot on the right leg (and make sure it has been felt), and then touch the same spot on the left leg. Right leg, left leg, right leg, left leg, on so on, each time a different spot around the injury.
3. Gradually get closer to the injured area until you are touching it. If the skin is broken, or stitches are required, get the medical work done, or cover with a dressing as appropriate before touching the wound itself.
4. Continue touching around the area, to and from the area, until there is a marked improvement for the person.

Special note on BURNS

What causes burns?

You can get burned by heat, fire, radiation, sunlight, electricity, chemicals or hot or boiling water. There are 3 degrees of burns:

First-degree burns are red and painful. They swell a little. They turn white when you press on the skin. The skin over the burn may peel off after 1 or 2 days.

Second-degree burns are thicker burns, are very painful and typically produce blisters on the skin. The skin is very red or splotchy, and may be very swollen.

Third-degree burns cause damage to all layers of the skin. The burned skin looks white or charred. These burns may cause little or no pain because the nerves and tissue in the skin are damaged.

How long does it take for burns to heal?

First-degree burns usually heal in 3 to 6 days.

Second-degree burns usually heal in 2 to 3 weeks.

Third-degree burns usually take a very long time to heal.

How are burns treated?

The treatment depends on what kind of burn you have.

See a doctor if:

A first- or second-degree burn covers an area larger than 2 to 3 inches in diameter.

The burn is on your face, over a major joint (such as the knee or shoulder), on the hands, feet or

genitals.

The burn is a third-degree burn, which requires immediate medical attention.

First-degree burn

Soak the burn in cool water for at least 5 minutes. The cool water helps reduce swelling by pulling heat away from the burned skin.

Treat the burn with a skin care product that protects and heals skin, such as aloe vera cream or an antibiotic ointment. You can wrap a dry gauze bandage loosely around the burn. This will protect the area and keep the air off of it.

Take an over-the-counter pain reliever, such as acetaminophen (one brand name: Tylenol), ibuprofen (some brand names: Advil, Motrin) or naproxen (brand name: Aleve), to help with the pain. Ibuprofen and naproxen will also help with swelling.

Second-degree burn

Soak the burn in cool water for 15 minutes. If the burned area is small, put cool, clean, wet cloths on the burn for a few minutes every day. Then put on an antibiotic cream, or other creams or ointments prescribed by your doctor. Cover the burn with a dry nonstick dressing (for example, Telfa) held in place with gauze or tape. Check with your doctor's office to make sure you are up-to-date on tetanus shots.

Change the dressing every day. First, wash your hands with soap and water. Then gently wash the burn and put antibiotic ointment on it. If the burn area is small, a dressing may not be needed during the day. Check the burn every day for signs of infection, such as increased pain, redness, swelling or pus. If you see any of these signs, see your doctor right away. To prevent infection, avoid breaking any blisters that form.

Burned skin itches as it heals. Keep your fingernails cut short and don't scratch the burned skin. The burned area will be sensitive to sunlight for up to one year, so you should apply sunscreen to the area when you're outside.

Third-degree burn

For third-degree burns, go to the hospital right away. Don't take off any clothing that is stuck to the burn. Don't soak the burn in water or apply any ointment. If possible, raise the burned area above the level of the heart. You can cover the burn with a cool, wet sterile bandage or clean cloth until you receive medical assistance.

Is there anything I shouldn't do when treating a burn?

Do not put butter or oil on burns. Do not put ice or ice water directly on second- or third-degree burns. If blisters form over the burn, do not break them. These things can cause more damage to the skin.

What do I need to know about electrical and chemical burns?

A person who has an electrical burn (for example, from a power line) should go to the hospital right

away. Electrical burns often cause serious injury to organs inside the body. This injury may not show on the skin.

A chemical burn should be flushed with large amounts of cool water. Take off any clothing or jewelry that has the chemical on it. Don't put anything on the burned area, such as antibiotic ointment. This might start a chemical reaction that could make the burn worse. You can wrap the burn with dry, sterile gauze or a clean cloth. If you don't know what to do, call 911 or your local poison control center, or see your doctor right away.

MY OWN EXPERIENCE

Day-0

Recently I laid on my tummy on bed and fell asleep. Two hours later I woke up. That was not so bad, as I had a good rest. But then I realized that the sunlamp over me was still on at full power. It was a combined UVA, UVB and IR device total 900 watts, and my entire rear from heel to shoulder got cooked.

That day my back was all red and was glowing like a lake of lava. When I pressed my fingertip onto that skin, it turned all white. Like milk. But it did not hurt at all.

Day-1

Next day the pain started to kick in. Oh my goodness, that was so bad that I could not lay on my back, I could not sit on my butt, and best of all, the muscles of the leg at the back started to cramps. My legs got all stiff and I could hardly walk. The only positions I could do was standing straight and kneeling straight. And lying on my tummy, thanks whatever. Sleeping in peace was no option.

Of course I took lots of showers, to cool down the skin and keep it wet. I did not take any medication, just a lot of water intake.

First I applied some mental processes, such as moving the body to the exact "crime" location and then move it away, repeating this many times as to smoothen out any attention. Then I did some touch assists according to some Scientology Dianetics principles as to smoothen out any bad feeling about it.

Day-2

On the physical medical side, the doctor recommended not to put any cream or lotion onto the skin. It got sprayed only once with a homeopathic 70% alcohol based substance to disinfect, and that be it.

My body weight increased by 8 pounds, most likely by the fluid I took. My upper legs got swollen like porc legs. Yak!

As a diet I ate a lot of fried eggs, to make sure my body gets the proteins needed to restore the skin. I could have taken body building anabolics, to double speed the cure, but I did not.

Day-6

A few days passed and finally the skin started to peel off, like a snake does every now and then, and the

skin started to be very sore, dry and stiff. I had to vacuum clean the floor twice a day because of the skin particles.

Day-9

Now the itching became unbearable. That was the moment to ignore the doctor's advice and go for the cheap Nivea Creme, that white paste in the famous round blue tin. I personally hate that cream because it feels like silicon paste, but it does heal hurt skin such as under the armpits when there is red rash. And so I bought a few tins in the supermarket. I smeared thick layers of Nivea Creme all over the place, like butter on a sandwich.

Oohhh what a lovely relief! Within hours the itching almost disappeared, the skin became soft and smooth, and touching the skin did no longer hurt, such as when putting on the pants.

Day-11

At the moment of this writing I am now in the final phase of skin rehab. It itches a little and the stiffness has completely gone. And I lost 6 pounds of weight, and my upper legs were no longer porky's. Another 2 pounds to go.

I know that only one day more would be sufficient to complete the healing. I stopped drinking a lot of water and left it to my body reserves to manage that one. So for me, the twelve days cure as outlined above is a success.

Feeling: Conflicts

A conflicts occurs when more than one person is determined to be the only one who is right AND is determined to believe that the other or others is or are wrong. Right and wrong can be different for each and every individual.

In relation to some activities it has been found that the desired result can be obtained more easily, more quickly or otherwise more effectively by doing and or thinking in a particular way. Some call these particular ways "right" when actually, the "right" way is usually the most effective way. For example it is considered right to look both ways before crossing the street. It is just that it is usually safer to do so.

When we agree for a long period of time that particular ways are "right" we sometimes forget that they are only methods which work that we have agreed upon.

All other ways can also be right.

Conflict is usually produced when someone asserts that there is only one way that is right.

Conflict can be resolved by1. Agreeing to accept that there is a difference in viewpoint of what is right.

Or it can resolved by2. One or more people willingly changing their opinion and agreeing to accept another's rightness as their own.

It cannot ever be resolved by force, effort to force, or unwilling change of viewpoint or opinion.

Feeling: Critical to

This section is to use if you find yourself being critical. By “critical,” I do not mean assessing something in order to choose, I mean find things wrong with another person or other persons.

If you find yourself being critical then the first thing to realize is, that whether or not the things you find wrong with the other person are there, or did actually happen, or not, the sense of wrongness comes from you. You are judging.

When you think the critical thought or say the critical message to another you are defending yourself.

You are defending yourself because you have done something that the other might consider is wrong and you are not sure whether or not that person has found out.

It can be an unpleasant feeling of righteous anger or the impulse to beat someone to a pulp or the impulse to make the other person less by finding fault with them.

Making them less seems to make what you did feel less important and so less wrong.

Steps: To help reduce this feeling and the effects on you of these actions sit down with paper and pencil and

1. Write all the things that you have DONE to that person that they might consider are wrong.
2. Write all that you have done to that person that you feel you must hide.
3. Write all that you have done that you or anyone else could consider is wrong. EVERYTHING!

DON'T WORRY ABOUT WHAT IT IS. WRITE IT DOWN. NO ONE IS WATCHING

Now ask yourself. When, and What did someone say or do (or didn't say or do) that made you wonder whether or not they knew what you had done? Relax and be willing to know and the answer will come to you. Write it down.

5. Did anyone else say or do anything that made you wonder whether or not they knew?
6. Find all those people that you feel may have nearly found out. Find out what was said or done that made you wonder if they knew or not. Write it all down.

When you have done this and still feel a little unhappy about the person realize that a similar thing may have happened before so stay with the idea of having done things you would rather hide and that are not definitely found out and find an earlier similar time.

Handle this time in the same way as the first.

Keep finding earlier times and handling them until you feel much better and have no desire to be critical of the person or persons in question.

Realize that the very same reactions are at work when someone else is being critical of you!
Feeling: Death (sudden)

Sudden death of a person leaves an unexpected hole in the lives of others. Aspects of life that are planned and expected that involve the other appear broken. Behaviours, once normal and routine, now seem out of place. (I still put the scraps down for the dog sometimes and it is years since she died) Communication begins and you realize they are not there to receive it.

They are no longer physically here but sometimes you can become aware of them and some people feel they are still in communication with the person who has gone from the physical realm.

They are in another level of experience and it is perhaps very peaceful and beautiful. You are still here with an absence of things that regularly took place.

Feel the absence. It is there. But also decide that you are going to create other things in your life.

Soon you will begin to do so and the hole will be gone and only the pleasant memories remain.

FEAR OF A COMING EXPERIENCE

An example of such a fearful experience would be an operation.

Sit quietly, and

1. Look at your life situation right now as if it were a movie.
2. Stop the movie at the present moment.

Ask yourself

3. What am I afraid might happen? Play a movie, having what you fear actually happen. See it in as much detail as you can. Feel it as much as you can. Play it until whatever you fear is completed.
4. Leave the movie, and go back to the point, where you stopped it the movie of your life.

Now

5. Play another movie in which something worse happens.
6. Play a third movie in which something even worse than that happens.

And

7. Play a fourth in which the worst possible things that could ever happen occur.
8. Play the movie that contained your fear, again.

Now 9. Play a movie about a future that you wouldn't mind occurring.

Then

10. Play one with something that you'd very much like to have happen.

These movies are the possible futures which you could have.

11. Choose a future from the movies that you have created. If you think about another future you'd rather have while you are following this process, just play it through like the above movies before making your choice.

12. Go back to where you stopped the movie of your life,

and

13. Start it again, joining it to the future movie you have chosen.

14. Step back from your imagination into reality.

If there is still fear, it is from a different cause. Locate this one, and handle it in the same way.

Feeling: Depression

There is a form of depression that you will need professional help with. If you have it you will not be looking in this website to help yourself.

The most common causes of depression are long-term, suppressed anger or suppressed hurt. Although these are the cause of eighty percent of depression, the anger or hurt will long ago have been lost to the sight of the sufferer.

Anger is a basic and natural human emotion, which can be healthily expressed through a simple process. If expressed inappropriately, it can obviously have harmful effects on relationships. If suppressed, it can seriously affect the body and it depress you.

When you feel depressed,

1. Find the earliest time that you can remember feeling that way.

2. Feel the depression as though you were there at that time, at the age you were then.

3. Ask who it is that you are angry with, (or by what or whom you were hurt.) The answer may be yourself.

If it is anger,

4. Feel the anger. Feel it more. Feel it as intensely as you can, and let it flow.

5. Flow it into containers, turn it into white sparkling light and pour it into you.

6. Allow yourself to fully feel any hurt that arises. Really let it be there, let it build up and up until it is all there with you, intensely.

7. Flow it into containers, and treat as for anger above.

If you cannot find anger or hurt, ask yourself whether there was an earlier time that you felt that same depression. Don't try to remember a time. Ask if it is there, and then wait patiently to see if it comes to you. It will if you just let it. Then proceed as above.

Some depressions can reach a stage where professional assistance such as Dianetics is required.

Feeling: Disappointment

That which we imagine, desire and expect without reservation usually occurs. In relationships, however, it very often happens that one person expects the other to be in a certain way, or to do certain things. Consciously or otherwise, they expect this in order for the other to make them happy. Such an apparently desirable and selfless utterance as "I love you" can often be understood to carry the meaning "therefore I am giving you the responsibility of being and doing what keeps me happy."

This can cause disappointments and suppressed or repressed anger.

The other person has their own desires, and imagines and expects these to occur to suit them. This may produce a quite different result from that expected by the first person. It mostly does!

That is why we communicate.

We communicate to find the differences in others that make life richer and more interesting. We communicate to share our unique differences respecting and cherishing them as they are. We communicate to find out whether we are wanting sufficiently similar realities to include each other in a shared life.

You can expect that 'someone' be part of a future that you imagine, desire and expect, but you may be disappointed if you choose a person and then expect that particular person to be and do what you imagine and want them to be and do.

To desire someone to come into your life and then get to know and accept them as they are is much more exciting.

So if you find that some person in your life is not meeting your expectations maybe it is the expectations that need to be changed.

When you say "I love you" love that person just as they are. Just as they are being, doing and having.

Feeling: Dying (death)

Consciousness exists, whether it is focused through a physical body or not. Death is a cessation of physical experience. This may occur after a long, or a short life.

The transition from life to death, as we normally describe those states, can be just as exciting and pleasurable as any other planned change through our conscious existence. There can be more pain and suffering in birth and in life than there is in death.

The expectations of a being (person) determine what that being experiences at death, as in life! If a certain being expects to go to heaven after dying, that is what they will experience. If a being expects to be reborn, they will experience that reality.

Persons also are influenced by the emotions and expectations of others. Subconscious expectations which oppose what they prefer, or doubts about what they prefer can make the transition through death very difficult. Someone not wanting them to go, or grieving about the loss may also make it difficult.

It is most valuable and helpful to a being who is dying to allow them to go when they want to go, and to encourage them in their expectations and desires for the life beyond transition. Above all, they should be assured that they will not be causing difficulties for others by going, so that they don't feel that it is wrong to go. Love and reassurance make the passage easier.

Because death is the cessation of physical feeling, the withdrawal of the consciousness which is focused through a body, it is not difficult for a caring person nearby to feel when that withdrawal occurs.

Feeling: Suppressed feelings

Feelings which are suppressed, sometimes these are hard to identify—you think you feel. Sometimes not feeling is sensed as an awareness of lack or of hollowness. There are a lot of suppressed feelings around!

To begin to contact these, start from your earliest childhood memories.

1. Write down a list of the feelings you remember that you have had.
2. Write the feelings that you think you might have had if you had allowed yourself to express them.
3. Be aware of times when you felt proud to have controlled your feelings by not feeling them.
4. What did you do to suppress each feeling? How would it have felt if you hadn't suppressed it?
5. Feel the feeling or imagine you can feel it.

(If you would rather not do this in writing, you could tell all this to a trusted, empathic friend. Maybe you could both do it for each other.)

6. Locate current feelings which you don't want to express and write down without any critical thought or attention to grammar, punctuation or spelling, exactly how you see it to be and how you think about not expressing them.

7. Name all those feelings.

8. With each feeling that you know or suspect is being suppressed ask the following questions replacing the feeling used as an example with one you have named.

Q. How does it feel to be(angry)?A.(Stupid.)

Q. How does it feel to be(stupid)?A.(More angry.)

Q. How does it feel to be(more angry)?A.(Hurt.)

Q. How does it feel to be(hurt)?A. (Lonely).

. . . . and so on. Keep asking “How does it feel” until you are actually feeling how it feels.

If there is difficulty ask “If this was another person, how would I imagine they would feel?”

When you find you are feeling an emotion—Consciously create it and feel it more.

Enjoy the experience of feeling.

Feeling: Grief

Be willing to experience the grief. Do not fight it. Really feel the grief. This natural human emotion will evolve into another emotion when it is allowed to flow.

The flow will be inhibited if you feed the grief. This is often done by feeling self-pity, and not recognizing that it is a different feeling.

(If you find you are feeling sorry for yourself, decide whether you actually want to do that. If so, set yourself a time limit for self-pity e.g. 20 minutes, and when that time is up, choose to feel otherwise.)Steps

Once you have the grief flowing

1. Feel it consciously as intensely as you can.
2. Put it into imaginary containers
3. Turn it all into bright sparkling light and pour it into your self.

Feeling: Headache

Headaches have a variety of causes. Some of them are physical, as when you damage your neck or back alignment, or when your posture ensures that nerves are constantly being pinched. There will even be a some relief for these headaches from the following.

Steps:

1. Locate where you consider the pain is.
2. Feel it.
3. Describe how it feels.
4. Describe the actual size of the pain in, or on, the head.
5. Locate the center of the pain.
6. Move the center at least 1 cm in the direction that you feel will be easiest.
7. Move it in another direction.

8. Continue doing this until you feel you can move it, little by little, to the edge of, and then away from your head.

Another Method.

Steps:

1. Locate the pain as above
2. Perceive its color. You may see, sense, feel, or just know it. Some people can perceive its tone, as a sound, more easily. If you prefer, identify it that way.
3. Make it lighter in color. (or higher in pitch).
4. Locate exactly where it is again, and make it even lighter.
5. Do this until it is white. When it becomes white, the headache goes.

If you are perceiving it as sound, 5a. Continue until the pitch has risen beyond audibility—then some more—until it is not sound, at all. The headache goes.

Some Variations

A.

1. Hold your hand on the surface (or above the surface—you choose) of the head, near the pain. Imagine your hand as the source of bright white light.
2. Imagine the white light being poured into your head by your higher self.

B

Imagine a beam of bright, white light coming in to the top of your head from an infinite source, and flood your head with it.

C

Decide to feel that pain as intensely as you can. Create it as intensely as you can. Feel it as intensely as you can. When you cease to resist the pain it can go.

Feeling: Hurried

Hurried

Steps:

1. Stop. Stop everything you are doing. Stop thinking.
2. Ask yourself “What am I going to do, at the end of my lifetime, with the minutes or hours that I save by hurrying?”

3. Write what it is that you are saving all this time for. Don't just read this and think the answer. Sit down and answer it fully.

Now4. Decide and write down which things YOU feel are really important for YOU to do—during the next few minutes—during today—during tomorrow—the next day—next week—at the end of life when you stop hurrying—right now.

The only time at which YOU actually experience your life is right NOW.

If you want to feel happy it must be right NOW. If you want to look at happy memories you must look at them right NOW. If you want a happy future you are creating it right NOW by what you are being right NOW. (You can be a hurrier or a time saver if you choose to be that.)

When you are hurried you are concerned with the amount of “doing” you are doing, and you want to do it all right now. In twenty years from now, what will you have achieved by trying to do it all at once apart from feeling stressed and anxious about time?

Wouldn't you rather choose your feelings and experiences?

Wouldn't you rather HAVE time?

You are the only one who can create YOUR time.

Feeling: Hurt another

Hurt another

Steps:

1. Are you sorry? If so, allow yourself to feel the sorrow. Do not justify or excuse, just feel the sorrow.

2. Are you ashamed? Realize that the shame is a result of treatment you have received, but under it is real sorrow. Feel it.

3. Are you blaming someone? Realize that what you are blaming another for is something that is hidden within you.

You may indeed be genuinely sorry, with no clutter of the above feelings. If so:4. Allow yourself to feel it. The name for this emotion of feeling genuinely sorry is “remorse”. It is a worthy emotion to feel.

After you have let yourself experience the remorse, if it is possible:

5. Talk to the person you have hurt, do that honestly, without trying to make yourself either right or wrong. Tell them what you have done, all of it, and that you are sorry.

If it is not possible,

5a. Talk to another person that you trust. Honestly say what you did, and that you are sorry. Accept that you are forgiven. Forgive yourself.

Feeling: Hurt emotionally

Firstly, feel the pain. Write it out as fully as you can. Find what you expected to happen that didn't, and/or what you didn't expect to happen that did!

The feeling of hurt comes from a perceived separation from love. It comes from expecting something which you felt was a need or a want, and it was not given. It comes from expecting another to be, or to feel, or to do in a certain way toward you, and having them be different from your expectations. It feels like a break in trust. It feels like a fracturing of self esteem and self love. At root, it is a break or interruption in your agreement about how things are, a break in communication, or a break in the closeness that you felt with someone.

It is the suddenness or the unexpectedness that actually produces the hurt. Realizing fully what the break was, that it was a fracturing of agreement, of communication or of closeness with someone can miraculously restore your clarity about your actual condition.

Steps

Ask:

1. Was it a break of agreement?
2. Was it a break of communication?
3. Was it a break of closeness or feeling of love with someone?
4. Was it a break in understanding?
5. Which ever you decide that it is reaffirm that that is what it was.

Ask yourself whether there was an earlier time that you experienced a similar hurt. If you find one, feel the pain of the experience, write it down, and identify it as above. The resulting clarity is greatest when you have found the earliest example of a particular kind of break.

Feeling: Jealousy

Jealousy hurts. Jealousy is the belief that there is not enough to go around and that you are the one who is going to miss out. It's seeds are planted in early childhood. It develops and grows in atmospheres of competition and scarcity.

Feel what you are really feeling when you are jealous and you will feel the feeling of competing for something that you consider is scarce.

Sometimes it is the real or imagined scarcity of love or attention that you are competing for.

Sometimes it is felt as the effort to fight others for what is wanted. Sometimes one gives up and sulks. This proves once again to you that there is not enough for you to have.

Actually the basis of all jealousies is love.

In many cases when one is jealous of another this other has things that one wants. That which one wants most is love.

Realize that in reality there is an abundance of things and that you are equally worthy of them and that all that stops you is the belief that you can't have them.

You feel unloved.

In some cases you are jealous of someone's love and see that they are the only person with all the beauty and wonder and goodness etc. and that you desire them.

You may not believe what I am saying at first but everything that you admire in that other is yours already. It is part of you. It has become hidden from you and because you do not see it in yourself you see it in the other. This includes the love which you want.

Do you really love yourself enough to be able to love that other?

Feeling: Loneliness

Loneliness

Give freely to another or others of your time and in any other way that you can.

Write a letter.

Give a smile.

Give understanding.

Give a flower.

Give with the thought of creating pleasure without a thought of getting in return.

Feeling: Loss (sudden)

Feels as though everything is gone? Feels like an enormous emptiness?

1. Tell a friend, or write down:

–everything you feel.

–all that is now lost to you.

–what you no longer have.

–the future that you no longer have because of this loss.

2. Feel the emotions that come to you. Let them flow, i.e. do not stop them or judge them or analyze them, etc.

3. Write about all the similar losses you know about, whether they be yours or someone else's.

4. Feel the feelings that are there.

Now,

5. Write about what will happen to you because of your loss:

–What will happen today?

–Tomorrow?

–Further into the future?

6. Feel what it all feels like.

How do you wish to feel in the future?

7. Write that down.

8. Feel it.

9. How could you create the future containing those feelings?

10. Take the first step.

You may need follow-up counseling, but this will help you over the worst of it.

Feeling: Love (too much)

Love too much? One way street? Sometimes people have beliefs about themselves, that cause them to miss out on self-love. A healthy amount of self-love is essential for the flow of love, both towards us, and out from us.

If you feel a welling-up of love, and you believe there's no-one who could receive it,

1. Imagine yourself in a circle of flowing energy.

2. You flow love out and around the circle and simultaneously feel the flow of love coming in to you.

Do this at least twice a day.

Feeling: Not good enough

This can be a devastating feeling that prevents you from doing anything in life. There are causes, which need professional help to resolve.

As a first aid,

Ask yourself, 1. Who has set the standard of what is good, that I am measuring myself against? Using pen and paper, answer this question as fully as you can, from all past and present experience.

Realize that good and bad are as you see good and bad.

2. Are you trying to mold yourself according to someone else's standard of acceptability?

3. When was the earliest time you did that?

We will handle the feeling, for the feeling is yours, the judgment may not be.

Steps:

1. Create all the feelings that go with not good enough.

2. Create them as intensely as you can.

3. Put all the feelings that you can find that go with "not good enough" into a container labeled with the words "not good enough."

4. Change them into bright, sparkling white light. This light now represents "being as good as you choose." Pour this light into you, and feel the difference!

Feeling: Problem

You are, or someone else is, in the middle of such a big problem that nothing else seems to exist. It is so big that it is all that they can see—and they see it, of course, from the inside.

Ask

1. What is the problem (or situation, or condition)? so that you have a name for it—for example, "the problem with my boyfriend."

Now ask 2. What problem (situation or condition) would be worse than e.g. "the problem with my boyfriend."

They may say that nothing could be worse. Ask them to 3. Imagine anything at all that could be worse.

4. Get an answer.

5. Acknowledge and accept the answer.

Ask again 6. What problem (situation or condition) would be worse than (the original one).

7. Repeat this question, getting different answers. Do this until the original very large problem is now much smaller.

Now, it can be handled.

If you feel smaller than a pebble, it becomes a mountain. It is much easier to handle a pebble than a mountain.

Additional Step.

You could ask for solutions to be created for each of the problems that are worse than the one being experienced.

Problem with no solution

You have tried and cannot find a solution to the problem.

Steps

1. Imagine that everything in the world has stopped.
2. Imagine that you are floating above it all, and see the whole situation as though it were a Television soap opera.
3. Visualize all that is making things difficult for you—seeing yourself as a character in the drama.
4. Create as many more difficulties for the “you” character as you can. Let them be unsolved, and the character being completely overwhelmed.

Now,

5. Go back to the point where you stopped everything. Create the difficulties again, and let them belong to some other character—not “you.”
6. Invent solutions for these difficulties, telling the suffering character what he or she should do. See them following your instructions, and observe the difficulties being overcome.
7. Become the “you” character once more, and realize that you have just been a solver of difficulties.
8. Come back to earth from your viewing place, bringing with you the ability to change things and to solve problems and to resolve difficulties.

Feeling: Psychic attack

It appears that you are being sabotaged and that your experiences are being created by a malevolent source. This can be true. The way to handle it is not:

1. To resist it or get angry about it.
2. To fight it or to defend self.
3. To hide from it or escape it.

These actions encourage it to affect you.

Step aside and allow the energy from that other to go past you. Allow it to be their energy. If you do nothing at all but realize that there is some energy there, to accept or reject, it will not affect you.

If it does still affect you there is something else that is happening here.

It means that you already have within you some of what you are receiving from the other. This allows it to reach you. You attract it!

These things within you could be beliefs which allow it to be as it is [such as those of deserving it] or more often, YOU have caused another to experience what you are now experiencing.

Steps:

1. Feel the feelings that you are receiving.
2. Ask yourself - "When have I caused another to feel exactly as I now feel?-
3. Feel the feelings that you caused.
4. Get as many other times as you can when you caused others to feel those feelings.
5. Feel the feelings that you caused. Feel them as intensely as you can.
6. Know you are responsible for causing them. [owning them is the only way to control them]
7. Let them go! Another way of saying this is forgive yourself.
8. As you do the above, know that you will change, i.e., you won't create those feelings for others any more.

This should remove that which allows you to receive the Psychic attack. If not you have missed something so do it all again as thoroughly as you can.

Feeling: Regretted actions

1. Look at what you have done. Really acknowledge it to yourself. Do not make excuses or justifications—these only make you feel worse.
2. How do you judge yourself for behaving in this way? How do you regard or judge anyone else who has done the same thing?
3. Forgive all others that you have judged. When you have done that, you will be able to forgive yourself.
4. Decide to change.

Feeling: Revenge

Revenge is an attempt to show how displeased or angry you are because of something that another has done. You consider that they have harmed you. You do not know how to express your anger nor how to 'make right' the hurt you feel.

If you consider that you will feel better once the other person shares your anger and hurt and therefore plan to cause them to share it by doing something that angers and hurts them you are then creating two

lots of anger and hurt.

You will each have two lots of it then. Because ALL of the anger and hurt that you give and receive is stored in your conscious and/or subconscious memory. It may also be stored by the other person in their memory.

Do you really enjoy anger and hurt so much as to create it and to store it in your reality? If you did you would welcome that which you have received. As you say you don't welcome it then do not create more. You will be affected by what you create.

You can handle anger by doing the following:

- 1 – Go back to the most recent moment where your anger got caused
 - 2 – Recall and re-experience what was happening
 - 3 – Repeat that until you feel better
 - 4 – Go back to a similar moment further back in the past
 - 5 – Recall and re-experience what was happening
 - 6 – Repeat that until you feel better
 - 7 – Do 4 through 6 a couple of times
 - 8 – Until the anger has gone
- Feeling: Self pity

If you are lost in self-pity,

Ask yourself

1. Whose attention do I want?

Then ask,

2. When?

Ask

3. Who am I trying to punish?

Then ask,

4. When?

Just let answers come. It may surprise you.

Now, ask yourself

5. Do I enjoy giving attention to someone else who is feeling sorry for themselves.

If your answer is "No,"

6. Decide what kind of person you do prefer to be with, and give your attention to.

If you are trying to punish someone,

7. Look and see whether they are really being punished by your self-pity. Who is it that is feeling bad?

When these things have been resolved,

8. Find out who you were angry with before you felt sorry for yourself.

9. Transform the feeling of self-pity into the anger that you did not acknowledge, and feel it.

If you don't want this anger,

10. Release it as "UNWANTED EMOTION."

Feeling: Shame

When you have not been allowed to feel real sorrow, or have not allowed yourself to feel real sorrow, the resulting effect of an emotion is shame.

Shame and guilt are not normal human emotions. Shame has no source within you ## it is something that has been dumped on you. Do not confuse shame with the powerful energy of remorse.

The only first aid is to realize that shame is something that has been caused by another, or others. It can be ended by not trying to hide the cause.

Feeling: Sick (of a loved one)

If the sickness of another causes you worry and fear you can become weak and ineffective. No-one is helped in this way.

What people create is what exists. If you are happy and I am happy we have two lots of happiness. That seems OK. If I am unhappy and you become unhappy then we have two lots of unhappiness. That does not seem so good. It will not create happiness for anyone.

If someone is sick, and you put your attention on the sickness, there are two lots of sickness. So the first thing to do is take your attention off how sick they are, and put all your attention on future health.

If there is something constructive you can do, then do it.

Sympathy is sharing sadness. It makes more sadness.

Understanding what is happening for the other and quietly being supportive with calm thoughts gives strength and aids healing.

1. Focus on the person and imagine you are flowing white light into their body. Imagine it flowing especially into areas that need healing.

If you can be with the person, 2. Put your hand on them gently, and flow the white light through your hand to them.

Do not feel any feeling that you do not wish to create for them whilst doing this. Positive thoughts of peace and joy and love can help them to heal.

Feeling: State of the world (TV)

There is some danger, sitting in front of the TELEVISION for any length of time. You get mainly the unpleasant aspects of life presented as “news”, as certain current affairs programs, in police shows, and the like. As you sit watching this unpleasant material, you may have sympathy, anger and other emotions stimulated. You may also blame people for some of what you see.

This can make you very unhappy, frustrated, angry and feel you are powerless.

Realize that although you are big enough, powerful enough to control your TV set, you do not have the power to make the whole world right for those suffering on your TV.

Now, realize that you are part of it all. You are a part of the ALL, and you are connected to every part that comes to your attention. Because you are connected, you can help.

You can change all that is wrong with the world as it appears to you in your consciousness.

It is the aggregate of the (greed, for example) of all of us that creates all the greed that is in the world. So as we reduce our own conscious and subconscious level of greed, that is not just one less greedy person, it is less greed in the entire world. (The power and importance of this simple principle is amazing.)

1. Write down everything you can find that is wrong with the world, and the beliefs that might have caused each wrong thing.

2. Preface each belief with “I.”

3. Write the positive belief alongside.

-## I am greedy +++ I am generous-## I am cruel +++I am kind-## I am the only one who is right +++ etc.

4. Realize that you are programmed with both these opposites, and that your negative side has been hidden.

This will already produce some relief.

You can clear these negative beliefs completely if you wish. Firstly relax and go deep within.

Close your eyes when allowing the subconscious to present you with its material.

5. Go to the earliest time you formed the belief..... (I am cruel). With the thought of being there your subconscious IS there you do not have to DO anything

6. Create the feelings that go with that belief. Create them intensely. Create them as intensely as you can, and bring them to a peak of intensity. When you get them to a peak, they will flow.

7. Put them into a container, and see the words e.g. (I am cruel) going into the container.
8. When all the feelings and the words of the belief are in the container, put the lid on, and put it out of your universe.
9. Create the positive belief for yourself, and create the feelings that go with that belief. As you do so, see yourself writing that belief.
10. Repeat the process for each negative belief you have found.

When you have replaced each with its positive equivalent, conclude the exercise with “the 33 second technique”.

The 33 Second Technique.

1. Feel the good feelings, and visualize yourself with the positive beliefs creating your new reality and the improved world situation.
2. Desire this. Expect it. Imagine it.
3. Desire, expect, and imagine it more.
3. Build desire, expectation and imagination to a peak. (This will take thirty three seconds)
4. Let the picture go!

Feeling: Depression

While the term depression has been commonly used that people tend not to take it seriously anymore, it is a very serious condition that could impair one's life. Depression is very difficult. It can debilitate one's normal functions, making even the most mundane tasks such as getting up from bed or eating breakfast seemingly difficult. It is sad to think that a lot of depressed individuals are not treated because of the high costs of therapy. However, coping with depression is still possible without professional help if one knows depression management. Here are a few things that can help people deal with depression, it is important to note however, that professional therapy is still very invaluable with serious depression. These steps are just suggestions for alleviating the condition.

Staying active is one way to take one's mind off depression. Primarily, activities help distract people from whatever it is that is causing their depression and it also helps channel unspent energies that build up when one is depressed. Keeping active also releases endorphins – natural mood boosters that somehow cheer people up.

It is also important to take a rest. Being depressed can be very exhausting, so it is essential to regain strength and energy if one is to deal with depression. Relaxation techniques can help one be more attuned to the self and be more at peace. When resting, stressors should be kept away from the bedroom so that ample rest can be obtained.

Depressed people should also express their emotions. Depression usually results from suppressed emotions. People who are grieving can be prone to depression if they keep their emotion to themselves. A lot of people avoid crying because they think it might be a sign of weakness. However, it is important

to cry because it releases one's emotions. When expressing feelings, it is important to avoid catharsis – venting up one's anger by doing something violent like boxing, smashing things, and the like. Catharsis does not release one's emotion, especially anger. Rather, it makes a person practice violence as an expression of emotion, and thus can be very dangerous.

Hang around with friends and loved ones. Depressed individuals need support very much. Other people can distract one from stressors. People can also remind a depressed individual that there can be more to life, and it is worth living even if it is simply because of the company of wonderful people.

Lastly, it is important to believe in oneself. A lot of people get depressed because they put themselves down. It is important to satisfy oneself and gain a sense of self-worth. It is good to do something that would make one happy. Prioritizing one's self can help one to believe that one's own life is important and can be enjoyed. Being kind to oneself is one of the most important steps to get away from a depressive state.

Depression management is possible and entails taking charge of one's self. When dealing with depression however, it is important not to rush. Sadness does not disappear overnight; it takes time to get back on one's feet. Little by little, one can get out of depression and have a normal life once more.

Feeling: Fears and Phobias

How To Know Fears and Phobias

A person's fear can hinder his chances for development and for success. Fear in itself can be debilitating and can limit a person's ability to go through life in a healthy way. Sometimes, a person's fear can rule a person's life and he becomes bereft of reason.

A person who allows his fear to rule his life can be prevented from leading a normal life. The sad fact is that the person who has the fear is not the only one affected, but also his family, friends, and the people around him.

Fear can be healthy because it allows a person to be on his toes and to be watchful of what is happening around him. A person can actually make his fears work for him instead of against him. Then again, this requires a lot of self-control and positive thinking.

A person's fear can be caused by an event that happened some time ago, or by a belief that he is not capable of dealing with something or someone. There are fears that have a real basis, but most fears are just the creations of one's imagination.

Phobia is also a fear of something, but such fear can be considered irrational. A phobia can be ridiculous and exaggerated such as a person's fear of cats or of water. Some people who have developed phobias are aware that the fear is not based on rational thinking; but unfortunately, they are not able to get hold of their emotions and rise above their irrational fear.

Some people are quick to equate phobia with insanity; but it is not fair to conclude that just because a person is phobic, it means that there must be something wrong with his sanity. A person's phobia can sometimes be embarrassing, especially when he is not able to control such fear. There are people who actually shiver and hide when confronted with their phobias.

Phobias can be simple like the simple fear of being in an enclosed area, or complex like the fear of

riding an airplane. A social fear can be manifested in the fear of public speaking or of being surrounded by a crowd. Most phobias are characterized by panic attacks such as when the person is confronted by his phobia and he is forced to come face-to-face with it.

It is normal to be afraid because fear is rational. However, a fear that becomes irrational and is already without basis, is already called a phobia. It is no longer normal and can disrupt a person's lifestyle.

A person who wants to get rid of his phobia should not turn to doctors who dig deeper just to discover the root cause of the phobia. Such an activity can be a waste of time because finding the underlying cause of the phobia will not get rid of it. What is more important is to be determined and strong-willed so that the person's fears will no longer rule his emotions. If a person can learn how to handle his emotions, then he can get rid of his phobia.

Feeling: Intuition

How To Develop Your Intuition

Have you had that experience when all of a sudden you just had this huge hunch that something is about to happen, and to your surprise, that intuition was eventually translated to reality?

When you feel strongly about something without logical basis to it, that's called intuition. It comes in three impressions: clairvoyance or "the third eye", sensing clearly and feeling through listening.

Clairvoyance is when your eye goes beyond what it can see. This is when you know what is happening somewhere.

Sensing clearly is basically what we refer to as "hunch" or "gut feel." This is the time when you are overwhelmed with a feeling and you can't explain it and all you can say is "I just know."

On the other hand, feeling through listening or clairauidence is being able to "listen" between the lines. Intuition also happens at times when a certain sound, whatever it is – be it a car's honk or a bird's twitting – ushers in an intense feeling.

They say only a number of people are gifted with intuition. Astrologers even insist that people born under the Scorpio or Pisces signs are naturally intuitive it almost borders on E.S.P. But studies have been sprouting left and right that proclaim that anyone can develop intuition.

Why the need to develop intuition, you ask? Why not let your emotional and psychological state as it is? First and foremost, intuition promotes good communication. It makes you more sensitive to the people around you; it often keeps you from hurting those you love because you are intuitive enough to understand them. Intuition also makes you far more creative than ever. Intuition means releasing more creative juices for any means of expression. Lastly, intuition has a healing power. This healing power is not in the physical sense, but in delving deep into your soul to eradicate some negative energy buried in it.

With that being said, are you ready to develop your intuition? Here are some ways to unlock this gift:

1. Hypnosis

Oh yes, get yourself hypnotized. Hypnosis is not limited to watching a pendulum move back and forth.

Perform self-hypnosis or you can avail of hypnotic programs that can strengthen your intuition.

2. Meditation

Meditating means finding peace in yourself. If your mind and heart are cluttered with too many baggage and hurt, you wouldn't be able to quiet down that part of you that could eventually initiate intuition. There are so many ways to meditate: take a yoga class, or just simply practice some breathing that could bring you straight to Zen.

3. Think positive!

A worry-free, fear-free state could do so much to improve your intuitive ability. By staying positive, you attract good energy that would be able to easily recognize imminent feelings and events.

4. Just let go.

What does this mean? If you are on the brink of making a huge decision, let go of all the inhibitions and head to a quiet place where you could find out where the letting go has brought you. Sometimes you just have to listen to the voice within you, and that voice wouldn't come out unless you let go.

5. Never expect.

After letting go of the inhibitions and all those things that stop you from thinking and feeling clearly, never expect for an answer right away. Never expect that the "hunch" would fall on your lap immediately. Give it a little time then you'd just get surprised that — wham! — now you have your answer.

6. Believe in your first impressions.

When you see someone for the first time and think that he is a bit too arrogant for your taste, chances are that impression actually holds true. Most of the time, first impressions are brought by intuition.

7. Stay happy!

See? All you need to be intuitive is to stay happy! Happiness attracts immense power and such power includes intuition. In tapping your intuition, your motivation must be happiness and contentment. Given that premise, intuition will fall to you easily.

Intuition is helpful, because sometimes it leads you to something that cannot be achieved otherwise. A lot of lives have been saved by intuition alone. Decisions are easier done if armed by this gift. Develop intuition now and reap benefits you have never imagined.

Feeling: Stress

How To Manage Stress

We all have this favorite expression when it comes to being stressed out, and I wouldn't bother naming all of them since it may also vary in different languages. But when it comes down to it, I think that it is how we work or even relax, for that matter that triggers stress. Ever been stressed even when you're well relaxed and bored? I know I have.

Since stress is unavoidable in life, it is important to find ways to decrease and prevent stressful incidents and decrease negative reactions to stress. Here are some of the things that can be done by just remembering it, since life is basically a routine to follow like brushing your teeth or eating breakfast. You can do a few of them in a longer span of time, but as they say— every minute counts.

Managing time

Time management skills can allow you more time with your family and friends and possibly increase your performance and productivity. This will help reduce your stress.

To improve your time management:

- Save time by focusing and concentrating, delegating, and scheduling time for yourself.
- Keep a record of how you spend your time, including work, family, and leisure time.
- Prioritize your time by rating tasks by importance and urgency. Redirect your time to those activities that are important and meaningful to you.
- Manage your commitments by not over- or undercommitting. Don't commit to what is not important to you.
- Deal with procrastination by using a day planner, breaking large projects into smaller ones, and setting short-term deadlines.
- Examine your beliefs to reduce conflict between what you believe and what your life is like.

Build healthy coping strategies

It is important that you identify your coping strategies. One way to do this is by recording the stressful event, your reaction, and how you cope in a stress journal. With this information, you can work to change unhealthy coping strategies into healthy ones—those that help you focus on the positive and what you can change or control in your life.

Lifestyle

Some behaviors and lifestyle choices affect your stress level. They may not cause stress directly, but they can interfere with the ways your body seeks relief from stress. Try to:

- Balance personal, work, and family needs and obligations.
- Have a sense of purpose in life.
- Get enough sleep, since your body recovers from the stresses of the day while you are sleeping.
- Eat a balanced diet for a nutritional defense against stress.
- Get moderate exercise throughout the week.
- Limit your consumption of alcohol.
- Don't smoke.

Social support

Social support is a major factor in how we experience stress. Social support is the positive support you receive from family, friends, and the community. It is the knowledge that you are cared for, loved, esteemed, and valued. More and more research indicates a strong relationship between social support and better mental and physical health.

Changing thinking

When an event triggers negative thoughts, you may experience fear, insecurity, anxiety, depression, rage, guilt, and a sense of worthlessness or powerlessness. These emotions trigger the body's stress, just as an actual threat does. Dealing with your negative thoughts and how you see things can help reduce stress.

- Thought-stopping helps you stop a negative thought to help eliminate stress.
- Disproving irrational thoughts helps you to avoid exaggerating the negative thought, anticipating the worst, and interpreting an event incorrectly.
- Problem solving helps you identify all aspects of a stressful event and find ways to deal with it.
- Changing your communication style helps you communicate in a way that makes your views known without making others feel put down, hostile, or intimidated. This reduces the stress that comes from poor communication. Use the assertiveness ladder to improve your communication style.

Even writers like me can get stressed even though we're just using our hands to do the talking, but having to sit for 7 or 8 hours is already stressful enough and have our own way to relieve stress. Whether you're the mail guy, the CEO, or probably the average working parent, stress is one unwanted visitor you would love to boot out of your homes, especially your life.

P A R T – 2

“Have One Week, Will Relax” Your 7 days program to Stress management

They say there's more than one way to skin a cat. The same goes when you start tearing your hair out with all the frustration, grief, anxiety, and yes, stress. It's a state of mental conditioning that is like taking that bitter pill down your throat, causing you to lose your sense of self, and worse your sanity. Just thinking about it can drive anyone off the edge.

And they say that the proactive ones are already living off the edge.

As one stressed-out person to another, I know how it feels, and believe me there are many variants when it comes to stress. Coping with life, and carrying the problems that may or may not belong to you can scratch away the little joy and happiness that you can carry once you head out that door. You can't blame them for being like that; they have their own reasons, so much like we have our reasons to allow stress to weigh us down. They say that stress is all in the mind, well, what's bugging you anyway?

There are several ways to manage stress, and eventually remove it out of your life one of these days. So I'll try to divide it into a seven-day course for you and I promise it's not going to be too taxing on the body, as well as on the mind.

1. Acknowledge stress is good

Make stress your friend! Based on the body's natural “fight or flight” response, that burst of energy will enhance your performance at the right moment. I've yet to see a top sportsman totally relaxed before a big competition. Use stress wisely to push yourself that little bit harder when it counts most.

2. Avoid stress sneezers

Stressed people sneeze stress germs indiscriminately and before you know it, you are infected too!

Protect yourself by recognizing stress in others and limiting your contact with them. Or if you've got the inclination, play stress doctor and teach them how to better manage themselves.

3. Learn from the best

When people around are losing their head, who keeps calm? What are they doing differently? What is their attitude? What language do they use? Are they trained and experienced?

Figure it out from afar or sit them down for a chat. Learn from the best stress managers and copy what they do.

4. Practice socially acceptable heavy breathing

This is something I've learned from a gym instructor: You can trick your body into relaxing by using heavy breathing. Breathe in slowly for a count of 7 then breathe out for a count of 11. Repeat the 7-11 breathing until your heart rate slows down, your sweaty palms dry off and things start to feel more normal.

5. Give stressy thoughts the red light

It is possible to tangle yourself up in a stress knot all by yourself. "If this happens, then that might happen and then we're all up the creek!" Most of these things never happen, so why waste all that energy worrying needlessly?

Give stress thought-trains the red light and stop them in their tracks. Okay so it might go wrong – how likely is that, and what can you do to prevent it?

6. Know your trigger points and hot spots

Presentations, interviews, meetings, giving difficult feedback, tight deadlines.... My heart rate is cranking up just writing these down!

Make your own list of stress trigger points or hot spots. Be specific. Is it only presentations to a certain audience that get you worked up? Does one project cause more stress than another? Did you drink too much coffee?

Knowing what causes you stress is powerful information, as you can take action to make it less stressful. Do you need to learn some new skills? Do you need extra resources? Do you need to switch to decaf?

7. Burn the candle at one end

Lack of sleep, poor diet and no exercise wreaks havoc on our body and mind. Kind of obvious, but worth mentioning as it's often ignored as a stress management technique. Listen to your mother and don't burn the candle at both ends!

So having stress can be a total drag, but that should not hinder us to find the inner peace of mind that we have wanted for a long time. In any case, one could always go to the Bahamas and bask under the summer sun.

Feeling: Decisions

How To Make Or Take Decisions

Life is like a road. There are long and short roads; smooth and rocky roads; crooked and straight paths. In our life many roads would come our way as we journey through life. There are roads that lead to a

life of single blessedness, marriage, and religious vocation. There are also roads that lead to fame and fortune on one hand, or isolation and poverty on the other. There are roads to happiness as there are roads to sadness, roads towards victory and jubilation, and roads leading to defeat and disappointment.

Just like any road, there are corners, detours, and crossroads in life. Perhaps the most perplexing road that you would encounter is a crossroad. With four roads to choose from and with limited knowledge on where they would go, which road will you take? What is the guarantee that we would choose the right one along the way? Would you take any road, or just stay where you are: in front of a crossroad?

There are no guarantees.

You do not really know where a road will lead you until you take it. There are no guarantees. This is one of the most important things you need to realize about life. Nobody said that choosing to do the right thing all the time would always lead you to happiness. Loving someone with all your heart does not guarantee that it would be returned. Gaining fame and fortune does not guarantee happiness. Accepting a good word from an influential superior to cut your trip short up the career ladder is not always bad, especially if you are highly qualified and competent. There are too many possible outcomes, which you really cannot control. The only thing you have power over is the decisions that you will make, and how you would act and react to different situations.

Wrong decisions are always at hindsight.

Had you known that you were making a wrong decision, would you have gone along with it? Perhaps not, why would you choose a certain path when you know it would get you lost? Why make a certain decision if you knew from the very beginning that it is not the right one. It is only after you have made a decision and reflected on it that you realize its soundness. If the consequences or outcomes are good for you, then you have decided correctly. Otherwise, your decision was wrong.

Take the risk: decide.

Since life offers no guarantee and you would never know that your decision would be wrong until you have made it, then you might as well take the risk and decide. It is definitely better than keeping yourself in limbo. Although it is true that one wrong turn could get you lost, it could also be that such a turn could be an opportunity for an adventure, moreover open more roads. It is all a matter of perspective. You have the choice between being a lost traveller or an accidental tourist of life. But take caution that you do not make decisions haphazardly. Taking risks is not about being careless and stupid. Here are some pointers that could help you choose the best option in the face of life's crossroads:

- Get as many information as you can about your situation.

You cannot find the confidence to decide when you know so little about what you are faced with. Just like any news reporter, ask the 5 W's: what, who, when, where, and why. What is the situation? Who are the people involved? When did this happen? Where is this leading? Why are you in this situation? These are just some of the possible questions to ask to know more about your situation. This is important. Oftentimes, the reason for indecision is the lack of information about a situation.

- Identify and create options.

What options do the situation give you? Sometimes the options are few, but sometimes they are

numerous. But what do you do when you think that the situation offers no options? This is the time that you create your own. Make your creative mind work. From the most simplistic to the most complicated, entertain all ideas. Do not shoot anything down when an idea comes to your head. Sometimes the most outrageous idea could prove to be the right one in the end. You can ask a friend to help you identify options and even make more options if you encounter some difficulty, but make sure that you make the decision yourself in the end.

- Weigh the pros and cons of every option.

Assess each option by looking at the advantages and disadvantages it offers you. In this way, you get more insights about the consequences of such an option.

- Trust yourself and make that decision.

Now that you have assessed your options, it is now time to trust yourself. Remember that there are no guarantees and wrong decisions are always at hindsight. So choose... decide... believe that you are choosing the best option at this point in time.

Now that you have made a decision, be ready to face its consequences: good and bad. It may take you to a place of promise or to a land of problems. But the important thing is that you have chosen to live your life instead of remaining a bystander or a passive audience to your own life. Whether it is the right decision or not, only time can tell. But do not regret it whatever the outcome. Instead, learn from it and remember that you always have the chance to make better decisions in the future.

Feeling: Lovely elbow fight

On the street there are no rules. You have to fight mean. Use at least your elbows when you are grabbed.

The downward elbow can be smashed into the face, throat or sternum when you lever your attacker slightly backwards by grabbing the back of an attacker's hair, then driving an elbow into the sternum followed by an inner or outer leg reap is a great combination.

The downward elbow can also be used to great effect on the arms, If grabbed by the lapels. You can smash the point of the elbow right into the top of the biceps, splitting the muscle to paralyze the arm and instantly neutralizing the grip.

Your elbow can also strike furiously the triceps muscle on the back of the arm where it inserts into the elbow joint, again to paralyze the arm or to dislocate the elbow joint. It's a great technique to disarm against a weapon too.

The horizontal power elbow is next up. It can whip in to strike the temples, the jaw or the neck from the front, also the sternum or the solar plexus. If you change the angle slightly, it can cut in a downward arc across the temple to the chin or the other way from the jaw hinge to the nose.

These hard cold hot blows, again from close quarter grabbing attacks, are extremely effective and difficult to stop. They batter their way through very nicely.

The upward rising elbow at close range can be an unexpected and powerful shot – the target area is the end of the chin. It can cause your attacker chipped teeth, a bitten tongue or neck whiplash or even an

instant knockout. It can also be used as a strike to the sternum bone for a set-up to a throw or lock.

A surprise move with this blow is either when you are on the floor or in a deep crouch.

You bring the blow up in the same rising fashion to slam between your opponent's legs up into the testicles for a lovely finishing move.

The downward elbow can smash into the back of the skull and the cervical vertebrae of the neck or between the shoulder blades into the thoracic vertebrae of the spine, emptying the lungs of air and paralyzing the attacker, usually after a firm testicle shot to set him up.

Enjoy elbowing! Better to elbow than to bowel (nice word for shit).

Feeling: Crying

Don't try to stop.

1. Increase the intensity of the feeling that seems to be with you in your grief. Intensify it to the maximum.

2. Fill containers with it. See how many containers you can fill with it!

As you proceed,

3. Check what other feelings might be present with the grief: unexpressed anger, perhaps, or self pity or sympathy. These may relate to yourself, or to another.

4. Intensify these feelings, and fill more containers. You won't run out of containers! There are as many imaginary containers as you need. Use your will to make sure you do intensify each set of feelings, and to make sure you put them all in the containers.

When you have completed this, 5. Have your higher self, or Someone more than you, transform it all into sparkling white light, and slowly pour that sparkling white light into you.

If you find that you are crying because of something you consider sad about someone else, fill them with white light until they are positively glowing, and do the same for yourself.

This remedy will work unless you leave some of the unwanted feelings not intensified, and not put into the containers. It will work best if you are not still experiencing self-pity, or are not trying to show others how they have wronged you.

Feeling: Disoriented

Hold a tree or rock. Feel its texture. Look at its colors. Listen to its sound. Smell it. Let go of it.

Repeat all the above. Feel the tree with different parts of your body. Imagine you are the tree, and feel your solidity. Feel your roots going into the earth and your branches reaching to the sky. Feel the sap running in your cells, the wind in your leaves and the birds in your branches.

Feel your own body, and imagine the tree feeling you.

Hold the tree or rock.
Feeling: Forgiving

Most people forgive most others. Many people who can forgive others cannot forgive themselves. What is forgiveness?

It is accepting that something has happened that you would have preferred did not happen or it is accepting that something did not happen that you would have chosen to happen.

The time in which these happenings should have happened or should not have happened is past. That time no longer exists.

Have you ever changed the past by continuing to want it to be different? Has anyone? Has anyone changed the present or the future by wanting to change the past?

When you say that you find it hard to forgive you maybe saying that you did not approve and you are therefore going to make your feeling of disapproval continue in present time.

It is only the feeling that you can keep in present time.

Maybe you want to punish someone or maybe you want revenge. This is causing more unpleasant feelings for you to feel. You can have them exist in the present and even into the future. It is a matter of choice.

Steps

1. Hold a piece of paper in two fingers.
2. Now decide to let go. Did you?
3. Hold a feeling.
4. Feel that feeling as much as you can.
5. Decide to let it go. Now let it go. Did you?

If there is any of that feeling left keep repeating 3, 4 & 5 until you let it all go.

Forgiveness is letting the past be the past and creating the present which you prefer, now. What you create in the present creates your future.

If you now can forgive others but are still beating up on yourself have a look at the idea of being fair. Would the person you admire most forgive one person and not the other?

Your universe is being created by aspects of yourself . Accept yourself. When you can truly accept yourself there will not be the need to forgive.

Feeling: Guilt

Guilt is anger that you feel you have no right to have. Guilt is of no benefit to anyone.

Steps:

Find the guilt.

1. Write down, in detail, the experience about which you feel the guilt. Don't try to write in any particular way. Write it as it is, as it was, and how you feel about it. Be honest.

As best you can, be the person you were at the time you felt the guilt.2. Find the anger under the guilt.

Ask,3. "Who am I angry with?"

4. Feel the anger; really feel it.

5. Create all the anger that you did not feel at the time. Feel it. You may, at first, feel anger as grief or frustration or annoyance or any other feeling. If you do feel any other feeling feel it and keep feeling it, consciously, until you can feel the anger beneath it.

6. Feel the anger

7. Say all the things that go with those feelings especially those things that you did not say at the time. Say it aloud if you can.

8. Imagine any other person who was involved answering you just as you would wish them to do so.

9. Forgive everyone involved.

You may find so much anger that you will need to handle it as in "unwanted emotion".

Feeling: What Causes Depression

What Causes Depression?

Usually in our adolescence, we are exposed to many sudden and inexplicable mood swings as a result of our body undergoing various hormonal changes that prepare us for adulthood.

Aside from increased social pressures, the onset of menstruation, for example, introduces adolescent girls to premenstrual tension (or premenstrual syndrome) and the menstrual cramps, the former being a mixture of physical and psychological symptoms, including temporary weight gain, fluid retention, depression, fits of temper and the like.

Of these, depression is perhaps one of the most commonly identified conditions that both males and females attest to, particularly at the onset of puberty.

Depression is a term we colloquially use to pertain to any particular period of prolonged sadness and lethargy. Colloquial use would even allow us to call depression any 'low' point in between periods of 'high' or happiness. A popular one-liner, which many of us are familiar with, even goes as far as saying that depression is in fact simply anger without enthusiasm.

However, the real essence of depression is the fact that you can't simply 'snap out of it', and that it has

the capacity to disrupt your daily activities. It is characterized by prolonged sadness, anxiety, unusual mood shifts accompanied by a degree of irrational thought, pessimism, and is responsible for changes in the way we eat, sleep, or interact with other people that in effect incapacitates us from participating in productive activities.

Depression is deemed a disorder that requires treatment and attention first because it may be a cause for withdrawal from society as it gives a semblance of suffering, pessimism, and low self-esteem. Secondly, depression may cause changes in physical behavior (like eating or sleeping) that may disrupt regular daily activities or may be mortally dangerous for whoever suffers from it. It may also, in effect, harm interactions with other people, particularly those within the atomic community (like family and friends).

Lastly, the accompanying decrease in rational thought causes some people to eventually result to thoughts of harming oneself or even suicide.

Should you find yourself potentially exhibiting that degree of depression, it is best that you seek immediate help from a professional. The reason is because the many forms of depression, each varying in degree of abnormality it lends, are currently treatable. It will also allow you to accurately determine whether you may simply be suffering from a common or minor depression, which is a mild but similarly prolonged form of depression, or a severe or major depression.

What is severe or major depression then? Severe or major depression, which medical experts also call clinical depression, unipolar depression, or major depressive disorder, is a sort of depression that necessitates medical treatment.

This is because severe depression is thought to be a result of a chemical imbalance in the brain. This particular brand of depression is recognized as possibly hereditary by many psychiatrists and specialists.

Doctors detect severe depression by particular behavioral patterns that emerge. The first is that of a constant feeling of sadness or anxiety. This may be accompanied by feelings of inadequacy and low self-esteem. Another is when you feel lethargic, tired, or without energy despite the fact that you did not engage in any physical activity of any form alongside a feeling of restlessness. You may also feel a decreased capacity to concentrate and make decisions.

The more 'telling' signs that accompany the previous symptoms, which may be attributed to seasonal hormonal imbalances, strenuous physical activities, or physical sickness for non-depressive individuals, have a more or less social implication to them.

If you are suffering from severe depression, you may have a feeling of being uninterested in usual activities or hobbies and you may eventually withdraw from them. Changes in your appetite may also emerge, leading to drastic weight loss.

Another change is in sleeping habits, which may imply difficulty in sleeping, waking up too early, or sleeping too much. With these physically notable changes and the previous general symptoms is a prevalent feeling of inadequateness, hopelessness and guilt. Altogether, these may lead to thoughts of suicide or obsession over death and dying.

The fact that depression can happen to anyone including you, should be enough impetus to better

understand depression. Understanding that people around you (and there are many of them) suffer from depression will both allow you to better interact with them, or, should you be suffering from it as well, allow you to benefit from support groups or other people who can better help you deal with the disorder and stop you from succumbing to it.

Feeling: Domestic Violence And Depression

Domestic Violence And Depression

More and more people are reporting incidents of domestic violence to the police. If you are a victim of domestic violence you will be aware of just how frightening it can be. The question that many people ask is what are the causes of this violence, is the person just a lunatic or are there other reasons behind it.

According to the latest reports alcohol has a large part to play in leading to cases of domestic violence. In the example of a husband hitting his wife when he is drunk, this is typically what can happen. For the sake of making this article easier to read, I shall call the husband John and his wife Linda.

John is a really nice guy when sober. Linda is very much in love with him and hopes that they will grow old together. John is a great father to their two children, is helpful around the house and is a great cook. The problem occurs after he has had rather too much to drink. John now becomes a whole different person, he starts to accuse his wife of having an affair, becomes abusive and very argumentative. Linda realizing he is drunk attempts to walk away to leave John to his bad mood, this only adds however to his anger and he starts to become violent.

The next morning John can not believe what he has done and is full of regret and remorse. He can not say sorry enough and begs for Linda's forgiveness. He promises that it will never happen again and states that he will give up the alcohol if that would make his wife happy.

Linda is not sure what to do, she would love to forgive and forget but feels that it is very likely that it only happen again in the future if she does.

In many cases people like Linda will forgive their partner or husband a number of times before eventually losing patience with them.

My advice for John would be to stop drinking alcohol straight away. This seems to be the cause of all of these problems, therefore you need to find something else to have an interest in.

Another cause of domestic violence is known to be depression. Some people who are normally very relaxed can become very angry and abusive when in a deep state of depression. They can take their problems and frustrations out on their partner much like in the example above.

A few days or weeks later when the person in question is feeling a lot happier, they will not believe what they have done.

Whether it is because of depression or alcohol, one solution to this domestic violence problem could be to attend some form of anger management program, that is for people like John.

Feeling: Eliminate Panic Attacks

Anyone who has ever had a panic attack knows how life stopping these events can feel. A panic attack

can seriously hurt your quality of life by causing you become terrified of a repeat episode. This terror is just another negative side effect of panic attacks, and you should learn to think of it as such so that you can get on with your life without the constant fear of a panic attack hanging over your head. Worrying about having a panic attack all the time might even cause you to trigger panic attacks later.

Panic attacks feel a lot like heart attacks. A panic attack might cause your heart to race, and it might cause you to become short of breath. You might find that you feel dizzy or light headed, and they are characterized with the feeling of life or death importance. It is not uncommon to believe that you are dying or about to die when you are having a panic attack. Fortunately for sufferers, they are usually not of a long duration, and will stop when they have run their course, usually a few minutes, or when the cause of the panic is removed.

If you are terrified that you might have another panic attack, you may just end up cutting yourself off from everything in order to avoid having another. You might hide from the world, or otherwise separate yourself from the friends and family who might otherwise be able to help you. If this sounds familiar to you, then you need to consider seeking professional help to empower you to dispel the threat of panic attacks that hangs over your head.

You may also be able to help yourself by avoiding the situations that cause you to have your panic attacks in the first place. One of the biggest causes of panic attacks is stress, and if you are constantly in stressful situation, then you will be at a much higher risk for panic attacks in the future. This stress is not necessarily the stress that comes over a few days over a particular event; panic attacks are triggered by constant stress over a period of months or sometimes even longer. This stress is often too much for people to bear, and even if we do not realize that, our bodies do, and they rebel.

Panic attacks can also be caused by certain situations. If you get a panic attack every time you are running late, or stuck in traffic, or going over a bridge, then you need to make sure to avoid those situations to prevent these same events from triggering more panic attacks in the future. You can take a different route to work, leave early, and avoid roads that you know will be snarled with traffic or even head to a local place for dinner after work before facing the drive home.

If you practice avoiding panic attacks and chart where you were, what you were doing, and how you felt immediately prior to each panic attack, then you can use this information to avoid the things that trigger you. You may be able to save yourself a lot of trouble with your mental and even your physical health later down the road.

Panic attacks do not just feel remarkably like heart attacks; recent studies have linked experiencing panic attacks with an increased likelihood of actually having a heart attack later. Keep your odds low and keep your stress levels down to avoid panic attacks and to remain as healthy as possible. No one likes to suffer, and panic attacks certainly fall into the category of suffering.

If you are at risk for panic attacks or you have had them in the past, then you should examine the past causes of your panic attacks so that you can help yourself to avoid similar situations in the future. You should also get in contact with your doctor to find out if you may need medication or therapy to help you take charge of your life and get away from the panic attacks. It can be difficult to determine exactly the best means of preventing panic attacks, but you may get better results when pairing the practice of avoiding triggers with medication to help you feel calmer. A therapist can also help you learn mental tricks to help you ride through the panic attacks without completely losing your cool the next time you feel one coming on.

Feeling: Social Anxiety

Ways To Deal With Social Anxiety

Social Anxiety Disorder is a mental disorder that attacks one out of every eight Americans. Those who have the disorder can become physically sick in social situations. This disorder can devastate more than your self esteem, it can destroy your marriage, finances and many other aspects of your life. The disorder is characterized by fear of social situations.

There is help for people suffering with this disorder. If you seek treatment, you will be able to obtain medications, counseling and support group information to help cope with this psychiatric disorder. After seeking treatment, there are things that you can do to help alleviate stressful social situations and ways to begin to reacquaint yourself with friends and family members.

1) Read everything you can on the disorder. Visit your local library and check out books on the subject. Then, check out books with topics on building self-esteem, positive thinking, public speaking, anything that you think will empower you to gain more confidence. You can not just “snap your fingers” and have this disorder just disappear. You need to read everything you can on the subject and subjects that will help you re-build your own self-worth.

2) Start and maintain a daily, weekly, and monthly journal. In the daily journal write down where you are right now in your life. Write about any and all social situations. How did you feel in those social situations? How do you think other people reacted to you and how did you react to them? Did you feel sick today when you were in the social situation?

At the end of the week, summarize your set-backs and itemize your progress. At the end of the month, write two pages in your journal. The first page should summarize any difficult situations and how you overcame the situation, or how you dealt with it. The second page should summarize the social events and social situations where you felt comfortable and why you felt comfortable. How did you feel overall? While this may seem to be a waste of time, the journals will help you face and overcome your fears.

3) Set social goals for yourself and follow through on them. If you are extremely uneasy at the mall, then go to the mall and walk in. Then walk out, immediately. If your social anxiety seems to attack you when you are in the middle of a crowded building, walk to the center of the crowd, and immediately turn and walk away. Take small practical steps at the start and then move on to the more challenging issues you may have.

Feeling: Adolescent Depression

Warning Signs Of Adolescent Depression

We are all concerned about the health of our children from the moment that they emerge into the world, but an overlooked aspect of their health could turn out to be one of the biggest factors. A child's mental health, and, later in life, an adolescent's mental health, have huge effects on the way that our children and teens live. Problems like depression can affect the quality of life for your adolescent, and can even affect their physical health.

If you think that your adolescent may be depressed, look for the signs described in this article. If they exhibit several of the signs, consult with your pediatrician to see if they think that your teenager might

be suffering from depression. Adolescent depression can cause symptoms such as:

Irregular sleep – Sometimes teenagers are just on a different sleep schedule than their parents. It is perfectly normal for a teen to stay up late at night and to want to sleep in well into the next day. This is not an attitude problem, but a rewiring of their brains that drives them to these “abnormal” hours. They will return to “normal” as time goes on. What is not normal is a teen that sleeps all the time, going to bed early, sleeping late, and retiring for naps. It is also not normal for an adolescent to suffer from insomnia. While these could be symptoms of other problems, they can also be signs of depression.

Lack of energy – Despite all that extra sleep, does your adolescent still seem fatigued or tired much of the time? Low energy and lots of sleep could be signs of a problem with the thyroid, it could be something else entirely, or it could be an example of a symptom of depression.

Loss of interest – It might be hard to tell if your child has become disinterested in things that used to interest them if they are not open with you, but it pays to pay close attention. If your adolescent is no longer interested in things like keeping in contact with their friends or in playing the latest video games, whatever he or she used to be excited about, then it could be cause for concern.

Change of appetite – Is your always-hungry teen suddenly disinterested in food? Is your teenager suddenly and uncharacteristically eating all the time (particularly “comfort foods” or sweets)? These could both be signs of depression, and should be watched carefully. They could also indicate problems like an eating disorder, and so should be taken seriously no matter what the circumstances.

Irritability – While it can be hard to tell if your teen is irritable in general or just snappy with you as an authority figure, it is good to note that excessive irritability may be a sign of depression.

A bleak outlook – If your child is suddenly talking in the negative or talking about suicide, chalking it up to “mood swings” can be a mistake that can have deadly consequences. This may be one of the most overlooked of the depression signs in adolescents because many parents feel that it is normal to be pessimistic in the teenage years. This is also often paired with self-loathing, which may manifest in a variety of ways including verbally (“I’m such a loser” or “No one likes me, anyway”), self-abuse like cutting, or talk of suicide.

You should never treat these symptoms in your adolescents as a bid for attention. While one or two of the symptoms may be symptomatic of other problems or just of being a teenager, they could also be symptoms of depression. If you see any number of these symptoms in your adolescent, it is imperative that you get into contact with their pediatrician as soon as possible.

While you may be able to talk to your teen about the depression, it really depends on your relationship with your adolescent and how you think that they will respond to your line of questioning. You should never accuse if you see warning signs of depression in your adolescent, but should talk gently with them to find out if they are willing to share their problems.

Depression in adolescents is a serious problem, but with close attention on your part and the intervention of a pediatrician with the right therapies or medications, you can effectively eliminate the immediate dangers of this terrible disease. Diagnosis and intervention can be the tools that help you save your adolescent from the dangers and pitfalls of this illness, and your awareness is what will get them there.

Feeling: Fight Back Against Depression

How To Fight Back Against Depression

Written by an anonymous source

I am one of those people who can easily slip into a very negative state of mind. The slightest knock-back or problem can lead to a cloud of doom descending over me, a cloud which I find hard to push away and remove. This article looks at ways in which we can fight back, to quickly get us back into a happy mode.

I used to be quite a fragile character, some would say that I was even scared of my own shadow. I was always paranoid that people were talking about me and laughing behind my back.

Even though my parents are superb, I was not a happy child or a happy teenager. I am so unlucky you see or so I thought. I walked around as if the world owed me something and would often feel very sorry for myself. I was bullied at school, it was more mental bullying rather than anything physical. I am sure that most people also get bullied and deal with it. It would leave me in a state of panic and depression. Looking back I have to say I was a bit of a wimp in reality.

I decided that enough was enough by my mid-twenties and decided it was time to toughen up. I could not continue to live my life as I had been, as I would probably be dead by the time I was fifty.

I then went about a self-help program to increase my overall self-confidence and self-esteem. I wanted to learn more about stress-management, dealing with depression, relaxation and about how to become successful in life.

What I found out over the next twelve to eighteen months would change my life forever.

These are the things I had to do:

I had to stop feeling sorry for myself. Yes I am not perfect but who is.

I had to think in a more positive way.

I had to stop worrying about the future.

I had to stop caring what other people thought of me.

I needed to smile more.

I needed to learn to relax. I now use meditation for this purpose.

I had to learn to like myself.

I needed to become stronger to fight away the negative thoughts in my head.

I needed to appreciate what I did have in life, rather than concentrating on what I had not.

I started to implement the above and it helped me no end. That horrible cloud of doom, still descended

however, around once a month. When it does descend, I now write two lists. What I am happy about in life and what I am sad or worrying about. I then analyze both lists and more times than not, I am actually over-reacting.

In conclusion, life is a battle. There are good times and bad. We need to become strong and learn to think in a more positive way. We have to fight back against people who bully us and against the voices in our head who are trying to make us panic. This is not easy, however with determination people are able to turn their life around just like I have.

I used to feel anger towards the people who bullied me at school. I now feel sorry for them. They are the bad apples and I make them pure.

Feeling: Your Self Esteem

How is your Self Esteem.

Self esteem is your own personal view of yourself physically, mentally, and emotionally. Everyone has a different view of themselves, but keeping a positive outlook will benefit you more than a negative one. Many individuals suffer from low self esteem for a variety of reasons and need to build their self esteem in order to succeed in life. Remember, the only one who can make you excel is you and no one else. The same goes for self esteem. The only person who can build up—or consequentially tear down—your self esteem is you. Although other individuals may aide the process, the end decision is yours.

People have low esteem for a variety of reasons. Some individuals suffer from poor body image and focus on all the negative traits of their physical appearance. Others have emotional issues that have caused their self esteem to drop or feel themselves unworthy of any praise. For whatever reasons your self esteem may falter, the key to building it up again is to find the root of the problem. Think of self esteem like a house, if you build a stunning house on a poor foundation, the entire structure will crumble. However, if you take steps to ensure the foundation is strong and capable of holding anything, the process may be slow, but your self esteem will be built soundly.

Many individuals look for help for their low self esteem in books or seminars. The number of available options on the market is phenomenal, and you are sure to find one on a topic that deals with your specific issues. Check out your local library or book store and explore their “self help” section for a book that you may find helpful. It is quite unlikely you will find the answers to all your problems in a book, but you may find it helpful to know others are in your same boat and you are certainly not alone. Additionally, you may wish to seek professional help in your quest to boost your self esteem. Often, speaking with a qualified individual can help you determine the root of your problem and the necessary path you should take for the rebuilding process. Perhaps your problems dates back to childhood, or maybe it has recently developed. Whatever the case, a professional will be able to best determine your next step.

A main factor in self esteem is negativity. Negative thoughts can pervade your confidence and crumble your self esteem. If you find yourself surrounded by negative people or in a negative situation, try to best remedy the problem. Often, individuals in a abusive relationship have their self esteem shattered when a supposed loved one constantly berates them and questions their worth. Similarly, a negative workplace environment can lower your self esteem with colleagues or bosses finding fault with your work. Maybe you have a friend who is consistently negative with all surrounding him or her. Whatever the source, distancing yourself from the negativity will help you regain your self esteem. Strive to surround yourself with positive people. If you are going through a rough time in your personal life, you

may wish to join a support group. Similarly, there are support groups available for individuals with self image issues. These groups will allow you to meet other individuals like yourself and provide a forum for you to sound your hopes and achievements.

However you choose to begin building your self esteem, do so today! Be thorough and consistent with the process and be aware it may take a while. You should not become impatient or despondent if you find your self esteem slipping. Remember, you are an important and worthy person and should treat yourself as such.

Feeling: Common Symptoms Of Depression

10 Common Symptoms Of Depression

Every year approximately 9.5 per cent of the American population suffers from depression. Depression is a grave illness that affects day to day life and destroys families. It is a disorder that controls the mind and its functions causing loss of appetite, sleeplessness, mood swings, and a deep sense of despair.

The symptoms of depression are varied and the severity changes with time. And, according to experts depression can be an inherited disorder, or caused by life threatening illnesses, or stress. Other causes are certain diseases, medicines, drugs, alcohol, or mental illnesses. Women are seen to experience depression more than men and this is attributed to hormonal swings, menstrual cycle changes, pregnancy, miscarriage, pre-menopause, and post-menopause.

Common symptoms are:

1. An unshakeable sadness, anxiety, or emptiness.
2. Overwhelming hopelessness accompanied by pessimistic feelings.
3. Extreme guilt, feelings of helplessness, and no sense of self worth.
4. Loss of energy, a slowing down of metabolism, and activity levels. Being plagued by constant fatigue.
5. A sense of helplessness along with an increasing inability to focus and indecisiveness.
6. Loss of sound sleep and development of extreme insomnia.
7. Inexplicable weight loss or weight gain. Triggered by loss of appetite or eating binges.
8. Brooding and suicidal inclinations.
9. Irritability, short temper, as well as restlessness.
10. Physical afflictions like headaches, digestive disorders, and chronic pain for no particular reason.

If you experience any of the above along with a marked change in behavior do consult your doctor. He will give you a thorough examination to rule out physical causes for depression as well as any underlying medical problems. Then if required he will recommend that you consult a psychiatrist or psychologist.

Take matters in hand and try and erase negativity from your mind. Cut out from your life terms like exhaustion, worthlessness, and hopelessness. Change your life by setting yourself a few goals. Try and relax, meditate, and enjoy music. Start new activities that absorb your time as well as interests. Go out and meet people and participate in group activities. Avoid the company of negative people. Make up your mind to enjoy a movie, ballgame, family outing, picnic, or trek. Be positive, self-confident, and have faith in yourself. Faith is itself a great healer. Decide to change your world for the better. However, do follow the doctor's advice. Treatment can include: anti-depressant medicines, psychotherapy, as well as lifestyle changes. In extreme cases electroconvulsive therapy or light therapy are prescribed.

If your depression escalates or you are suicidal, seek help from your family physician or health care provider. Do call a local health department, a community mental health center, or hospital or clinic. Someone will extend a helping hand and talk you through the crisis.

Feeling: Depression Self Help

Depression Self Help

Depression is nothing new.

It is though a state of mind that affects most of us at some time or other, hopefully only fleetingly.

Why is it that what for one is a mild irritation is for another an earth shattering experience?

Finding out who you are and why you react to situations in a certain way is a helpful first step to protecting yourself against future attacks of depression.

One of the problems that affect us humans is a state of mind referred to as depression.

Exactly what is depression?

Why do we suddenly find ourselves stuck in a sea of inertia, unable to think positively, unable to hold on to positive thoughts, frozen in a zombie-like state of inactivity?

Even experts disagree on the core causes of depression and the methods of treatment. Should they be palliative or something more uncompromising?

This is of course no help to us if we are immersed in the thickening fog of a bout of depression.

If we ever find ourselves in a state of depression we must find and build from within the strength, the motivation, the wish and the will to conquer this debilitating mind set.

First of all we have to accept that we alone allowed ourselves to drift into this parlous way of thinking.

The trigger could have been any one of a million reasons and may well have been an external event over which we had no control, however the antidote has to be found within us and is under our control.

The first thing we need to understand is that we are not alone.

Read the newspapers and watch TV and over and over again there are accounts of people we would

probably regard as 'having everything' checking themselves into this or that clinic for help with some problem or other.

What for one person may be simply a mild set back can for another become the trigger which then sets off the internal self defeating process of the 'poor me' syndrome.

Why is it that a situation which is a mild irritation for one person can lead another to almost suicidal tendencies?

The answer is because we are all different in some way.

A visit to one of the many web sites offering behavioral profiling services will help you to identify your personal style as a first step to better understanding yourself

Once you understand why you react the way you do to certain situations you may then set about arranging your life so as to avoid those situations in the future or at least be better prepared to handle them when they do confront you.

Understanding yourself and why you react the way you do to situations with which you are faced is a prime initial requisite for self help with depression.

Learning, understanding and accepting that we can control what we allow to be accepted as fact by our brain is the next step. So often an initial perception turns out to be inaccurate. Generally speaking nothing is ever so bad or, as good as it may at first appear.

What is important is to understand that it is possible for us to move to a position where we take preventative steps to ensure that we stay clear of infectious negative thoughts in the future.

Negative thoughts are the seed pearls of depression. These negative thoughts and internal video recordings of past failure and disappointment clog up our brain. They lay there dormant just waiting for the right set of circumstances to explode into action and cloud our thinking.

The late Dr. Hall, a clinical psychologist of international renown devoted his life to helping people understand who they were and then encouraging them to take the necessary steps to become who they really wanted to be.

Doctor George Hall discovered that it is possible to install a brain filter which stops negatives from being accepted by the brain. Just as we may install a virus checker or a firewall on our PC or Lap top we can install the same preventative systems in our brain.

Dr. Hall developed a personal development course called 'Human Cybernetics' it was a blueprint to follow for those who really did want to self improve and fully develop their potential in life.

I was privileged to be a student of Dr. Hall in 1975 and the tutorials he led were life changing for those of us fortunate enough to be exposed to his teachings.

Dangerous self talk and replaying internal tapes of past failures and disappointments he always propounded to be the most debilitating of activities a human being could engage in as this activity served only to reinforce a negative self image.

Negative self talk must immediately be replaced by constructive self talk and optimistic visual imaginings. Those negative tapes and videos in the mind must be deleted and recorded over with new images of success and achievement.

There are many self help courses available today. Try running a search on personal development or something similar and you will find many, many sites offering help and assistance much of which is free of charge.

There are also sites offering self-awareness questionnaires which are designed to help you focus on any deep seated negatives which may be holding you back from achieving your life dreams.

This may then be used by you as a platform from which to launch your new beginnings.

Self help for depression is all about taking that first step to control your future thoughts and activity.

Decide today to take charge of your life and to live it as you want to and not as others would have you live it.

Whatever you do, do it for you!

Feeling: Neutralize Depression By Action

Everybody gets the blues once in a while. It's normal to feel sad on a rainy day, get sentimental over a lost love, or feel so terribly lonely during really low moments of your life.

But once depression gets out of hand, it can wreak havoc on your mental state and drive you to such emotional lows – to the point that you might seriously choose ending your life. So if you think you're experiencing extreme emotional lows, then you'd better do something about it.

What are the signs of depression?

1. Feeling sad without any apparent reason.
2. Getting mad at anything, everything, anyone, and everyone around you.
3. Thinking that your life is getting nowhere.
4. Feeling that whatever you do is not enough.
5. Feeling that you're not good enough for anything.
6. Always feeling tired.
7. Feeling that there is no more hope for whatever troubles you.
8. Feeling that you don't deserve to live in this world anymore.

These are some of the most common symptoms of depression. Recognizing these telltale signs can help lead you to take action before it becomes more serious. Knowing the root cause of these symptoms

further boosts the chance of recovery.

Whatever the reason behind depression, it is always related to your state of mind, environment, and/or present circumstance. You may feel low if you are facing issues on work, marriage, or your financial status. The process of resolving these issues, however important, will inevitably result in stress and/or body aches. Emotional pain coupled with physical ills can really affect the way you view your life.

Another cause of depression is bad experiences: the death of someone important, loss of something significant, or similar unpleasant experiences that would haunt you for a long time. This could mean a humiliating event at your workplace or school, traumatic environment at home, etc.

The best way to treat depression is to think positively. Thinking negatively about an already gloomy situation would only aggravate your mental state. It's not the end of the world, and there's a solution to every problem, yours included. Moping and sulking about it won't do any good.

Unfortunately, not all people see it that way. This is when depression starts to settle in. You think you're the unluckiest person alive. No one is there when you need help the most. It's better to die than suffer all the injustice being delivered to you.

Depression is a serious matter. It causes emotional and mental breakdown, and it can result to suicide if left untreated. This is why depression should be diagnosed immediately. It is not a disorder that is easy to cure; but always remember: you're not alone in the world. Even if you live your life as a recluse, there's at least one person out there who cares for you and would be devastated if you allow yourself to lose the battle. You're a strong person. You're not alone. Keep your loved ones close to you and you will feel invincible.

Depression can come on us at any time of the year. Sometimes, holidays are the worst times for those that feel this down-in-the-dumps fear and worry and things just seem to happen to make us feel gloomy and sad. Note that this feeling happens to all of us at one time or another. How to recognize the feeling and know what to do about it is the purpose of this article.

No one can or should ignore this feeling. It is universal and the blues are very much ingrained in our world. Music and movies are legendary in handling this subject. If the feeling is too overwhelming, then sometimes professional help is the desired action. We will just talk here about the funk of depression, the knotted thinking that nothing is right and it will only get worse. The following things are suggested to help:

1. Laughing is the best medicine is an old adage, but so true. It is amazing how when you are depressed, just laughing about something and releasing the stress, can make you feel better. If you are having trouble finding something to laugh about, maybe you can find some people to keep close that cheer you up, that you can call when you feel bad, those who you know will let you apply the "strength in numbers" theory. Invite a few good friends over just to talk and have an appetizer and you will see how much better you feel afterwards.

2. Listening to music is another key to overcoming depression. If you can just relax and let the type of music you love drift over you and enter your senses, you will find that you calm down and feel better. Even as babies in the womb, we respond to music. Maybe you will find you want to get up and dance and there is nothing wrong with that – even without a partner! Just move to the beat and let all your stress flow out of your fingertips and toes.

3. Do some work and you will find you feel less depressed. There is something about a clean bathroom, living room, or kitchen that gives most women a sense of pride and order and joy. Men sometimes enjoy doing some of the same work and experiencing the same attitudes. The point is you just need to get out and do something that moves your body. Maybe you can shoot hoops in the driveway, ride a bicycle through the neighborhood and say “HI” to a few of your neighbors. There is something to be said for just watching a sunset and realizing how mighty the world is and how we are just one part of it. That sometimes seems to put our troubles more in perspective.

4. While we are on that thought, why not try prayer when you feel depressed? Try helping out someone less fortunate. Think of hospital patients and know that they most likely have things worse than you. Yet, you see happier children and adults in some of the worst settings in the hospital. Count your blessings. Hug someone or maybe go through some old pictures of happy times with your family.

Doing productive activities will always perk you up. Think positively about your life and the things you have been given and do not dwell on the problems. Take your dog for a walk and relish in the animal’s unending enjoyment at seeing you and being with you. Sometimes simple undemanding love is all we need to overcome the blue feeling.

The last suggestion may sound unusual, but here it is. EAT ICE CREAM! Yes, just swirling that cold stuff around on your tongue and all the different flavors can make you feel good! The idea is to eat something that you totally enjoy and see how hard it is to be depressed when you have your favorite food and are enjoying it. The world just seems a little better!

Of course, all the suggestions given above may not apply to everyone. But give them a try and who knows...maybe they can help just a little. Keep this list handy and the next time you are feeling a little down, find something that triggers the best response to get you to feel happy again. Be aware that when depression creeps in, you need to take action and beat the depression back to the corner where it belongs.

We all have more important things to do in life than feel blue and depressed. Keep this thought in-mind and may your life be filled with joy.

Feeling: Regain Self Confidence

Building Self Confidence starts with the very first step to accept yourself – lovingly. No person in the world is perfect so why bother to shed tears over your imperfectness. This is how God wanted us to be – Imperfect! We might have something that someone else may lack and someone else might be endowed with the qualities, which we lack. This incompleteness makes us go out and seek companions who make us feel loved, wanted and complete. Oh what a great feeling! Would we experience it if we were inside the cocoon of our perfection? Never! So accept yourself the way you are. It will free your mind of a heavy baggage of unnecessary worries. You will instantly feel light and cheerful.

Liberate yourself – Go out and do what you like! – How long it has been since you last went to have a walk among the pines – something that you loved as a child? How long has it been when you walked hand in hand with your friend to the bakery and tossed a coin to decide what to buy? These might seem very simple things but these simple things have the power to add on to build great confidence and fulfillment. Life if see is actually quite simple. What gets a bit too complex though is to remain simple. Isn’t it? Just as small drops of water make the mighty ocean, the little things you enjoy doing have the capability to turn you into a storehouse of confidence. When God made you, He put a desire in your

heart and bestowed onto you the capability to achieve it. However, in the process of growing up, you forgot what exactly your purpose was, what is that you liked and what is that you enjoyed doing. It does happen with lots and lots of people who do feel like breaking free but are too tied up in their day to day responsibilities that it gets impossible for them to spare even 10 minutes to reflect on their lives, their direction, their dreams and goals. It's our duty to clear the mess that prevents us from hearing to our heart. The conversations with your heart should keep getting clearer and the best way to do it is to find time to do what you enjoy. And since you enjoy doing that activity, it straightaway means that you have all the aptitude and intelligence necessary to do the job effortlessly even though you may not realize it.

Find your flock – Birds of a feather flock together. You must find out people with whom you enjoy being. They are certainly the people of your frequency and the energy flow between you and them is natural. Life becomes easy when you are among the people who are more or less on the same plane of thought as you and it's easier to relate to them. They seem to understand you and vice versa thus creating conditions for healthy conversations. A good conversation is a very healthy exercise and an important need of our mind. We all want our ideas to be heard and appreciated and a good company provides platform for the same.

Set Achievable Goals and Go for it! – The journey of a thousand miles begins with a single step. The idea is to begin with a small single step that can then further developed into giant strides. Learn to do the work at hand rather than to overwhelm oneself by looking at the entirety of a mammoth looking task. Just like the soil underneath your foot, the top of mountain too would someday be under your step. The only way to do something is to GO FOR IT! No matter how small the progress is the focus should be on completing a task successfully even though it's a small task. A series of big uncompleted task is a sure shot way to depression. Break a big task into a list of small tasks to be completed. Tick off from your list each job successfully completed. A completed task no matter how small it is gives a sense of achievement that boosts our confidence and equips us with more energy to try a bigger task.

Feeling: Afraid To Die

Are you afraid to die?

When we hear the word “death” we imagine a skeleton dressed in a black coat that is coming to take you. What is death to a person: a fatal break of their flight or a blessing that is expected to come as soon as it is possible? This article will be a useful hint for those who want to decide for themselves, what they feel towards death.

In the free evening you sit comfortably in your armchair and read an exciting book. Suddenly the clock strikes ten and you listen carefully to every strike of it. It seems like these are the last seconds of your life passing by and a strange feeling appears deep down in your gutter, but you are not able to define what is it. The feeling appears when you think of death. So, what is the truth? What do you feel to that moment that is going to come eventually?

Many researches have been done in psychology to define the most common feeling towards death. According to the majority of the scholars, it is fear. Only in one term paper outline of a student there was another feeling mentioned. It was indifference. We can determine what the feeling depends on. Certainly, it depends on a personality and his/her outlook. Those who haven't accomplished everything that was planned think that they should live until they do what they were destined to in this life. People are afraid of death when they imagine the way they die. Will it hurt? What will I feel? Fear to die makes them outsiders, for they are convinced that communication will bring a lot of severe maladies

and close themselves in their little worlds. Love can also be a factor. You will not agree to shorten your life if you know that there is somebody who loves you more than anything and will not agree to leave this person. And finally, when it comes to those who are willing to die and desperately want it to happen very fast, a couple of factors can also be found. This can be also a nice term paper idea. Psychology is very interested in motivations of actions of people.

Why are people ready to say good bye to life? We can find several reasons. If a person is tragically unhappy and there is nothing in his/her life that can satisfy, he/she will commit suicide. This is a trait of an extremely weak personality and if found they should be closely watched over by relatives and friends. A person can decide to commit suicide because of extreme circumstances. Once a person is in the corner and there is no way out, he/she can give up and leave this world for the situation is absolutely unbearable. When one has experienced a big loss, he/she is also ready to commit suicide. This is the easiest way to kill the pain inside and join whomever they have lost. People, who are mentally sick, are also able to commit suicide. They don't think about what they leave behind because their brain functions are out of order. At times of clear conscience they decide to relieve themselves out of misery their ill mind creates. Those who already know that they don't have much time left can also be close to suicidal thoughts, though some of them can cherish every second left over anything a common human can imagine. Suicide is an awful sin and nobody has the right to commit it, for we were given a life and are not to waste it, even if some problems appear. Those, who are brave, openhearted, and successful, are not afraid to death and are always ready to look her into the eye. Those who don't think of it are indifferent and those who are stressed out and think of it all the time will eventually be afraid. It is better to accept the future and not to try to fool yourself. You are going to die one day. Isn't it better to die a happy person?

Feeling: Depression Help To Self And Others

How You Can Help Yourself, Or Someone Else Who Suffers From Depression

Depression can be a matter of life and death, so help from others is of vital importance. Since depression affects millions of people each year, chances are you may know someone who suffers from this terrible illness.

Depression can be a matter of life and death, so help from others is of vital importance. Since depression affects millions of people each year, chances are you may know someone who suffers from this terrible illness.

Helping someone with severe depression can be frustrating at times. Many depressed people don't want to be helped. It's as if they feel they can benefit from being depressed because no one expects anything from them. Some even go as far as to feel that being depressed is easier than dealing with life's problems and trying to improve them. It's important to realize however, that not ALL people who suffer from Depression feel this way.

Many people suffer from depression needlessly all because they won't consult with a Doctor. If you know someone like this it's important that you do what you can to convince them to seek professional care. Let them know that you care and just want to make sure that they are okay. Sometimes if the person won't take the initiative, you may have to make the appointment for them and make sure they get there. Be kind but at the same time, be firm. Helping a friend or relative who suffers from Depression is no easy task, but it can be lifesaving. At times, just knowing you care makes all the difference in the world.

Many people who suffer from Depression feel like they are a burden not only to their family and friends, but also to themselves because they feel as if they are helpless and can't get past their depression. Some even feel ashamed and humiliated. So, instead of getting help, they isolate themselves some more and in turn drift further and further away.

In order to help a person who suffers from Depression, you first need to have empathy for that person. In other words, try to identify emotionally with them. Be sensitive to their feelings and realize that they really are in emotional pain. What they are feeling is real so try to be understanding. NEVER ever tell a depressed person to 'snap out of it.' This simply cannot be done.

Other ways to help a depressed person may be to encourage them to talk. You never want them to keep everything bottled up inside them. Avoid judgmental and critical comments. Remember, most depression sufferers have very low self-esteem, so try to restore it by reasoning with them. Ask them why they feel the way they do and really LISTEN when they talk. By showing them this attention you are showing them that you have a genuine interest in wanting to help.

If you are married to someone who suffers from Depression don't automatically assume that you are the cause of the depression. Depression isn't ALWAYS caused by a bad marriage. However, it can be brought on by friction, guilt or a strained or isolated relationship. Always remember that if you are married to someone who suffers from depression and they lash out at you, don't take it personal. Remember the emotional pain they are in. Also remember that in most cases, YOU are not the one they're mad at. Remembering this can help you respond to them in a mild way.

If it's your wife that suffers from depression, take the initiative by helping cook and clean. If there are kids in the family, help by tending to them instead of your wife having to do it. By doing this you are helping in more ways than you know.

So, if you know someone who suffers from Depression, always be patient, show empathy and assist them in any way you can. Be encouraging and let them know you are thinking about them and you care. Send them a letter or card in the mail. Give them a call on the phone, or better yet, pay them a visit, even if it's for a little while. All these little things can mean the world to a person who is depressed. Don't expect someone with depression to get well overnight. It can be a slow process at times. So the best thing to do is to try to prevent it.

If you suffer from Depression and want to prevent or fight it, start by getting plenty of exercise, get proper rest and eat a well balanced diet with plenty of fruits and vegetables. Avoid the 'depressing foods' like chocolate, caffeine or other sugars. Don't build your sense of worth on the love of others, on money, power or your job. Avoid drugs and too much alcohol. Always do the best you can but don't try to be perfect. There is no such thing. And the number one thing you have to remember is to recognize the early symptoms of depression and seek help immediately. By doing these things you can have more success in conquering your depression.

SOCIAL

Title Content Social: Dangerous Children In A Dangerous World

Juvenile violent crime rates increased 62% from 1988 to 1993, and then declined by just 6% from 1993 through 1997, according to the Office of Juvenile Justice and Delinquency Prevention (OJJDP). However, the rates for juvenile drug and curfew violations, sex offenses, and simple assaults have continued to increase. The greater the number of risk factors and the fewer the resiliency factors the greater the risk that a youth will commit a violent act. To prevent dangerousness in youth, we need to understand the sources of the problem and intervene appropriately.

Youth with histories of aggression often have families that abuse or neglect them, expose them to domestic violence, exhibit untreated psychiatric or substance abuse problems, or are uninvolved in their children's lives. According to OJJDP, children with more than five risk (community, family, individual, school, and peer) and fewer than six protective factors have an 80% chance of committing future violent acts.

If local community standards favor the use of drugs and firearms, and if there is an acceptance of crime as a way of life, the children of that neighborhood are more likely to use violent means to accomplish their goals. According to Prothrow-Stith (1993), by the time most children are grown, they have seen 100,000 acts of violence on TV, in video games, and in the movies. Many experts agree that media violence affects children. Vulnerable children are more attracted to and affected by media violence.

The families of violent children are often aggressive or neglectful, with problem behaviors, weak family bonding, and little warmth and nurturing, and family attitudes that favor drug use and crime. Additionally, violent patterns of responding can be learned in the same way we learn other standards of behavior or language. Children learn what it means to be a woman or a man and how adults behave through watching their parents and other adults. If the adults in their lives solve problems in a violent manner, that becomes the "norm" for expected behavior. Seventy-nine percent of violent children have witnessed violence between their parents. Violent children are four times more likely to come from homes with parental violence.

Troubled teens often experience academic failure as early as elementary school. As a result, they lack a commitment to school because it holds no positive rewards for them. Many of these children are learning disabled or have borderline or low IQs, making success in a traditional school setting difficult, if not impossible—especially if they do not receive needed services. If their social, problem solving and anger management skills are also poor, they may develop a pattern of fighting and bullying other

students. Others drop out of school. “Allowing one youth to leave high school for a life of crime and drug abuse costs society \$1.7 to \$2.3 million” (Snyder & Sickmund, 1999, p. 82).

Success and positive self-worth are universal needs. When children fail to find these at home or in school, they seek out other youths with similar problems and views. In this deviant peer culture, they can become successful in their own eyes and in the eyes of their peers. A deviant peer group often reinforces antisocial behaviors and attitudes. Activities are often based on power and control and can escalate into violence. To take them away from that course, a new route to success must be offered. These children find it difficult to relate to “straight” kids—the peers who previously rejected them—who think, feel, and act differently. Bridging that gap can be a considerable task.

If you look at the reverse of the above risk factors, you will find the conditions that have the potential to protect youths from a violent lifestyle. It gives us hints as to where to proceed with treatment. Children need constant, positive, and nurturing caregivers that set rules, respect a child’s individuality and provide secure attachment in order to grow up emotionally healthy. School success and having pro-social peers can be a protective factor. Having a positive social orientation is also helpful. Higher IQ and resilient temperament can help a child heal from environmental insults and learn to cope more effectively. When there are bonds to supportive pro-social family, teachers, counselors, or other adults, kids have a chance to make choices other than violence. Clearly stated family and community rules and expectations and monitoring of child behavior can be effective in helping children learn to follow social norms. A child who has good social and problem solving skills, moral maturity, and an ability to manage emotions, particularly anger effectively, will have less problems with violence. Children who are curious, enthusiastic, and alert, set goals for themselves, have high self-esteem and internal locus of control will be more resilient. Resiliency factors include nurturing, stable caregiver with consistent, but not harsh, disciplinary techniques, positive activities, school success, and pro-social peers.

There is no one factor that predicts youth violence. It is the combination of more risk factors and fewer resiliency factors that can make the difference between a child that is dangerous and one who is not. Understanding that, allows us to plan interventions to help “at risk” youth.

Social: Child Discipline

Actively Listening to your Child

Communicating with our children can be a difficult task at times. We feel like they’re not listening to us; they feel like we’re not listening to them. Good listening and communications skills are essential to successful parenting. Your child’s feelings, views and opinions have worth, and you should make sure you take the time to sit down and listen openly and discuss them honestly.

It seems to be a natural tendency to react rather than to respond. We pass judgment based on our own feelings and experiences. However, responding means being receptive to our child’s feelings and emotions and allowing them to express themselves openly and honestly without fear of repercussion from us. By reacting, we send our child the message that their feelings and opinions are invalid. But by responding and asking questions about why the child feels that way, it opens a dialog that allows them to discuss their feelings further, and allows you a better understanding of where they’re coming from. Responding also gives you an opportunity to work out a solution or a plan of action with your child that perhaps they would not have come up with on their own. Your child will also appreciate the fact that maybe you do indeed understand how they feel.

It’s crucial in these situations to give your child your full and undivided attention. Put down your

newspaper, stop doing dishes, or turn off the television so you can hear the full situation and make eye contact with your child. Keep calm, be inquisitive, and afterwards offer potential solutions to the problem.

Don't discourage your child from feeling upset, angry, or frustrated. Our initial instinct may be to say or do something to steer our child away from it, but this can be a detrimental tactic. Again, listen to your child, ask questions to find out why they are feeling that way, and then offer potential solutions to alleviate the bad feeling.

Just as we do, our children have feelings and experience difficult situations. By actively listening and participating with our child as they talk about it, it demonstrates to them that we do care, we want to help and we have similar experiences of our own that they can draw from. Remember, respond – don't react.

Building Your Child's Self Esteem

It's often been said that children learn what they live. So if you're looking for a place to start helping your child build positive self esteem and self value, then you should show them your positive sense of self and strong self esteem. Be positive when you speak about yourself and highlight your strengths. This will teach your child that it's okay to be proud of their talents, skills and abilities.

Your child also benefits greatly from honest and positive praise. Find something about them to praise each day. You could even give your child a task you know they can complete and then praise them for a job well done after they're finished. Show your child that positive acts merit positive praise.

When your child's feeling sad, angry or depressed, communicate openly, honestly and patiently with them. Listen to them without judging or criticizing. They may not fully understand why they feel the way they do, so the opportunity to communicate with you about it may be what's needed to help them sort through a difficult situation. Suggest positive behaviors and options as solutions, and make sure to leave that door of communication open so they know the next time they feel badly, they can come to you for help and know that you won't judge or punish them for how they're feeling.

Teach your child the importance of setting goals and developing a plan to meet that goal and complete that task. Small projects are the best to start off with in the beginning. Ensure that it's an appropriate task for your child, and not too complex. Don't only give praise at the end of the project, but praise their accomplishments during the project as well.

Most importantly, tell your child "I love you" each and every day – many times throughout the day, in fact. When they've behaved badly, remind yourself that it's not them you don't like, only their behavior. Tuck short, sweet notes in their lunchboxes or coat pockets, or even send them a card in the mail. Soon, they'll learn to say "I love you" just as easily and honestly in return.

Constructing Your Child's Healthy Sense of Self Esteem

Your child's self esteem is their mental foundation. A self-assured child is confident, secure, happy, well-adjusted and successful. They can solve problems that come their way, and it thrives under a loving parent's nurturing care.

What are some good ways to built self esteem in your child?

Most importantly, accept your child for who they are, and help them do the same. Teach your child that nobody is perfect, and that everyone makes mistakes. Show them how to learn and grow from their mistakes, and let them know that you also make mistakes. Children with high self esteem are able to take lessons from mistakes and apply them down the road. A child with low self esteem become frustrated and resort to self-depreciating behavior, such as calling themselves ‘stupid’ and vowing to ‘never try that again.’

Help your child discover their abilities and talents, and encourage outlets for them to build on and improve them. Praise a child not only for improvements in abilities and skills, but also for the traits they naturally possess.

Encourage your child to make positive choices. Open an honest dialog with your child and discuss the possibilities with them. Children who learn skills for making positive choices when they are younger are well-prepared for the tougher choices they have to make when they are older.

Ensure that you spend lots of quality time with your child, at least once a week. Whether you are shooting baskets or going out to grab a hamburger, take time to talk and keep in touch. If you find it difficult to squeeze in quality time during a hectic week, take the time to talk about things during the drive to school or while they are helping you put the groceries away.

Interrupt your Child's Interruption Habit

Trying to teach your child not to interrupt can sometimes be an exercise in frustration.

Telling them there's a time to interrupt (in case of a fire) and a time to not interrupt (boredom) isn't enough. But putting these principles into practice is easier said than done, especially for a very verbal or high-energy kid. That's why now is a good time to revisit some basic lessons about good manners and teaching your child to wait their turn to speak.

First of all, set a reasonable expectation. School-aged children have a difficult time holding their thoughts for more than a few minutes. Indicate to her as best as you can that you'll be with them as soon as possible and then stay true to your word.

Develop some ideas for them to occupy themselves with while you're on the phone or otherwise unavailable. Keep a box full of puzzles, crayons, colorful markers or other quiet toys nearby that they can only use when you have to make a call. Set snacks and drinks on an accessible level so they don't have to interrupt you for help.

When you need to make a call or have an important conversation with a visitor, head off trouble by saying you're about to phone someone or have a conversation and estimate how long you expect to talk. Ask them if they need anything before you make your call or have your conversation with your company. Then do your best to adhere to that time schedule, and excuse yourself from the conversation long enough to check on them. Let them know you'll be a bit longer if that's the case and see if they need anything before returning to your conversation.

Reading is a great tool to teach manners. Find several books on the subject then read them together. Discuss afterwards what your child learned from the story and how they'll handle a similar situation in their life the next time it occurs.

And as always, children learn what they live. Your child is very unlikely to learn not to interrupt if they hears you, your spouse, or their siblings constantly interrupting each other. Your actions have a strong influence on your child, so be a good example and ask permission to speak before speaking, and apologize when you inadvertently interrupt.

Physical Punishment is Ineffective and Harmful

Effective discipline does not involve physical punishment of children. Recent studies have shown a direct link between physical punishment and several negative developmental outcomes for children including physical injury, increased aggression, antisocial behavior, difficulty adjusting as an adult and a higher tolerance towards violence. Research has also shown that physical punishment poses a risk to the safety and development of children. It is crucial for parents to gain an awareness of other approaches to discipline because it is all too simple for physical punishment to turn into child abuse and result in severe physical injury, detrimental emotional damage and even death. Each year thousands of children continue to die as a result of physical abuse. Children have a right to be protected from physical abuse, and laws in every state demand severe punishment for those found guilty of physically harming a child.

Most parents do not want to use physical punishment as a form of discipline. A child that lives in an abusive environment is likely to grow up and either be abusive themselves or have severe social, emotional, physical and cognitive delays in development. Parents' disciplinary methods serve as strong models to children that teach them how to deal with life's day-to-day challenges. It is important for parents to model appropriate behavior and to establish expectations as well as limits. Children have a right to live in a safe, secure and nurturing environment, and their dignity must be respected. Parents must consistently use fair and logical consequences whenever children fail to follow rules. They must keep in mind that a child is not a miniature adult, but only a child and that discipline must be age appropriate and fit the child's temperament and maturity.

Adults who recognize they have a problem with physically abusing their children should immediately seek professional help and ensure their children are taken to a safe environment to avoid harming them further.

Positive Discipline without Hurting your Child

Children always seem to find a way to 'push our buttons' at times and really try our patience. It's easy to feel irritated, sad, angry, annoyed, confused and hurt. It's at these times when our parenting skills are really tested, and that it's imperative we maintain a kind but firm stance when it comes to doling out the discipline. And let's face it – none of us ever want to hurt our child with physical or verbal abuse. We want to teach our child that such things are wrong, and punishing a misdeed or inappropriate action by yelling or hitting is hypocritical at best.

Our goal when disciplining our children is to teach them to be responsible, cooperative, kind and respectful. The best way to teach this is to always remain consistent, follow through with the same punishment for the same misdeed, and to discuss the discipline with your child openly and honestly afterwards.

Always keep in mind that the age, maturity level, and temperament of your child should always be considered when enforcing a set disciplinary action. Disciplinary actions should be discussed and

understood in advance so that children know what they have coming when they've misbehaved and can give pause and hopefully choose an appropriate route to avoid it. And most importantly, remember that it's not the child you dislike; it's his or her chosen behavior, action or misdeed.

If you need to, give yourself a brief 'time out' before responding with appropriate discipline. Sometimes we need a short cooling off period before dealing with our children's misdeeds in order to avoid a misdeed of our own. Yelling and hitting should never be an option.

Keep an open mind as a parent, and be willing to learn with and from your child. We all make mistakes and it's important to realize that not every form of discipline works with every child. Children are just as unique as adults are, and forms of discipline should be tailored to fit the individual needs of both parent and child. But with a little forethought, patience, firmness, love and understanding, the discipline can have a positive outcome for all involved.

It is a fact that many children today have access to the World Wide Web which allows them to be in touch with a lot of information that is exposed every day in our society throughout this media. If you have children, it is very important that you have some sort of monitoring so that you may be able to be fully aware of their actions while they are connected to the Internet. To monitor children on the Internet is as important as giving your kids advice on several aspects of their lives; you will find out, if you talk to them, that they are exposed to many different topics and opinions which may have been impossible for them to acquire otherwise.

Monitoring children Internet gives you the option to be fully aware of the actions that your kids take while they are connected to the biggest and most impressive net of information that has ever been conceived by mankind. If you monitor children on the Internet you will find out many different things that you were unaware of; it is a proven statistical fact that more than half of the kids that surf the Internet today have been exposed to pornographic material which was handled in an unnatural manner, this means that your kids are getting wrong information about delicate subjects without your knowledge, that is why monitor children Internet is extremely important for anyone.

However, it is not pornographic content which is extremely dangerous for your kids to acknowledge, there are many other dangers that you need to have avoided or controlled while your kid is online, and the only way to accomplish this is to monitor children on the Internet using specific software or programs. Your kids are always exposed to danger while they are connected; for example, have you any idea of the amount of hours that your kids spend chatting with others? Of course you don't, and do you know that most of these conversations are out of direct control from your kid?

At least half of the time that your kid spends chatting with anyone he is talking to people that he doesn't even know, there are criminals that pretend to be someone else in order to get information from children and then using it for their advantage. That and many other reasons are why you should monitor children on the Internet for their own safety. It is also very important that you keep track of all of their activities while you are monitoring children Internet so that you may have all of the required knowledge to lead them in the right direction.

Social: Friends Or Enemies

How to Lose Friends and Make Enemies

Over the past few years an epidemic of rudeness has swept America. Here's how to perpetuate the disease.

1) Ignore people. Don't return phone calls. Never answer the phone. Don't listen when people talk to you. Talk on your cell phone when with others, especially in restaurants or other public places. Don't acknowledge that others exist. The greatest insult that you can give someone is to ignore the person. If you excel at this skill you can skip the next four paragraphs.

2) Show disrespect. Make fun of others. Assign stupid nicknames or deliberately mispronounce names. Make people wait for you. Laugh at other people's mistakes, struggles, and fears. Use sarcasm and cynicism freely. Treat people like idiots. Disrespect is powerful because it strips people of their dignity.

3) Criticize. Find fault in everything. Spread gossip. Complain about anything and everything. Remind people about mistakes they made, even if decades ago. If possible, embellish your complaints with exaggerated descriptions of failure. Keep a written log of faults, flaws, and fumbles so you can grind on them daily. Develop a whining tone to your voice. Critics reduce everything to dirt.

4) Be negative. Master pessimism. Attack every change or new idea. Always focus on failure. Expect the worst to happen. Never accept or approve anything. Refuse to participate or cooperate in any endeavor. If something appears to work despite your efforts, cause delays so you can prepare fresh arguments against it. Aggressive gloom creates perpetual hopelessness.

5) Get mad. Throw tantrums. Scream. Yell. Shout. Slam doors. Hit walls. Throw things. Act violent. Use accusations, insults, and threats to disrupt conversations. Tolerate nothing. Insist on retribution. Always attack first. Blame your anger on others. Unpredictable, insane behavior keeps other people off balance.

Caution: Application of these tactics guarantees that the need for attorneys will increase.

How to Make Friends and Avoid Enemies

Over the past few years an epidemic of rudeness has swept America. Here's how to stop the disease.

1) Acknowledge people. Answer the phone. Return phone calls. Listen carefully when people talk to you. Be an active participant in conversations. Never use your cell phone when with others, especially in restaurants or other public places. Remember: acknowledgment satisfies a basic human need.

2) Show respect. Use people's names when talking to them. Never invent nicknames or make fun of people's names. Be on time. Treat people as if they were smarter than you. Let others speak first. Remember: respect is powerful because it gives people dignity.

3) Compliment. Seek the good in everything. Avoid gossip and people who gossip. Remind people about successes they had, even if decades ago. Focus on what works and what went well. Remember: warmth, attracts people.

4) Be positive. Master optimism. Accept change and new ideas. Always focus on success. Expect the best to happen. Think in terms of the future and how you can make it better. Use positive (or at least neutral) words. Remember: leaders sell hope.

5) Be mature. Manage your emotions. Speak softly. Seek solutions. Let other people do well. Let people tell you things that you know. Let other people win. Share information. Remember: mature

behavior creates trust.

Social: Making Others Liking You

How To Make Others Like You

One of the basic needs of man is to feel accepted. Knowing this is the secret to establishing and maintaining great relationships with various types of people.

A number of books, articles and seminars have taken the role of educating people like you on the different ways of associating with people and building lasting relationships with them. There are several things that you can do when associating with other people.

One of these is to make them feel accepted. According to Maslow's hierarchy of needs, one of man's basic needs is to feel a sense of belonging to a group. Man feels the sense of belonging in either small groups like a family and small circle of friends, or big groups like clubs, teams, associations, departments and parties.

People have to feel they belong and are needed. One way to convey acceptance of people's ideas is by simply listening. Listening communicates the message that their thoughts are valued and their inputs are significant. It answers the very basic need to belong and provides a sense of importance.

Have you ever been in any of the following situations?

- While sharing an important insight, somebody would finish the sentence for you.
- While narrating what happened over the weekend, somebody would butt in and narrate a similar story.
- In a meeting, the boss would cut you short while you are still explaining your side.
- You ask your child about his day in school and he runs straight to his room.
- You wanted to discuss something with your spouse but he is busy watching football.

How did you feel? Not good, right? It's as if you are taken for granted. It's as if no one is listening to you and that you do not matter. It signifies that your thoughts, concerns, and ideas are not accepted.

At the onset of life, an infant can feel this sense of acceptance from a mother who touches and caresses him in a loving way. As he grows older, his sense of acceptance and importance now comes from other family members, friends, teachers, peers, bosses, office-mates, spouse, children, etc. Every person needs to be accepted. It puts meaning to a person's existence.

Imagine a life with total absence of acceptance. Envision the life of babies who were abandoned by their mothers. Imagine the effect this will have on the babies' emotional well-being. It is very possible that these kids will grow up dejected and feeling discriminated. The effects of discrimination can result to resentment and, if uncontrolled, can result to violent tendencies.

The feeling of resentment that is harbored overtime can escalate to anger and hostility. When a person becomes hostile, violence erupts. Resentment is like a forest fire – it can turn wild especially when fanned with more resentments. The mere civil act of accepting a person “can make or break them,” as the saying goes.

Acceptance must be done unconditionally. The giver should not expect anything in return. There should be no “no strings attached” or no commitments to fulfill. To expect something in return defeats the

purpose of making others like you. In fact, this may only breed resentment, for it would appear that you are manipulating people by forcing them into a situation they may not like in the future.

Unconditional acceptance of other people's thoughts, ideas, and concerns can yield favorable outcomes. Acceptance elicits cooperation and this leads to working towards a common goal. Acceptance yields positive and fruitful results. At the same time, you have raised the esteem, importance, and morale of the person whom you have accorded respect and acceptance.

Be willing to accept other people's ideas, thoughts, and inputs. You will harvest not only good results, but also the admiration and appreciation of others, as well.

Social: Use Affirmation Properly

How To Use Affirmation Properly

"I am, therefore I exist," is a phrase affirming one's existence as a being. It may be a simple phrase, but it says everything about the being saying them. It indicates a confidence not commonly found among other beings.

But why do people need affirmation? Why do beings need to be affirmed? Is existence relative to one's affirmation?

Affirmation is a very powerful technique to empower one's subconscious. Once the subconscious is disciplined to believe one's affirmation, the latter is converted into a positive action for the conscious mind. Through affirmation, beings are empowered to do, to work, and to strive for more things. Affirmation allows people to believe in themselves and to put their thoughts into action.

Affirmation is a combination of verbal and visual techniques of a preferred state of mind of a person. Strong affirmations can be very powerful, and can be used by almost anyone to achieve his goals and fulfill his desires. However, the power of an affirmation depends on how strong or weak an affirmation is.

Affirmation is merely an assertion made by a person, about something or about a state of being. A person can affirm those that he chooses to attain, like "I now have a good life." Being healthy in mind, body, and spirit can also be made possible through affirmation.

A strong affirmation should be stated in the present tense to be more effective. An affirmation of "I am now a happy being" is more effective than an affirmation saying, "I am going to become a happy being." Affirmation should always be in positive terms because it is supposed to work for you and not against you. Instead of saying, "I am not sad," why not make an affirmation saying, "I am happy."

Good examples:

- I am energetic
- I am intelligent
- I am beloved
- I am rich
- I am horny

Bad examples:

I would like to be more fit
I wish I were smart
I need more love
I want to have money in my bank account
I wanna have sex without eating pills

An affirmation should be made up of simple but concise words, and it should be short to be more effective. A very long affirmation can work the other way around, instead of creating a positive mindset for a person. A short affirmation can be easily spoken and repeated by a person. It can serve as a mantra that can be repeated over and over again.

To be effective, an affirmation must be repeated. Repetition works and influences the subconscious, which in turn motivates the person into acting out his affirmation. A person who creates the affirmation should be deeply involved with the words he will be using, so he will be able to actualize his affirmation. Writing words that one believes in can be very powerful, and this can be put to good use when creating an affirmation.

However, creating an affirmation alone and repeating them a million times would not make the affirmation a state of mind. The important thing is to live one's affirmation and to be open-minded enough to do the things that would help the affirmation become a reality. Feeling the affirmation and applying it in one's life will help in making the affirmation a reality.

While affirmation is generally used to make an individual better, it can also be used to boost or confirm another person's value. By affirming another person's existence, you are helping him improve his self-worth.

Affirmation is a very simple thing that can make a very big difference in a person's life. It can be a great motivator and can make things happen.

Social: Problems

How To Learn To Solve Your Problems

How much percentage in a class of 30 students would agree to you that Mathematics is a great subject? You might answer "around 10 to 35%" and that is all. True, most kids today are not thrilled to solve Mathematical equations not because they do not know the processes involved, but because of the lack of interest in it.

In a similar way, our daily activities do not mean 100% joy and 0% problems. At times, we have more problems than joy. Fortunately, some individual are skilled in handling problems right. Want to know their secrets?

Well, carefree people, as some might call them, have one thing in common: optimism. These kinds of people do not mean they never had problems before. Try remembering a colleague, a relative, a friend, or someone from your community who has the brightest smile at the start until the end of the day. How many times did you see that person frown? Carefree people are fun to be with because their attitude is contagious. Have you tried asking them how they carry their problems lightly? Below are their secrets:

1. Learn to control your feelings by separating negative feelings from positive thoughts. This is the first

step in solving problems. Only after you have cleared your mind with unnecessary thoughts can you start solving your problems accordingly.

2. Treat each problem as challenge and opportunity for self-improvement.
3. Free that scapegoat attitude. Are you pointing your finger or blaming others for mishaps? Take responsibilities for your mistakes. No one is perfect, so never put the blames on others.
4. Use a pen and paper, and rate the depth of the problem and possible answers to your problem. Probability law principle will allow you to evaluate how far you have thought of resolving your problems.
5. Keep a journal and treat it as a “secret friend” who is always willing to listen to your grievances. Write your feelings freely.
6. Develop a noteworthy hobby, for this will help you lessen or minimize stress in your life.
7. Take time off from work and create variations of your daily schedule. Relax and check out the best movies in town. Travel and meet new wonderful people. You will find these activities worthwhile in the long run.

The above tips will help you optimize those positive feelings of yours. Say you are already consumed by some problems. Here are the 1-2-3 steps in doing your problem solving:

1. Determine the root cause of the problem. If you think it is difficult, ask hundreds of why’s and what’s and you will soon find out the cause.
2. Think, strategize, and act for resolution.
3. Develop a strong desire to solve the problem.
4. Review the situation for you to avoid repeating the same mistakes committed beforehand.

Consider that everybody experiences lowliness many times, but problems are problems. They are there not to annoy you; but problems are created when you cannot accept your limitations. Once you accept your limitations, problem solving is just a 1-2-3 step, hassle-free, and a life-sharpening experience indeed. Hence, never consume or lock yourself in your room when problem strikes. Think that problems are states of your being limited to something you need the most. But if you cannot have that important thing, accept it. Let go and you will free yourself with worries. Remember, less worries mean less problems. If you think that you really want some time out because of problems, consider that there is another room available for you called “improvement.”

Anything taken too much is bad for the health. A little stress is actually good, as it could serve to help you function at your best. However, stress that seems a little too much could take a physical, as well as mental, toll to your body. Stress should be managed in order for depression or anxiety to be prevented.

So how should you do it then? The following are tips and advice to help manage stress.

Write it out, schedule it out.

It is best to write down everything that seems to be overwhelming. You will find a things-to-do-list much easier to manage than having errands all crumpled up in your head. Writing down the tasks, and putting a specific schedule and time to do them, helps anyone manage activities one chunk at a time. Crossing out an activity that has already been accomplished is very rewarding and could actually help you feel more relaxed when doing the other tasks at hand.

One at a time works.

Focus and put all your attention specifically on one task at one time. It does not help to feel panicky about the other undone or to-do tasks. Thinking about them only adds unnecessary stress and could even hamper in doing the task you are attempting to accomplish at present.

Relax and take it slow.

At least, try not to expend too much energy on activities that are currently not priorities. This is in order for your energy to be not easily expended on the tasks that are not that important, at least for now.

Delegate, delegate, delegate.

You need not do everything all at once, and you need not do everything on your own. Ask for help, get help, or pay for help. When there is a feeling of being overwhelmed that is cropping up, hire someone to mow the lawn or get a sitter for your children. The feeling of being pressed to finish something on time will somehow be eliminated if tasks are delegated. It takes a load off unnecessary worry and anxiety. Moreover, it is easier checking up on how things are, than worrying yourself sick doing everything on your own, all at once.

Give yourself a reward.

You deserve it. Acknowledging your accomplishments, no matter how big or small, is an effort that is necessary before getting on to the next tasks and activities. It reduces stress and could even make you happier in doing the next task.

Give yourself a break.

You need it to be more productive. A ten to fifteen minute break during your work is necessary. Go visit a café nearby, take a quick brisk walk, or do anything to put your mind off work, at least for a while. This is necessary to refresh and recharge. Believe it or not, you can also stay in your work and sit with your eyes closed as you visualize a peaceful landscape or a relaxing scene. This frees the stress from your muscles and your mind.

Relax and be cool. Doing so makes you healthier, happier, and a lot more productive.

Social: Children / Divorce

How To Help Children Through Divorce

Divorce is a very hard time for everyone to deal with. It can be very hard on a person emotionally and physically as well. This is especially true for children. They have to have the proper help during this difficult time. They need to know and understand that it is not their fault and that both parents still love

them very much.

Parents are going to have to work hard at putting aside their anger and hard feelings toward each other. They have to sit down and make an arrangement that will be suitable to them and to the children. This is going to be much easier and less painful than having to go into court and have them decide this for you.

You have to be able to pull together with your spouse and help the children. This is the only way to help them through this hard time. If one parent decides to go against their commitment to help their child the responsible way, you should still keep your values as a parent and help them the best that you can.

You should not keep the divorce a secret from the children. You need to tell them when you make your decision and what is going to happen. Try to give them at least a little bit of notice before the parent moves out so that the child can have the time to deal with it and ask questions. Reassure the child that both parents are still going to be there for them and that nothing has changed in that sense.

Do not put blame on anyone when you are talking to your children. Do not put down the other parent in any way. It is important that the children know that they still have two dependable and trustworthy parents to take care of them. Let them know that it was a mutual decision and that you both did your best to avoid this ending.

Make your child aware that they are not going to be able to get the both of you back together. Tell them that there is nothing that they can do to make the situation go away. Also make it clear to them where they are going to live and that they can see the other parent any time they want to. You can tell them that there may be some changes in that later on, but it is not going to affect their relationship. Give them the opportunity to ask you any questions that they may have for you both.

Giving the child the right information and not too much information is important. You do not want them to feel anxious or worry about anything that is not their concern. They have to feel comfortable with the news that you told them and give them some time to adjust to the idea.

P.S. :

What parents need to avoid when getting a divorce

When you are getting a divorce and there are children involved, it is important to be careful how you react in front of the children. After you tell them what is going on and explaining to them that they are still loved by both parents, you do not want to upset them in any way. You need to make sure that the children are feeling safe and secure knowing that both parents love them.

You should never have a fight in front of the children with the other parent. This will be very disturbing to the children and may cause them to be fearful of what may happen in the future. You should not speak in a bad way about the other parent as well. You have to be very careful not to call the other parent names or talk bad about anything that they have done.

Never keep the children away from the other parent unless they are in danger of anything. You should let the children see the parent when they feel the need to. Let them know that they can call them anytime and you will be happy to drive them to see you're soon to ex spouse's residence any time that

they want.

You never want to distance yourself from your children. You have to keep up your responsibility of being a parent. You need to communicate with your child and be a good parent. It is a hard time and can be very depressing for a lot of adults. It is important to keep up your strength both physically and emotionally for the children's sake.

Do not try and buy the child's affection with gifts and money. You need to spend time with them and let them know that they are the most important things right now. You need to keep all of your promises to them and do not abandon them for any reason. If you say that you are going to be there is a certain time, you need to be there.

If you think that the child needs to have therapy, you should make the necessary arrangements. Do you feel your child needs to talk to someone, if they need to talk to a professional let them, as this is going to help a child in the long run. It is crucial to the children to be able to discuss their feeling and to be reassured that they have nothing to worry about concerning the divorce. It is nothing to be ashamed of and the child should be made to feel comfortable about all that is going on around them.

Social: Positive During Divorce

How To Keep Positive During A Divorce

If you are someone that is facing a divorce, you may be feeling very depressed or emotionally in distress. These feelings are very normal. You cannot predict what is going to happen when you get married. Some marriages work and others do not. It is important to understand that this is not the end of the world and things like this happen all the time.

You are not a bad person because you are getting a divorce. If you and your spouse cannot longer get along, there is no reason to live together in a situation that makes you unhappy. You need to worry about your future and the well being of yourself and your children if any. Sometimes a divorce can be avoided with the right counseling and other times, there is just no hope.

You have to keep positive when you are going through a divorce. You cannot let yourself be taken down by what is happening around you. If you are being accused of untruthful accusations, you have to keep strong so that you can defend your name and your reputation.

Do not give up. You have to be able to fight for what you think is right until the end. If you are determined to get something that is rightfully yours, you need to stand up for it. Getting what you want in a divorce is not always possible, but you do have to keep up a good fight for it. You have to make sure that you are doing this so that you can keep up your positive attitude about what is going on.

Keep yourself surrounded by others that are positive as well. Keeping your friends and family around you is important. You need to keep having fun and laughing when you can. This will keep you in a positive atmosphere and keep you ready for what is ahead.

Once the divorce is over and done with no matter what the outcome, you have to be ready to go on with your life. You need to be ready to get on with your future and to make your dreams come true. Your life is not over even if you think that it is. There are always second chances and you deserve to have one. Your time will come for love again and if it does not, you will know that you are better off without the other spouse. You can make it on your own and have a good life.

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Social: Disease Of Your Child

How To Early Detect Disease Of Your Child

It is highly important that a mother should possess such information as will enable her to detect disease at its first appearance, and thus insure for her child timely medical assistance. This knowledge it will not be difficult for her to obtain. She has only to bear in mind what are the indications which constitute health, and she will at once see that all deviations from it must denote the presence of disorder, if not of actual disease. With these changes she must to a certain extent make herself acquainted.

Signs of health.

The signs of health are to be found, first, in the healthy performance of the various functions of the body; the regular demands made for its supply, neither in excess or deficiency; and a similar regularity

in its excretions both in quantity and appearance.

If the figure of the healthy infant is observed, something may be learned from this. There will be perceived such an universal roundness in all parts of the child's body, that there is no such thing as an angle to be found in the whole figure; whether the limbs are bent or straight, every line forms a portion of a circle. The limbs will feel firm and solid, and unless they are bent, the joints cannot be discovered.

The tongue, even in health, is always white, but it will be free from sores, the skin cool, the eye bright, the complexion clear, the head cool, and the abdomen not projecting too far, the breathing regular, and without effort.

When awake, the infant will be cheerful and sprightly, and, loving to be played with, will often break out into its merry, happy, laugh; whilst, on the other hand, when asleep, it will appear calm, every feature composed, its countenance displaying an expression of happiness, and frequently, perhaps, lit up with a smile.

Just in proportion as the above appearances are present and entire, health may be said to exist; and just in proportion to their partial or total absence disease will have usurped its place.

We will, however, for the sake of clearness examine the signs of disease as they are manifested separately by the countenance, the gestures, in sleep, in the stools, and by the breathing and cough.

Of the countenance.

In health the countenance of a child is expressive of serenity in mind and body; but if the child be unwell, this expression will be changed, and in a manner which, to a certain extent, will indicate what part of the system is at fault.

The brows will be contracted, if there is pain, and its seat is in the head. This is frequently the very first outward sign of any thing being wrong, and will occur at the very onset of disease; if therefore remarked at an early period, and proper remedies used, its notice may prevent one of the most fearful of infantile complaints "Water in the Head."

If this sign is passed by unheeded, and the above disease be threatened, soon the eyes will become fixed and staring, the head hot, and moved uneasily from side to side upon the pillow, or lie heavily upon the nurse's arm, the child will start in its sleep, grinding its teeth, and awake alarmed and screaming, its face will be flushed, particularly the cheeks (as if rouged), its hands hot, but feet cold, its bowels obstinately constipated, or its motions scanty, dark-coloured, and foul.

If the lips are drawn apart, so as to show the teeth or gums, the seat of the pain is in the belly. This sign, however, will only be present during the actual existence of suffering; if, therefore, there be any doubt whether it exist, press upon the stomach, and watch the effect on the expression of the countenance.

If the pain arise simply from irritation of the bowels excited from indigestion, it will be temporary, and the sign will go and come just as the spasm may occur, and slight remedial measures will give relief.

If, however, the disease be more serious, and inflammation ensue, this sign will be more constantly present, and soon the countenance will become pale, or sallow and sunken, the child will dread motion, and lie upon its back with the knees bent up to the belly, the tongue will be loaded, and in breathing,

while the chest will be seen to heave with more than usual effort, the muscles of the belly will remain perfectly quiescent.

If the nostrils are drawn upwards and in quick motion, pain exists in the chest. This sign, however, will generally be the accompaniment of inflammation of the chest, in which case the countenance will be discolored, the eyes more or less staring, and the breathing will be difficult and hurried; and if the child's mode of respiring be watched, the chest will be observed to be unmoved, while the belly quickly heaves with every inspiration.

Convulsions are generally preceded by some changes in the countenance. The upper lip will be drawn up, and is occasionally bluish or livid. Then there may be slight squinting, or a singular rotation of the eye upon its own axis; alternate flushing or paleness of the face; and sudden animation followed by languor.

These signs will sometimes manifest themselves many hours, nay days, before the attack occurs; may be looked upon as premonitory; and if timely noticed, and suitable medical aid resorted to, the occurrence of a fit may be altogether prevented.

The state of the eyes should always be attended to. In health they are clear and bright, but in disease they become dull, and give a heavy appearance to the countenance; though after long continued irritation they will assume a degree of quickness which is very remarkable, and a sort of pearly brightness which is better known from observation than it can be from description.

The direction of the eyes, too, should be regarded, for from this we may learn something. When the infant is first brought to the light, both eyes are scarcely ever directed to the same object: this occurs without any tendency to disease, and merely proves, that regarding one object with both eyes is only an acquired habit. But when the child has come to that age when the eyes are by habit directed to the same object, and afterwards it loses that power, this circumstance alone may be looked upon as a frequent prelude to disease affecting the head.

Of the gestures.

The gestures of a healthy child are all easy and natural; but in sickness those deviations occur, which alone will often denote the nature of the disease.

Suppose an infant to have acquired the power to support itself, to hold its head erect; let sickness come, its head will droop immediately, and this power will be lost, only to be regained with the return of health; and during the interval every posture and movement will be that of languor.

The little one that has just taught itself to run alone from chair to chair, having two or three teeth pressing upon and irritating the gums, will for a time be completely taken off its feet, and perhaps lie languidly in its cot, or on its nurse's arm.

The legs being drawn up to the belly, and accompanied by crying, are proofs of disorder and pain in the bowels. Press upon this part, and your pressure will increase the pain. Look to the secretions from the bowels themselves, and by their unhealthy character your suspicions, in reference to the seat of the disorder, are at once confirmed.

The hands of a child in health are rarely carried above its mouth; but let there be any thing wrong about

the head and pain present, and the little one's hands will be constantly raised to the head and face.

Sudden starting when awake, as also during sleep, though it occur from trifling causes, should never be disregarded. It is frequently connected with approaching disorder of the brain. It may forebode a convulsive fit, and such suspicion is confirmed, if you find the thumb of the child drawn in and firmly pressed upon the palm, with the fingers so compressed upon it, that the hand cannot be forced open without difficulty. The same condition will exist in the toes, but not to so great a degree; there may also be a puffy state of the back of the hands and feet, and both foot and wrist bent downwards.

There are other and milder signs threatening convulsions and connected with gesture, which should be regarded: the head being drawn rigidly backwards, an arm fixed firmly to the side, or near to it, as also one of the legs drawn stiffly upwards. These signs, as also those enumerated above, are confirmed beyond all doubt, if there be present certain alterations in the usual habits of the child: if the sleep is disturbed, if there be frequent fits of crying, great peevishness of temper, the countenance alternately flushed and pale, sudden animation followed by as sudden a fit of languor, catchings of the breath followed by a long and deep inspiration, all so many premonitory symptoms of an approaching attack.

Of the sleep.

The sleep of the infant in health is quiet, composed, and refreshing. In very early infancy, when not at the breast, it is for the most part asleep in its cot; and although as the months advance it sleeps less, yet when the hour for repose arrives, the child is no sooner laid down to rest, than it drops off into a quiet, peaceful slumber.

Not so, if ill. Frequently it will be unwilling to be put into its cot at all, and the nurse will be obliged to take the infant in her arms; it will then sleep but for a short time, and in a restless and disturbed manner.

If it suffer pain, however slight, the countenance will indicate it; and, as when awake, so now, if there is any thing wrong about the head, the contraction of the eyebrow and grinding of the teeth will appear; if any thing wrong about the belly, the lips will be drawn apart, showing the teeth or gums, and in both instances there will be great restlessness and frequent startings.

Of the stools.

In the newborn infant the motions are dark colored, very much like pitch both in consistence and appearance. The first milk, however, secreted in the mother's breast, acts as an aperient upon the infant's bowels, and thus in about 24 hours it is cleansed away.

From this time, and through the whole of infancy, the stools will be of a lightish yellow color, the consistence of thin mustard, having little smell, smooth in appearance, and therefore free from lumps or white curded matter, and passed without pain or any considerable quantity of wind. And as long as the child is in health, it will have daily two or three, or even four, of these evacuations. But as it grows older, they will not be quite so frequent; they will become darker in color, and more solid, though not so much so as in the adult.

Any deviation, then, from the above characters, is of course a sign of something wrong; and as a deranged condition of the bowels is frequently the first indication we have of coming disease, the nurse should daily be directed to watch the evacuations. Their appearance, color, and the manner in which discharged, are the points principally to be looked to. If the stools have a very curdy appearance, or are

too liquid, or green, or dark-coloured, or smell badly, they are unnatural. And in reference to the manner in which they are discharged, it should be borne in mind, that, in a healthy child, the motion is passed with but little wind, and as if squeezed out, but in disease, it will be thrown out with considerable force, which is a sign of great irritation. The number, too, of stools passed within the 24 hours it is important to note, so that if the child does not have its accustomed relief, (and it must not be forgotten that children, although in perfect health, differ as to the precise number,)

Of the breathing and cough

The breathing of a child in health is formed of equal inspirations and expirations, and it breathes quietly, regularly, inaudibly, and without effort. But let inflammation of the airtubes or lungs take place, and the inspiration will become in a few hours so quickened and hurried, and perhaps audible, that the attention has only to be directed to the circumstance to be at once perceived.

Now all changes which occur in the breathing from its healthy standard, however slight the shades of difference may be, it is most important should be noticed early. For many of the complaints in the chest, although very formidable in their character, if only seen early by the medical man, may be arrested in their progress; but otherwise, may be beyond the control of art. A parent, therefore, should make herself familiar with the breathing of her child in health, and she will readily mark any change which may arise.

Whenever a child has the symptoms of a common cold, attended by hoarseness and a rough cough, always look upon it with suspicion, and never neglect seeking a medical opinion. Hoarseness does not usually attend a common cold in the child, and these symptoms may be premonitory of an attack of “croup;” a disease excessively rapid in its progress, and which, from the importance of the parts affected, carrying on, as they do, a function indispensably necessary to life, requires the most prompt and decided treatment.

The following observations of Dr. Cheyne are so strikingly illustrative, and so pertinent to my present purpose, that I cannot refrain inserting them: “In the approach of an attack of croup, which almost always takes place in the evening, probably of a day during which the child has been exposed to the weather, and often after catarrhal symptoms have existed for several days, he may be observed to be excited, in variable spirits, more ready than usual to laugh than to cry, a little flushed, occasionally coughing, the sound of the cough being rough, like that which attends the catarrhal stage of the measles. More generally, however, the patient has been for some time in bed and asleep, before the nature of the disease with which he is threatened is apparent; then, perhaps, without waking, he gives a very unusual cough, well known to any one who has witnessed an attack of the croup; it rings as if the child had coughed through a brazen trumpet; it is truly a tussis clangosa; it penetrates the walls and floor of the apartment, and startles the experienced mother, ‘Oh! I am afraid our child is taking the croup!’ She runs to the nursery, finds her child sleeping softly, and hopes she may be mistaken. But remaining to tend him, before long the ringing cough, a single cough, is repeated again and again; the patient is roused, and then a new symptom is remarked; the sound of his voice is changed; puling, and as if the throat were swelled, it corresponds with the cough,” etc.

How important that a mother should be acquainted with the above signs of one of the most terrific complaints to which childhood is subject; for, if she only send for medical assistance during its first stage, the treatment will be almost invariably successful; whereas, if this “golden opportunity” is lost, this disease will seldom yield to the influence of measures, however wisely chosen or perseveringly employed.

Social: Black Magic Curse Text For African Money Scammers

We all receive scam spams by email, in particular from fraudulent assholes from Africa. They have one common denominator: They try live at the expense of someone else's wallet, by stealing money.

Those fucktards deserve to be punished. But how? Which scammer ends up in prison? No one. Which scammer faces any punishment? None. Now I have been looking into some African culture, and lo behold, I found out that they are quite sensitive to black magic.

Of course you and I know nothing about that crap and don't believe in that crap either. But the Africans do. A lot.

So I have gathered from the public domain some black curse text here and there and composed a wonderful email reply. Whenever I reply to a scammer with this text, I never hear from him anymore. Lovely! So this curse definitely scares them off:

You fraudulent scammer,

Please find below my eternal black magic curse upon you, your family, and your loved ones. Now you have seen your email, the black curse is in effect as of now, whether you read it or not:

Cursed is the ground for your sake; in toil you shall eat of it. All the days of your life. As I do your black spell on you.

Bring thine enemy 3 nights of hell. Candle black, black as night. Bring you pain of flesh tonight! Lesions on your skin will grow, Afflict you with painful blow, Sores and pain afflict you now. For 3 nights you'll wonder how. Dukes of darkness, kings of hell. Smite you, bring you hell. When 3 nights of pain have past. Make you die, well dead in misery at last.

Bones of anger, bones to dust, full of fury, revenge is just I scatter these bones, these bones of rage, take you the enemy, bring you pain. I see you before me now. I bind you, crush you, bring you down. With these bones I now do crush. Make you turn to dust torment, fire, out of control. With your hex I curse your soul. So mote it be!

I summon the elements, I evoke them, I conjure them to do my bidding, The four watchtowers shall lay their eyes and minds, there shall be fear and guilt and bad blood, there shall be submission and no pity. I point the threefold law against thee, against thee it shall be pointed threefold, a hundred fold, is the cost for my anger. Thou shalt be blinded by the fear, blinded by the pain, blinded by me. Cursed by me. So mote it be!

May you live in misery, get infected with aids, and die with cancer, Ebola and pox, you dumb earth worm. Every scam you did onto another will be rewarded by sickness, pain and poverty. Every email that you send out to people who receive your fraudulent scams will be multiplying your black curse hex onto you. You will be dying very soon. Amen!

Et voila, just copy / paste this curse into your reply mail and click on send. The scammer will shit in his pants from now on.

Social: How to Deal With No

How to Deal With “No”

Sometimes the answer is “no.” Here’s what to do next.

No one likes rejection. And yet it happens. Here’s how to make the most of it.

> Accept It

Recognize that it is impossible for everyone to say “yes” to everything. Thus, rejection is an expected byproduct of making an offer or asking for something.

Some people make rejection part of their sales strategy. That is, they deliberately send out a flood of requests, knowing that most of them will be rejected. Thus, if you want to increase your rate of acceptances you need to collect more rejections.

> Be Gracious

Always thank the other person for a rejection. Congratulate them. And be polite. This makes it easier for them to explain why they rejected your offer and it leaves them feeling that you are a good person.

On the other hand, using insults, guilt, anger, or other high pressure techniques will upset the person. That solidifies the rejection and ruins any further dialogue.

Always respect the other person’s decision.

> Explore Why

When you receive a rejection, ask the other person to explain what led to the decision. In sales, this is often when the selling really starts. You may be able to resolve the other person’s objections and convert a “no” into a “yes.”

You may also learn that the other person misunderstood your request. Or you may learn about other needs that you may be able to meet.

You can also use this as an opportunity to gain ideas on how you can improve.

Of course, be gracious. Be polite.

> Stop When It’s Over

If the other person refuses to explain or if you are unable to overcome the other person’s objections, then the deal is over. Stop trying when it is clear that the conversation is over. Nobody likes to be badgered or hounded after they have made a choice.

> In General

Notice that accepting rejection involves treating the other person with respect and dignity. Be gracious and then move on. Leave them wondering if they made a mistake, which could leave the way open for other possibilities.

Social: Overcome Resistance To Change

The Secret To Overcoming Resistance to Change

Mahatma Gandhi stated that no one can oppress you more than you oppress yourself.

I believe this to be true, especially when it comes to change. I have witnessed people, putting up with horrible conditions rather than change. And so, it is no wonder it is considered one of the most difficult things to deal with for a business.

For many people, there is nothing more fearful. They like the comfort zone of knowing exactly how everything works and knowing where they stand.

Many even resist promotion because of the unknown factor. They wonder if they will be able to do the job, whether or not they will understand what is required and whether they will be able to communicate it to others.

Many successful organizations put plans in place months in advance to help their people deal with change. They will take them step-by-step to explain what is happening and how it will affect them. They have them as part of the process and have generally had in place training and upgrading seminars and classes.

I have also seen the results where companies have held back the information and left the employees in the dark. The fear of what might happen was generally worse than reality and production over all was adversely affected.

Helping your staff to grow and having them part of the process, not only helps them, but the success of the changes and the business overall.

It helps to have the staff understand that the problem with never wanting to change because of the fear stops them from advancing into their greatness. Yes, greatness. Marianne Williamson said it best when she said that many people fear their greatness more than their inadequacies.

They fear whether they will be able to handle the responsibilities or being in the spot light. They think who am I to be great or talented. Well as Maryanne continues, who are you not to be, that it doesn't do you or the world any good to play small.

Quite often without us even realizing it, others are watching us to see how to act and be. If they see us hiding or acting like it is better to pretend to be untalented or afraid of growth and change, they will pick up on this and act accordingly.

When you shine your light and say it is OK to use your talents or make mistakes as long as you have tried your best, then you allow others to try also.

This is a great gift to give others, as change is a part of life. The world revolves around change; it is the natural flow of life. All we have to do is look at nature with its every changing season or look at our selves and others as they grow throughout life.

It is when we resist and fight it, that stress is built up and our health diminishes. We may even stop

listening to others because we don't want to hear about anything that is related to change.

And, when we do not listen, it leaves us out of the loop, and away from valuable information that could ultimately help you understand the changes needed to do your job. As well as safety issues, that may be a vital part of the job.

If you have been fighting change all of your life, you can start with baby steps and notice that in each step the fear of the change was much greater than the change it self.

I have heard countless times from people who have finally stepped into the change, "If only I had done this sooner, I have missed out on so much by my resistance to change"

Whether the change is for your business or yourself, start with clear goals in mind. Write out why you want to make the changes. Then write out the benefits that will follow. Have them clearly posted to help you or your staff get through the bumps and adjustments and then celebrate the achievements. Everyone will be a winner in the end.

"I believe that Resistance is the psychological counterpart to gravity in Physics. Because of it, change is not easy for humans, however, change is DO-able!"

Social: Generation vs Boomers

Top 7 Differences Between Generation X and Boomers

No, they're not from Mars, but Generation Xers are dramatically different from the Boomers. Here are the top 7 difference you're likely to see between Boomers and Xers in the workplace.

1. Their approach to authority is casual. It's not that Xers don't respect authority; it's that they are unimpressed by authority. Xers grew up watching many "authority" figures fall from grace. Think Nixon, Jim Baker, and Jimmy Swaggart. Many also saw their own parents (their first authority figures) divorce. What they witnessed has a definite impact on their views on authority. In *Managing the Clash of Veterans, Boomers, Xers, and Nexters in Your Workplace*, the authors explain that Xers are likely to treat the company president just the way they would the front-desk receptionist.
2. They thrive in a casual, fun work environment. You'd be hard pressed to find a stuffed shirt Xer. Generation X wants an informal and casual workplace. And we're talking more than Jeans Day once a week. In *Generations At Work*, the authors report that "Many (Xers) assert that casual days aren't just a perk: they actually make us work harder and get more done." Further, the authors of *Generations At Work* report that "Anything that makes work less "corporate" resonates well with generation X".
3. Xers are pessimistic when it comes to their future. A survey of Generation X revealed that more Xers believe General Hospital will be around longer than Social Security. Xers have seen massive layoffs and slashes in company benefit plans. They are skeptical about their future and almost no Xer expects to work at one company until retirement.
4. They have a nontraditional approach to time. (Surprise, surprise!) The attitude of many Xers is "As long as I get my work done and do my fair share, what does it matter what time I show up or leave?" Don't mistake this attitude with "slacking?" Xers grew up in flexible times and they approach everything – even work schedules – with a flexible attitude.

5. Family and work balance is extremely important to Xers. Many Xers grew up in two-income families. And as a result, there was no one waiting at home to bring them milk and cookies. Their parents made many sacrifices, including missing out on school plays and sporting events. Xers are determined to make work serve their lives and not the other way around.

6. Generation Xers tend to be technologically savvy. You're probably not surprised to learn that Xers will prefer to hold discussions and make decisions electronically over traditional staff meetings and memos. Xers grew up with GameBoys, microwaves, and VCRs. Technology is second nature to them.

7. Workaholicism is not a trait you'll find in many Gen Xers. While it may be common to find a Boomer who is a workaholic, this is not the case with Xers. Their motto is "Get a life!"

If you've had challenges understanding, managing, or motivating your Generation X (1965-1976) employees, you're not alone. Few managers are naturally endowed with the specific skills, strategies, and smarts it takes to manage and motivate this young, unique, complex, and talented generation.

Social: Workplace Violence

The Point Of No Return: The Roots Of Workplace Violence

Social anxiety is an ever-increasing problem, especially with Internet technology making it easier and easier to talk to someone that you'll likely never, ever see face-to-face. This has resulted in people that are better adjusted to social situations where they will not be hindered by their social anxiety. While social anxiety is a major problem, particularly because quite a bit of professional success in today's world requires a bit of social adaptation, most people don't really worry about social anxiety as long as it doesn't give the family status anxiety.

The Japanese, probably due to cultural differences, tend to draw their social anxiety inwards. This is best exemplified by the otaku and hikikomori phenomenon there, though these "conditions" have started to manifest in societies outside of the Far East. This can be interpreted to mean that more and more people are withdrawing socially, as society and modern civilization puts more and more pressure on them. After all, even if they are engaging in socially deviant behavior, they're not really harming anyone but themselves. For most people, as long as those with social anxiety are not capable of doing any harm to anyone, then they can either just be ignored or be bullied by their social "superiors."

However, what happens when that social anxiety builds, the stress compounds, and it has no other place to go but out? In theory, social anxiety alone is not going to result in someone lashing out violently, but it can play a major role in such an event.

Take the Columbine School Shooting, as perpetrated by Dylan Klebold and Eric Harris. The two of them were reported to have been socially ostracized and made fun of by their more sociable peers. While certainly not the only factor that served as motivation for their bloody assault on their fellow students, the fact that they intended to target their social tormentors is a telling sign of just how big a factor their social status in the school was. The sheer violence of their act has sometimes been interpreted as a reaction to the unfair treatment that they received in comparison to the "jocks" of the school. The fact that their lack of athletic ability, their introverted personalities, and their attempts to seek help from school administrators to stop the bullying were ignored likely just aggravated them. In fact, despite the incident, there are reports that the same bullies who pushed Klebold and Harris over the edge are still continuing their bullying ways, with school authorities turning a blind eye to the

infractions of their “star players.”

Stress and anxiety can also play a factor when someone lashes out violently against the people around them. Dealing with bureaucracy in the workplace, problems at home, or even just a really bad day at work can cause someone to snap, find the nearest available weapon, and start trying to kill the people around him. This can be made worse by social anxiety, as this condition prevents him from truly connecting to people and forming meaningful relationships, which can help alleviate a person’s stress and worries. Without any means of alleviating their stress and anxiety, disgruntled employees can just show up one day with a sub-machine gun in hand and start killing the people that they work with each day. Some say this lethal concoction of factors led to Patrick Sherrill to shoot several co-workers in the US Postal Service before shooting himself back in 1986.

No one is safe from the dangers of someone whose mind can no longer take the pressure and lashes out violently. There are some jobs and cultures where such acts are less likely to occur, but there will always be that small chance. There is no definite formula to see if a particular employee will snap or if a certain company is more likely to experience such violence. The fact is, the very specific and “snap” nature of such events can make it nearly impossible to detect the people likely to do this. For school shootings, the events have a tendency to be planned ahead by the perpetrators, but there is no such “warning sign” for the office environment. Often, the stress and anxiety just builds to a level where the only way to relieve it, in the person’s mind, is to commit extreme violence.

Social: How To Get What You Want

People communicate with each other in various ways for a lot of reasons. And one of these reasons is when you need something from someone. For people in business, this can either be in the form of products or services. You may want to sell a product while the other party must find your product useful for his intention. You may want to offer your services while the other party must be satisfied with the services you render according to his needs. In short, the way to get somebody or anybody to do what you want is to make them want to do it.

To get something you want through intimidation or violence is to invite trouble. Yes, it’s possible but not advisable to use forceful methods because the results are undesirable and at times disastrous. Imagine if you force an employee to take a leave of absence for having apparently violated a company rule. The relationship between management and the employee, or perhaps between management and union (if the employee is a member of it), is likely to be severed.

To get what you want, give people what they want. Just what do people want? Physical health, family ties, financial security, spiritual growth, peace of mind, a successful career, and fame are the basic needs of people. There is one important yet intangible thing everybody wants and that is appreciation. Being appreciated and complimented makes a person feel important. When you feel important, you feel needed and wanted, and this gives you a whole lot of reason for existence.

Just how do you give somebody the feeling of importance? Say it, act it; just give it freely, honestly, and wholeheartedly. As literal as it is, saying how appreciative you are for a favor received, makes the other person feel important. You may not be able to describe exactly in words the feeling of importance when you’re in the shoes of the recipient. But definitely, what you can not describe is real and priceless.

Pre-empt importance. Give some sort of sign to the other person that what you want from him, will make him feel important. Let’s take charity for example. A recipient wants or needs contributions from

the giver. It can either be material or service contribution, or both. Even before the act itself, the giver somehow expects appreciation from the recipient and this will give him a boost of importance. Appreciation may not necessarily be in words. A smile and/or a pat would suffice and they can come from both giver and recipient. The giver shows his feeling of being appreciated. The recipient shows his feeling of appreciation for the gift. Somehow magic or chemistry takes place. It's a feeling both parties would enjoy happening many times over.

Are you aware that the feeling of importance, brought about by compliments and appreciation, is good for your health, mentally and physically? Whether you are the giver or recipient, it is good for both. There are medical findings that substantiate health effects brought about by positive emotions like compliments and appreciation. Frequent doses of the feeling of importance activate the brain cells and various harmonies in the body that promote good health. To put it plainly, the feeling of importance is the antioxidant of life.

Can you think of a better way to nourish other people's feelings than to show your concern and appreciation? Well, you can show something better than appreciation, and that is – a truckload of appreciation.

You know what you and I and everybody else should be doing right now? We should go out there and show our feeling of appreciation to everything and everybody. Let's go!
Social: Alpha Body Language

Alpha Body Language: What It Is And How To Get It

Perhaps you have been wondering why other men get more attracted glances from the opposite sexes than you when you thought that there's nothing really that much difference between them and you especially if you'd talk about physical appearances. And because you worry too much about this concern, you probably have splurged and treat yourself to gigantic makeovers just to make sure you won't be left behind in terms of alpha male visual appearance or even aiming to outdo this lucky male species around. This action of yours could bring your aura a difference and could elevate your charm into a higher level but it seems this is not entirely enough. Those lucky guys are still getting those glances from the dreamy eyes of many women. What could be those alpha males possess that you don't?

With this case at hand, you should have looked long ago on how your vibes are affecting those human beings who belong to the opposite sexes. Notice how high-status-man strut their trot around; notice how they move carelessly but confidently; notice how they project so well when you thought they really lack the real value of a face or physique. Perhaps, you have been too consumed on the belief that physical being per se is the most important aspect in order to attract women. This is where you could be wrong but you can change your outlook easily and emanate the charm and attraction you so crave about. The secret of alpha males lies in their body language.

The truth why these males move around with so much difference than the likes of you is they know how to project their body language and ooze with so much animalistic appeal that make them hot stuff among women. The alpha male's body language make women drool over them they practically would follow them around just so they'd get a chance to meet these hot stuffs. These alpha males move around with ease, natural, and relaxed way you would almost believe they are oblivious to what is happening around them but in truth, alert and smart enough to know the buzz around.

Alpha males don't allow worries to grasp their attention too much, they let these slip away from them and instead take things in neutral manner so that they won't dwell much on thoughts that would take their logical sense away. You would find these alpha males generally move unhurriedly but with an exact sense of direction and greater control of time so that they evidence of nervousness won't appear and do not produce jerky movements like that with beta males. Simple body languages like these are not that difficult to master.

If you would want to portray aura like of those alpha males and end those lousy beta male movements of yours, it wouldn't take you long before you realize that more women would be clamoring for your attention. First off, start with assessing your body language. Perhaps you only need to break the thin line etched between being a beta male and transform yourself into an alpha male. Perhaps, your body language is the one that needs a total makeover and gain that impression and characteristic that alpha males are rich of. By starting to eliminate your body language or your movements and behaviors that convey lack of confidence on your part or being unsure of yourself, this could be the turning point to release those unconscious turn-off habits of yours.

As mentioned earlier, the key to being an alpha male is by being relaxed in all your movements. If you ooze a natural appeal, you could be easily trap attention and instantly get noticed by those human species belonging to opposite sexes without exerting too much effort on your part.

Social: How To Be Nice To Your Girlfriend

It is not true that girls only like jerks.

There are many different resources available to you to tell you how to be nice to your girlfriend. Books, movies, television, the internet. But all you really need to know is...do not ever take her for granted. Always show your appreciation for having her in your life and tell her frequently that you love her.

Keep in mind that it is the little things that count the most. A foot rub for tired feet, a neck rub after a particularly stressful day, supper on the table if you are the first one home, a smile greeting her when you see her, helping with the laundry or dishes. You get the idea.

If things between you have cooled down considerably over the most recent past, try to figure out the reason for it. Whether or not you have done something wrong, it may be up to you to fix it. If you don't, things will only get worse and she will eventually quit the relationship.

Maybe you have been spending too much time playing video games and not spending enough quality time with her. Put the video game away and ask her if there is anything she would like to do for the evening. Then, whether you want to do it or not, go do it. Putting her first for a change will make her feel important in your life and not like she is playing second fiddle to your video game habit.

If you really do not have a clue as to how to be nice to your girlfriend then it is time to get schooled or else get taught a very important lesson in life by your girlfriend. That is, she won't be your girlfriend for very long.

A woman wants the most important man in her life to be attentive, helpful, cuddly, snuggly, loving, and respectful. seems like a lot to try to keep tabs on, but it really isn't. Like I said it is the little things that count. For example, if the two of you are watching TV together, sit and cuddle on the couch. Cover up with a blanket.

If she should happen to not feel well, fix her some soup and buy her a magazine she would like to read while she is recuperating.

Try to tell the difference between when she is just venting about a situation and when she really does want you to fix the problem she is having. If you can't tell, then ask her, she will let you know in no uncertain terms which one it is. If you can fix it, then do. If you can't then don't even try but tell her you don't know how, do not just ignore the situation. And don't be embarrassed, she already knows you are not perfect.

Obviously, these suggestions are not all the things you could learn regarding how to be nice to your girlfriend but they will point you in the right direction and maybe help you see things in a different light.

How To Be Romantic With Your Girlfriend

Do you need a refresher course on how to be romantic with your girlfriend? Well, then, listen up. I know that in the beginning of the relationship everything seemed to come so easily. Everything was candlelight and roses and you could do no wrong in her eyes.

How did it all change so quickly? You do not have a clue do you? Well, somewhere along the line the romance stopped and life got in the way. The candlelight turned into a 100 watt bulb in the ceiling and the roses shriveled up and died.

Now, if you should happen to remember to send her flowers, she is going to think you have some ulterior motive or you have done something you need to apologize for. I know you do not believe that but trust me, I am right. This bouquet of flowers will not help you one teensy tiny little bit. She will be too suspicious to take them for what they were intended, a romantic gesture.

If you do not want her to be suspicious, take this how to be romantic with your girlfriend advice to heart. If you want to send her flowers do not send them to her work place, especially if she works with a lot of other women. The others will plant the seed of doubt and she will probably be angry with you by the time she gets home.

So, have them waiting on the table for her along with the nice little dinner you prepared, or if you can't cook, at least bought with her in mind. Turn off that 100 watt bulb in the ceiling, light those candles again, have romantic music playing softly in the background and a nice bottle of wine opened and breathing.

Treat her like a queen when she gets home. Kiss her ever so softly on the lips to greet her then, take her coat and briefcase and put them away for her. Sit her in a chair and remove her shoes, giving each one of her feet a little rubdown with the promise of more later. Tell her to go get freshened up and have the new lingerie you bought her hanging in the bathroom for her to put on.

When she is ready, pull her chair out for her at the table and serve her dinner. Make conversation by asking how her day was, and listen as she tells you all about it. Even if you do not understand what she is talking about. Always listen. Make eye contact and touch her hand or arm during dinner. Tell her how beautiful you think she is and always will be in your eyes.

After dinner lead her to the sofa, bringing along the rest of the bottle of wine and glasses to the living

room and fulfill the promise of a complete foot rub, including toes, ankles, and calves. She will undoubtedly be putty in your hands at this point and only now can you relax a little and be confident that you know how to be romantic with your girlfriend.

How To Be Sweet To Your Girlfriend

When you want to learn how to be sweet to your girlfriend, just listen to and follow your heart. Bring her flowers, or candy, or buy a card, or write a love note. Keep in mind though, if she thinks she's fat or is trying to lose weight, rethink the candy. She will think you are an insensitive jerk and it will only get you into trouble.

If you try the other three up there listed in the first paragraph, or come up with something else on your own, she will think that you are all the sweet she will ever need.

Try some things like cooking her dinner or suggesting you two go for a walk together. If you hold hands when you go someplace she will think that is sweet, too. Talk to her about things she is interested in or ask her about things she would like to try and hasn't yet, then do your best to make them happen for her. Spoil her a little bit every now and then.

Plan a romantic getaway for just the two of you. Make all the arrangements and surprise her with it. A nice warm beach for an extended weekend would probably do the trick. Or maybe a ski weekend where you could spend your days on the slopes and your nights in front of a roaring fire with a couple of nice glasses of wine.

Keep in mind that if you want to know how to be sweet to your girlfriend, it's the small things that make a big difference. Having the coffee ready just the way she likes it when she gets out of the shower or something as simple as taking the time to lower the toilet seat every time you leave the bathroom. It may not seem like a big deal to you but she will think it is a sweet thing to do.

At this point, you may be thinking, what is in all this for me. Well, if you do any of these things for her she will recognize them for what they are and respond in kind and do sweet things for you, too. Think of it as a 'win-win' situation.

Do not, however, do sweet things just to try to get a reward and be an insensitive jerk the rest of the time. She is not stupid and will see through this and eventually tire of the games and kick you to the curb. Be sweet and mean it, otherwise you will find yourself in search of a new girlfriend.

If your relationship with your girlfriend stands on solid ground being sweet to her will only strengthen it but if your relationship is a little rocky then being sweet can and will save it from being destroyed.

There is no limit to the sweet things that you can do to keep your girlfriend happy. The main things to remember are, treat her with dignity and respect, never ridicule or belittle her. She is just as important to the relationship as you are. Learn how to be sweet to your girlfriend and she will be sweet to you. And if she doesn't, well, then there is always a jerk to her to.

Social: Art Of Flirting

The Art of Flirting

Make the Right Moves

The art of flirting is not only the preserve of the rich, beautiful and exceptionally confident, nor do you have to be a wanton woman or lecherous Casanova to participate. With a little bit of practice and some sound advice, flirting is available to everyone – best of all, it can be a powerful social weapon when used for good instead of evil. Did we mention it's great fun, builds confidence, can win you lots of friends and is a playful yet sure-fire way to test the waters when it comes to romance?

But enough of this shameless teasing, come hither and we whisper some tips in your ear that will ensure you're not, in fact, flirting with disaster.

New social situations fill most people with fear and while some of us are adept at bluffing it out, the greater portion of the room will usually prefer to stick with the people they know, or hide in the shadows praying that someone will talk to them – in extreme cases, praying that they won't. Taking the dreaded first step is always a tough one, requiring great reserves of mental strength – or at least a tall glass of Dutch courage. But according to the experts it's all in the way you approach it.

When people grasp the concept that to be a great flirt you pay attention to the other

person rather than drawing attention to yourself, it becomes more appealing, especially to people who are not particularly socially confident.

Shift your attention to making somebody else feel good, you'll be pleasantly surprised that when you make somebody else feel good, they will often return the favor.

Sounds simple, huh? Take your glass of wine, stand next to someone and smile encouragingly at him or her as they talk about themselves. Eventually they'll run out of things to say and start being nice to you instead. But without using camouflage and sidling up to someone like a Russian spy, how do you put yourself in the right position for that conversation?

Breaking the ice is undoubtedly the hardest part of meeting someone new, so what do you actually say to get the ball rolling – presumably, "Remember my name, you'll be screaming it later" is not a great opener?

"Start with hello, then go out on a limb, you should tell that story, the one that makes you look like a dodo. Once you reveal yourself as human you'll help others feel relaxed."

Good flirts make other people feel special and enjoy doing it. "Flirts love people and notice what makes them tick." They also have a great attitude, one that is relaxed, fearless and outward looking". Treat it like a game, to win you just need to get them to smile back." According to the experts, coaxing yourself into the kind of relaxed and playful state of mind you need for successful flirting needn't require a personality transplant if you're not usually the gregarious type. All you have to do is change your attitude by being conscious of your negative thoughts and changing them to positive ones. Most of us don't approach others because we fear rejection, but flirting reduces this risk, as you're simply putting out feelers to see what response you get before you put your heart on the line. Getting in the right frame of mind will definitely make it easier to get out there and say hi.

To be playful you just have to think playful. Maybe there's a song that energizes you, or a memory that makes you feel good. Conjure them up in your head and you'll be surprised at that little kick of energy and enthusiasm you get. Our advice is not to use fake plastic breasts or a false mustache as your props

– way too much room for error. But certainly having a few tunes that will build your confidence is ideal given the normal social conditions most of us operate in.

When most people think about flirting they concentrate on romantic context. However at it's heart, flirting is simply about making people feel valued, and in return for this you'll be remembered and liked; an ideal scenario for the workplace and everyday social interaction.

Flirting is useful in business, when you flirt with someone you pay them a compliment and compliments can grease the wheels of industry. Don't confuse this with browning or being overly effusive of course, but it is good noticing other people and being interested in them. Sincere, rather than saucy. As your mother probably told you ,”it doesn't hurt to say something nice.”

It's important to keep in mind that you need to be careful when flirting, particularly in the workplace – signals can be misunderstood if you aren't clear. “Never cross the line or be sleazy,” This is particularly true of email flirting; you must be careful not to be lewd or overtly suggestive they may come back to haunt you. Sending colleagues a digital image of you wearing just a big smile, for instance, is probably a tad too much.

Flirting is not all about achieving a romantic goal, flirting when done well is natural communication where you focus your attention on the other person. It makes people notice you – not for you're your great feats and accomplishments, but because you come across as a genuine and intelligent human being. Everyone wants someone to listen to them and to remember who they are – it's one of the greatest compliments there is.

When flirting is great for testing the water of romance or for planting yourself favorably at work, it can also help keep the fires burning in a long-term relationship.

Flirting keeps relationships – new and old fresh and alive....

So what's the best advice for getting out there? “Nothing ventured nothing gained”, it costs nothing to smile or pay someone a compliment.

Social: Narcissism In The Boardroom

Narcissism in the Boardroom

The perpetrators of the recent spate of financial frauds in the USA acted with callous disregard for both their employees and shareholders – not to mention other stakeholders. Psychologists have often remote-diagnosed them as “malignant, pathological narcissists”.

Narcissists are driven by the need to uphold and maintain a false self – a concocted, grandiose, and demanding psychological construct typical of the narcissistic personality disorder. The false self is projected to the world in order to garner “narcissistic supply” – adulation, admiration, or even notoriety and infamy. Any kind of attention is usually deemed by narcissists to be preferable to obscurity.

The false self is suffused with fantasies of perfection, grandeur, brilliance, infallibility, immunity, significance, omnipotence, omnipresence, and omniscience. To be a narcissist is to be convinced of a great, inevitable personal destiny. The narcissist is preoccupied with ideal love, the construction of brilliant, revolutionary scientific theories, the composition or authoring or painting of the greatest work of art, the founding of a new school of thought, the attainment of fabulous wealth, the reshaping of a

nation or a conglomerate, and so on. The narcissist never sets realistic goals to himself. He is forever preoccupied with fantasies of uniqueness, record breaking, or breathtaking achievements. His verbosity reflects this propensity.

Reality is, naturally, quite different and this gives rise to a “grandiosity gap”. The demands of the false self are never satisfied by the narcissist’s accomplishments, standing, wealth, clout, sexual prowess, or knowledge. The narcissist’s grandiosity and sense of entitlement are equally incommensurate with his achievements.

To bridge the grandiosity gap, the malignant (pathological) narcissist resorts to shortcuts. These very often lead to fraud.

The narcissist cares only about appearances. What matters to him are the facade of wealth and its attendant social status and narcissistic supply. Witness the travestied extravagance of Tyco’s Denis Kozlowski. Media attention only exacerbates the narcissist’s addiction and makes it incumbent on him to go to ever-wilder extremes to secure uninterrupted supply from this source.

The narcissist lacks empathy – the ability to put himself in other people’s shoes. He does not recognize boundaries – personal, corporate, or legal. Everything and everyone are to him mere instruments, extensions, objects unconditionally and uncomplainingly available in his pursuit of narcissistic gratification.

This makes the narcissist perniciously exploitative. He uses, abuses, devalues, and discards even his nearest and dearest in the most chilling manner. The narcissist is utility- driven, obsessed with his overwhelming need to reduce his anxiety and regulate his labile sense of self-worth by securing a constant supply of his drug – attention. American executives acted without compunction when they raided their employees’ pension funds – as did Robert Maxwell a generation earlier in Britain.

The narcissist is convinced of his superiority – cerebral or physical. To his mind, he is a Gulliver hamstrung by a horde of narrow-minded and envious Lilliputians. The dot com “new economy” was infested with “visionaries” with a contemptuous attitude towards the mundane: profits, business cycles, conservative economists, doubtful journalists, and cautious analysts.

Yet, deep inside, the narcissist is painfully aware of his addiction to others – their attention, admiration, applause, and affirmation. He despises himself for being thus dependent. He hates people the same way a drug addict hates his pusher. He wishes to “put them in their place”, humiliate them, demonstrate to them how inadequate and imperfect they are in comparison to his regal self and how little he craves or needs them.

The narcissist regards himself as one would an expensive present, a gift to his company, to his family, to his neighbors, to his colleagues, to his country. This firm conviction of his inflated importance makes him feel entitled to special treatment, special favors, special outcomes, concessions, subservience, immediate gratification, obsequiousness, and lenience. It also makes him feel immune to mortal laws and somehow divinely protected and insulated from the inevitable consequences of his deeds and misdeeds.

The self-destructive narcissist plays the role of the “bad guy” (or “bad girl”). But even this is within the traditional social roles cartoonishly exaggerated by the narcissist to attract attention. Men are likely to emphasize intellect, power, aggression, money, or social status. Narcissistic women are likely to

emphasize body, looks, charm, sexuality, feminine “traits”, homemaking, children and child-rearing.

Punishing the wayward narcissist is a veritable catch-22.

A jail term is useless as a deterrent if it only serves to focus attention on the narcissist. Being infamous is second best to being famous – and far preferable to being ignored. The only way to effectively punish a narcissist is to withhold narcissistic supply from him and thus to prevent him from becoming a notorious celebrity.

Given a sufficient amount of media exposure, book contracts, talk shows, lectures, and public attention – the narcissist may even consider the whole grisly affair to be emotionally rewarding. To the narcissist, freedom, wealth, social status, family, vocation – are all means to an end. And the end is attention. If he can secure attention by being the big bad wolf – the narcissist unhesitatingly transforms himself into one. Lord Archer, for instance, seems to be positively basking in the media circus provoked by his prison diaries.

The narcissist does not victimize, plunder, terrorize and abuse others in a cold, calculating manner. He does so offhandedly, as a manifestation of his genuine character. To be truly “guilty” one needs to intend, to deliberate, to contemplate one’s choices and then to choose one’s acts. The narcissist does none of these.

Thus, punishment breeds in him surprise, hurt and seething anger. The narcissist is stunned by society’s insistence that he should be held accountable for his deeds and penalized accordingly. He feels wronged, baffled, injured, the victim of bias, discrimination and injustice. He rebels and rages.

Depending upon the pervasiveness of his magical thinking, the narcissist may feel besieged by overwhelming powers, forces cosmic and intrinsically ominous. He may develop compulsive rites to fend off this “bad”, unwarranted, persecutory influences.

The narcissist, very much the infantile outcome of stunted personal development, engages in magical thinking. He feels omnipotent, that there is nothing he couldn’t do or achieve if only he sets his mind to it. He feels omniscient – he rarely admits to ignorance and regards his intuitions and intellect as founts of objective data.

Thus, narcissists are haughtily convinced that introspection is a more important and more efficient (not to mention easier to accomplish) method of obtaining knowledge than the systematic study of outside sources of information in accordance with strict and tedious curricula. Narcissists are “inspired” and they despise hamstrung technocrats.

To some extent, they feel omnipresent because they are either famous or about to become famous or because their product is selling or is being manufactured globally. Deeply immersed in their delusions of grandeur, they firmly believe that their acts have – or will have – a great influence not only on their firm, but on their country, or even on Mankind. Having mastered the manipulation of their human environment – they are convinced that they will always “get away with it”. They develop hubris and a false sense of immunity.

Narcissistic immunity is the (erroneous) feeling, harbored by the narcissist, that he is impervious to the consequences of his actions, that he will never be effected by the results of his own decisions, opinions, beliefs, deeds and misdeeds, acts, inaction, or membership of certain groups, that he is above reproach

and punishment, that, magically, he is protected and will miraculously be saved at the last moment. Hence the audacity, simplicity, and transparency of some of the fraud and corporate looting in the 1990's. Narcissists rarely bother to cover their traces, so great is their disdain and conviction that they are above mortal laws and wherewithal.

What are the sources of this unrealistic appraisal of situations and events?

The false self is a childish response to abuse and trauma. Abuse is not limited to sexual molestation or beatings. Smothering, doting, pampering, over-indulgence, treating the child as an extension of the parent, not respecting the child's boundaries, and burdening the child with excessive expectations are also forms of abuse.

The child reacts by constructing false self that is possessed of everything it needs in order to prevail: unlimited and instantaneously available Harry Potter-like powers and wisdom. The false self, this Superman, is indifferent to abuse and punishment. This way, the child's true self is shielded from the toddler's harsh reality.

This artificial, maladaptive separation between a vulnerable (but not punishable) true self and a punishable (but invulnerable) false self is an effective mechanism. It isolates the child from the unjust, capricious, emotionally dangerous world that he occupies. But, at the same time, it fosters in him a false sense of "nothing can happen to me, because I am not here, I am not available to be punished, hence I am immune to punishment".

The comfort of false immunity is also yielded by the narcissist's sense of entitlement. In his grandiose delusions, the narcissist is *sui generis*, a gift to humanity, a precious, fragile, object. Moreover, the narcissist is convinced both that this uniqueness is immediately discernible – and that it gives him special rights. The narcissist feels that he is protected by some cosmological law pertaining to "endangered species".

He is convinced that his future contribution to others – his firm, his country, humanity – should and does exempt him from the mundane: daily chores, boring jobs, recurrent tasks, personal exertion, orderly investment of resources and efforts, laws and regulations, social conventions, and so on.

The narcissist is entitled to a "special treatment": high living standards, constant and immediate catering to his needs, the eradication of any friction with the humdrum and the routine, an all-engulfing absolution of his sins, fast track privileges (to higher education, or in his encounters with bureaucracies, for instance). Punishment, trusts the narcissist, is for ordinary people, where no great loss to humanity is involved.

Narcissists are possessed of inordinate abilities to charm, to convince, to seduce, and to persuade. Many of them are gifted orators and intellectually endowed. Many of them work in politics, the media, fashion, show business, the arts, medicine, or business, and serve as religious leaders.

By virtue of their standing in the community, their charisma, or their ability to find the willing scapegoats, they do get exempted many times. Having recurrently "got away with it" – they develop a theory of personal immunity, founded upon some kind of societal and even cosmic "order" in which certain people are above punishment.

But there is a fourth, simpler, explanation. The narcissist lacks self-awareness. Divorced from his true

self, unable to empathize (to understand what it is like to be someone else), unwilling to constrain his actions to cater to the feelings and needs of others – the narcissist is in a constant dreamlike state.

To the narcissist, his life is unreal, like watching an autonomously unfolding movie. The narcissist is a mere spectator, mildly interested, greatly entertained at times. He does not “own” his actions. He, therefore, cannot understand why he should be punished and when he is, he feels grossly wronged.

So convinced is the narcissist that he is destined to great things – that he refuses to accept setbacks, failures and punishments. He regards them as temporary, as the outcomes of someone else’s errors, as part of the future mythology of his rise to power/brilliance/wealth/ideal love, etc. Being punished is a diversion of his precious energy and resources from the all-important task of fulfilling his mission in life.

The narcissist is pathologically envious of people and believes that they are equally envious of him. He is paranoid, on guard, ready to fend off an imminent attack. A punishment to the narcissist is a major surprise and a nuisance but it also validates his suspicion that he is being persecuted. It proves to him that strong forces are arrayed against him.

He tells himself that people, envious of his achievements and humiliated by them, are out to get him. He constitutes a threat to the accepted order. When required to pay for his misdeeds, the narcissist is always disdainful and bitter and feels misunderstood by his inferiors.

Cooked books, corporate fraud, bending the (GAAP or other) rules, sweeping problems under the carpet, over-promising, making grandiose claims (the “vision thing”) – are hallmarks of a narcissist in action. When social cues and norms encourage such behavior rather than inhibit it – in other words, when such behavior elicits abundant narcissistic supply – the pattern is reinforced and become entrenched and rigid. Even when circumstances change, the narcissist finds it difficult to adapt, shed his routines, and replace them with new ones. He is trapped in his past success. He becomes a swindler.

But pathological narcissism is not an isolated phenomenon. It is embedded in our contemporary culture. The West’s is a narcissistic civilization. It upholds narcissistic values and penalizes alternative value-systems. From an early age, children are taught to avoid self-criticism, to deceive themselves regarding their capacities and attainments, to feel entitled, and to exploit others.

As Lilian Katz observed in her important paper, “Distinctions between Self-Esteem and Narcissism: Implications for Practice”, published by the Educational Resources Information Center, the line between enhancing self-esteem and fostering narcissism is often blurred by educators and parents.

Both Christopher Lasch in “The Culture of Narcissism” and Theodore Millon in his books about personality disorders, singled out American society as narcissistic. Litigiousness may be the flip side of an inane sense of entitlement. Consumerism is built on this common and communal lie of “I can do anything I want and possess everything I desire if I only apply myself to it” and on the pathological envy it fosters.

Not surprisingly, narcissistic disorders are more common among men than among women. This may be because narcissism conforms to masculine social mores and to the prevailing ethos of capitalism. Ambition, achievements, hierarchy, ruthlessness, drive – are both social values and narcissistic male traits. Social thinkers like the aforementioned Lasch speculated that modern American culture – a self-centred one – increases the rate of incidence of the narcissistic personality disorder.

Otto Kernberg, a notable scholar of personality disorders, confirmed Lasch's intuition: "Society can make serious psychological abnormalities, which already exist in some percentage of the population, seem to be at least superficially appropriate."

In their book "Personality Disorders in Modern Life", Theodore Millon and Roger Davis state, as a matter of fact, that pathological narcissism was once the preserve of "the royal and the wealthy" and that it "seems to have gained prominence only in the late twentieth century". Narcissism, according to them, may be associated with "higher levels of Maslow's hierarchy of needs ... Individuals in less advantaged nations .. are too busy trying (to survive) ... to be arrogant and grandiose".

They – like Lasch before them – attribute pathological narcissism to "a society that stresses individualism and self-gratification at the expense of community, namely the United States." They assert that the disorder is more prevalent among certain professions with "star power" or respect. "In an individualistic culture, the narcissist is 'God's gift to the world'. In a collectivist society, the narcissist is 'God's gift to the collective.'"

Millon quotes Warren and Caponi's "The Role of Culture in the Development of Narcissistic Personality Disorders in America, Japan and Denmark":

"Individualistic narcissistic structures of self-regard (in individualistic societies) ... are rather self-contained and independent ... (In collectivist cultures) narcissistic configurations of the we-self ... denote self-esteem derived from strong identification with the reputation and honor of the family, groups, and others in hierarchical relationships."

Still, there are malignant narcissists among subsistence farmers in Africa, nomads in the Sinai desert, day laborers in east Europe, and intellectuals and socialites in Manhattan. Malignant narcissism is all-pervasive and independent of culture and society. It is true, though, that the way pathological narcissism manifests and is experienced is dependent on the particulars of societies and cultures.

In some cultures, it is encouraged, in others suppressed. In some societies it is channeled against minorities – in others it is tainted with paranoia. In collectivist societies, it may be projected onto the collective, in individualistic societies, it is an individual's trait.

Yet, can families, organizations, ethnic groups, churches, and even whole nations be safely described as "narcissistic" or "pathologically self-absorbed"? Can we talk about a "corporate culture of narcissism"?

Human collectives – states, firms, households, institutions, political parties, cliques, bands – acquire a life and a character all their own. The longer the association or affiliation of the members, the more cohesive and conformist the inner dynamics of the group, the more persecutory or numerous its enemies, competitors, or adversaries, the more intensive the physical and emotional experiences of the individuals it is comprised of, the stronger the bonds of locale, language, and history – the more rigorous might an assertion of a common pathology be.

Such an all-pervasive and extensive pathology manifests itself in the behavior of each and every member. It is a defining – though often implicit or underlying – mental structure. It has explanatory and predictive powers. It is recurrent and invariable – a pattern of conduct melding distorted cognition and stunted emotions. And it is often vehemently denied.

Social: Professional Ethics

Professional Ethics

You have always dreamed of a good career, but when it comes to vital decision that needs to be made we start thinking over every step. This article will help you to realize how much a professional you are.

There are many professions in the world that require strong will, stamina and courage to get occupied. Thousands of policemen, doctors, firemen, rescue teams save people every minute. Graduating from the University and mastering one of the professions mentioned above you think only about successful application of your knowledge in practice. A couple of years after you become a famous doctor, an honorary resident and a dedicated family man. But then one accident in your practice turns your life upside down and makes you reconsider your system of values and personal code of ethics.

Racing towards the hospital in the middle of the night, you think about what you are going to see. Entering a room, you see one of your patients lying down with eyes closed. A sense of guilt overwhelms you, when you hear colleagues' words "No hope". The situation drove you to the choice you need to make: either to shut down the apparatus of support and release a patient from suffering on his way to death or do nothing in order to save good name you acquired during your practice. Leaving the room, you start going back to your student years where the problem of euthanasia was discussed frequently. What was your attitude? Of course you thought of this way out as of unacceptable and inhumane as most of people think. Did you really give a problem a good thought being a student? Obviously it never occurred to you that you may appear in front of a choice like that. And now, having a reputation of a professional, what are you to choose?

Euthanasia is determined as an act of merciful killing that releases a person from suffering. Now this term has to be specified, because the specialists of Middle Ages released their patients not only from physical but also from spiritual sufferings. Nowadays obligations of doctors are limited by law and in some states euthanasia is prohibited by law, unless one of the family members presents a request that is further investigated. There are several moral aspects of such a decision. On one hand there are Ten Commandments of the Holy Bible, one of which states "Do not MURDER" (this is the correct translation instead of 'Do not KILL'). After humanism was established as a philosophical current, some consider euthanasia a crime. On the other hand there are words of Hippocrates that plead to help the needy regardless their position in the society. If nothing but sufferings awaits a person on a short way to death, why should a doctor who understands the situation let someone be tortured? Isn't it even crueler than killing somebody? These are moral aspects of the problem, but the code of professional ethics requires action and you are to make the choice. Only after you consider everything and make the right decision you deserve to be called a professional and be respected even more.

Social: Teenage Relationship Abuse

Teenage Relationship Abuse – Don't Let It Happen To Your Teen

When it comes to an abusive relationship, the abuse can be manifested in many ways. We often think only of physical or sexual abuse, but in reality things such as 'teasing' and mocking someone and constantly undermining a person's worth can also be classified as abusive. When it comes to identifying signs of teenage relationship abuse it's even more important, as a parent, that we know what to be on the lookout for.

Hopefully, you've shown your child that they can trust you with their problems so they'll be more likely to confide in you if something is going on, but the truth is that even if you and your child have

good communication skills they still may be too uncomfortable to talk openly about the problem with you. Knowing what to look for can help you identify a potential problem even if your teen isn't willing to talk about it.

It's not uncommon for a teenage abuser to threaten to tarnish the reputation of their victim. With all the pressure to fit in when in high school, this can be a remarkably effective way for an abuser to keep his victim in line. As a parent, this can be a nightmare scenario – your kid in trouble but unwilling to let you help.

Here are some things you can keep an eye out for as they may indicate an abusive relationship:

1. If your teen suddenly seems to be getting hurt a lot it could be a sign of trouble. It's not uncommon for the victim of physical abuse to suddenly seem to have a lot of 'accidents' and become 'clumsy', but very often these bruises and cuts are signs that they are being physically abused and they are just too embarrassed to talk about it.
2. One of the most common techniques that abusers use is to isolate their victim, they will force them to cut off ties with friends and family, since it is easier to victimize them if they don't have a support system. If your teen suddenly loses interest in seeing their old friends or becomes even more reclusive around family, you may want to investigate further. I know teens can be somewhat reclusive anyway when it comes to spending time with family, but if they seem to get worse suddenly especially after they start seeing someone new, it may be cause for concern.
3. If your teen suddenly starts getting poor grades or doesn't seem interested in the hobbies they used to enjoy, again, this could be a sign of some problem.

No parent wants to think of their kid as being mistreated by anyone, that may be why it's so difficult for parents to grasp just how much of a problem teenage relationship abuse is becoming. Just try to always keep open lines of communication with your child, and teach them to trust their instincts, just as you should always trust yours. If you think that something is wrong with your kid and/or the person they are dating... it probably is.

Social: The Word "Love" Overused

The Word "Love" is Overused in Today's Society.

The word "love" is used in many different situations. The word is defined as an extreme affection towards someone or something; however this is not the case in which it is used by most.

People tend to use the word just the same as any other. No actual meaning to it — it seems that whenever someone says "I love you" they don't actually mean it. The meaning I LOVE YOU has now shrunk to a simple I love you. It has lost its significance, its shnaz!

I hear young people saying it all the time, fourteen, fifteen year olds telling it to each other like candy. It should be something special, not something you throw out at somebody who you've only known a week or two.

Love is developed over a long period of time. Yes, there are those few cases of "love at first sight," but this is a very rare occurrence and shouldn't be someone's first priority to claim their love the first moment they see them.

Love is when you would do anything to be able to see this person. It is when you jump in front of a car and push your love out of the way to save their life. It is when you can't stand one moment without him/her. It is when you think about him/her the first moment you wake up and the last second before you sleep at night. Love can not be duplicated. Love is love and everything else.

You can not claim you love someone unless you have that special feeling deep down whenever you see that person. You feel lifted off your feet and have all your fears taken away.

The word should not be thrown around like a piece of meat, but preserved for that special someone who will not leave you for another woman or man and would do anything for you to be with them and you the same.

Save the word for the right person. Preserve the meaning of love and use it towards those who deserve it.

Social: Why Men Dump Women

Why Do Men Dump Women Here Are The Top Three Reasons Why

It is such a sad moment when a relationship ends and when a woman is dumped she will feel sad, angry and rejected. It is a very discouraging time in a woman's life to be dumped by the person she so deeply loves. Being dumped will leave behind a feeling of pain and confusion, especially if it was unexpected.

At one time it seemed that it was always the woman that dumped the man, but I think the tables have turned and now men are doing their fair share of the dumping. The problem with when a man dumps a woman is that he is not as sympathetic and not so good at explaining why the relationship is over. Often a woman is left shocked and wondering what went wrong and really has no idea of the motive to his decision.

So why do men dump women? Here are the top three reasons why they men end relationships.

1. Communication or lack of it!

The key to any successful relationship is good communication and if a couple are struggling to communicate then there are serious problems with the relationship. Lack of communication is one of the top reasons why men break up with women.

2. Over-demanding women!

At the beginning of a relationship women take men for who they are and all is good. But as time goes on, some women will start to become quite demanding of their man. Women sometimes like to have control in a relationship and may enforce too many rules and limits on their partner. As the relationship becomes more serious they will expect the man to start spending more time at home and less time out with friends. If a man isn't ready to change his life to suit the couple's lifestyle then this can be too much pressure for him. Putting too much pressure and too many demands on a man is a big reason for many break ups.

3. Needy women!

Men like to play the role of the big hero and so it can give their ego a nice boost when a woman plays the damsel in distress' role. However, this is alright once in a while but a man will get quite annoyed with a woman if she is constantly needy and reliant on him. Although it is good to rely on a man to some degree, a woman still needs some degree of independence. A man will lose respect for a woman who is too clingy and can't do anything for herself. It can even become a bit creepy if a woman develops an obsession for the man and won't let him out of her site. When she expects him to spend every free minute with her, he will feel smothered and need to escape. When the relationship gets to this point, the man will escape by breaking up with the woman.

There are many reasons why men dump women, but these are three very common ones. Don't think that you're relationship is fine because it's women that do the dumping, it's not the case anymore. Men also hold the power of a relationship in their hands. If you find yourself in the situation of being dumped by a man, you can try communicating with him to see if there is any chance of salvaging the relationship. If he has no interest at all in reconciling then you need to accept that the relationship is over and perhaps learn from the mistakes you may have made.

Social: Alpha Male

Alpha Male And Nurturing love

As alpha male if you let a woman nurture you what will happen is that it will destroy her sexual desire towards you and also her respect towards you will die sooner or later.

A woman can love basically in two ways:

- Adult Love
- Nurturing Love

Nurturing love is an instinct. As such it is stronger than her will. In a word: women are hardwired to nurture. This instinct is meant to have children grow up safely.

Nature is sometimes a bitch. Instincts are very primitive brain features and they are meant to overcome our conscious will. Sometimes they direct themselves there, where they should not.

As alpha male if you let a woman nurture you what will happen is that it will destroy her sexual desire towards you and also her respect towards you will die sooner or later.

A good example of how a real male relates to his own weaknesses is from the life of Julius Caesar. He suffered of terrible headaches and he treated them by.. long, strenuous marches with all the weathers.

As alpha Male your destiny is to protect other people and live your life without being nurtured too much. You are alone with that job. You should not fear death and sickness. You should cope without nurturing.

Having said that we can distinguish two group of women in regard of how they express nurturing love.

The HSE (High self-esteem) woman is very often not completely conscious of what she is doing when she is nurturing someone – there are of course exceptional women who have a full touch into their instincts but they are rare. When a HSE woman nurtures someone her nurturing is full of joy and positive frames. She enjoys it fully and it is for her a happy activity. Another feature of the HSE woman

is that she will lose very fast her love and interest in an adult male if he lets her nurture him too much. Her nurturing is made for children and people who are weak and sick not for her big guy.

The LSE (Low self-esteem) woman exhibits what I call malignant nurturing. You can recognize malignant nurturing by the fact that it is full of negative, depressive frames and tends to castrate the male early on by demonstrating that: “You can’t cope without my nurturing” and soon after: “You are not a real man because you need me so much.” either said straightly or sub-communicated. This is especially a feature of LSE LD (Low self-esteem low sexual drive) women.

How a healthy alpha male relates to nurturing? Simple: that is stuff for children, not for him.

One feature of some women is that they will very often feel “offended” or “uneasy” if a guy who enters a relationship with them does not let them nurture him.

Keep your positions then: don’t let her do it to you. You need to live your life by being totally independent from the need for nurturing. You do not need to be extreme in refusing nurturing: sometimes it is nice to be offered a cup of coffee or measured temperature when sick but the overall frame should be: a big man does not need nurturing!

Effects of nurturing on sexuality and respect:

- If a male lets his woman nurture him too much what will happen is that the sexual desire of this woman and her respect for him will die. Period.
- An alpha male can remain alpha in a relationship with a woman by practicing adult love with her and kindly refusing of being nurtured. Period.
- A beta male should never even start a relationship with a woman and/or a fatherhood before he has freed himself completely from the need of being nurtured. Period.

Social: Emotions Associated With Being Dumped

Unhealthy Emotions Associated with Being Dumped

Being dumped can be a traumatic experience for anyone. Relationships are complex and difficult at times. While some people who are dumped seem to find a way to move on without much damage, most people who are dumped have serious emotional issues. Some of the negative reactions to the difficult emotions that come out of the break up can seriously affect the way a person functions and the person’s ability to function in life. Finding a positive way to deal with these difficult and possibly harmful negative reactions to these feelings can help you deal with being dumped and move on with your life. Just a few of the emotions you may encounter are hatred, embarrassment and sadness.

Hatred is a common feeling to have after being dumped. The common question is, “Why Me?” You may experience hatred toward a person that has dumped you, mutual friends that disassociate with you after the break up, and anyone who may subsequently date your ex after you break up. Dealing with hatred in a positive way is very important because this emotion has a very bad habit of being a festering emotion. If you have hatred inside, you may even be physically affected. Hatred is an awful emotion that can have severe effects. If you are consumed by this negative emotion, it is hard to live your life, move on from a broken relationship, and even go about day to day responsibilities normally.

Another emotion you may experience is embarrassment. A lot of times, embarrassment stems from self-esteem issues, as well as feeling like everyone around is laughing at you. After you have been dumped,

the best way to move past feeling embarrassed is to know that you are a worthwhile person and that you are not the only person who has been dumped. Lift your head and know that you have great qualities that someone else will admire later on in a different relationship, and simply work on getting to know yourself and being the person you want to be. Anyone who would laugh at you after such a painful experience is not worth even wasting time to think about.

One more emotion you may experience in the case of being dumped is sadness. This one will only heal after time. There is almost always regret when you are broken up with and the only cure for this emotion is taking time to let yourself heal. Indulge in some self-pity, but not for long. Get pampered, spend a little money on yourself, and try to remember that you are a worthy human being. Sadness will pass and you will be able to move on with your life in a positive manner. If you allow yourself to get wrapped up in sadness, you can get into a funk that is very difficult to get out of. Simply waking up and getting on with your regular routine can help you take one day at a time to your recovery.

No matter what seemingly negative emotions you experience after being dumped, and there are a variety of many of them, the way to move past them is to react to them in the most positive way you can. This is a key to moving on with your life and living a successful and happy life.

Social: Mistakes Trying A Woman's Sexual Motor

Are You Inadvertently Making One Of These 3 Mistakes Trying To Start A Woman's Sexual Motor?

It's Not In Your Looks

You can have a perfect forehead, chin, smile, and even a perfect pair of dimples but none of these will start a woman's sexual motor. You can work out at the gym all week long, week after week and look like Mr. Atlas, but you aren't going to start a woman's sexual motor with your muscles.

Granted, you might get her attention for a brief moment – just like any other kind of abnormality she might notice would get her attention – but your looks won't turn her sexual motor on. Why? Once a woman decides to enter into a relationship, looks no longer matter to her – if they ever mattered to her at all.

Now, I'm not dismissing the necessity for neatness, trimness, and cleanliness. These are things a woman expects of a man. But, they are not what start her sexual motor.

It's Not In What You Have

You can wave big wads of cash around. You can wear Armani suits. You can wear a Rolex. You can drive a super expensive car. You can flaunt any other material possessions in front of a woman and you simply aren't going to turn her on. (As obvious as this may seem, there are men worldwide trying to capture a woman's attention by means of their possessions.)

The danger with this approach is that you may trigger her "greed factor" such that she is attracted to you in terms of what she can "get" from you. But, because she's not being true to herself, sex will be something she despises. This phenomenon can easily be seen in "marriages" where an attractive young woman is married to an old and wealthy man. Both the man and the woman know that the marriage is based on purely selfish motives and nobody's sexual motor has ever been started based on selfishness.

It's Not Your Social Status

Many men mistakenly believe that if they were in a position of prominence, or if they were a celebrity, or if they held some kind of high-profile social rank, that they would then be able to start a woman's sexual motor.

And in fact, there are cases where a woman is attracted to a high social status man simply for the attention and prestige that being affiliated with such a man will bring to her.

But once again, this kind of a relationship is founded on shallow and hollow premises. And, as it has been proven again and again, the very thing the woman was attracted to will soon become the thing she despises the most. And when a woman despises, her sexual motor is definitely turned off.

The number of women throughout history who have left high-profile men in favor of a "no-name" man is incalculable. In fact, the tabloid magazines show us this phenomenon on a regular basis – where some starlet has dumped the celebrity she has been dating and is now dating some unknown man who is just short of being down-right ugly. Why would women do this? Because the "no-name" guy clearly knows how to start her sexual motor while the prominent guy did not.

Social: Phobia

The Social Killer

Social anxiety disorder, also known as social phobia, is a kind of mental disorder where the sufferer experiences a severe or unreasonable fear of social gatherings where there is a possibility that one may get embarrassed or ridiculed. Most of the time, these anxieties arise from an intense fear of being closely watched or scrutinized. This kind of phobia gives sufferers a feeling of being trapped or shut away from the world.

Scared to go out to a meeting to speak to a client? Need to deliver a speech but feel like fainting at the thought of going in front of the class to present? Scared to attend a social gathering for no apparent reason? You might be suffering from social anxiety disorder.

Social anxiety disorder, also known as social phobia, is a kind of mental disorder where the sufferer experiences a severe or unreasonable fear of social gatherings where there is a possibility that one may get embarrassed or ridiculed. Most of the time, these anxieties arise from an intense fear of being closely watched or scrutinized – from the simple things like the way they dress, talk or act; to important job functions like performing in front of a crowd, giving a presentation, or finishing an interview for a job application. This kind of phobia gives sufferers a feeling of being trapped or shut away from the world.

They say social anxiety disorder is closely related to shyness. However social phobia differs in the sense that this disrupts normal socializing functions. It is true that everyone goes through a stage of shyness in their life, overcoming it is a different thing. When it becomes too much that it interrupts your daily life and relationships to the point where you are sick with worry, it is time to seek counsel. It is good to know the signs and symptoms of social anxiety disorder to be able to determine and treat this said condition before it worsens.

People with social phobia manifest 2 basic kinds of symptoms: emotional and physical. The emotional symptoms include: an intense fear of being in situations in which you don't know people, fear of situations in which you may be judged, worrying about embarrassing or humiliating yourself, fear that

others will notice that you look anxious, anxiety that disrupts your daily routine, work, school or other activities, avoiding doing things or speaking to people out of fear of embarrassment, avoiding situations where you might be the center of attention. The physical symptoms include: Blushing, profuse sweating, trembling or shaking, nausea, stomach upset, difficulty talking, shaky voice, muscle tension, confusion, palpitations, diarrhea, cold and clammy hands, and difficulty making eye contact.

Basically, this phobia manifests a symptom of being overly anxious around other people. Sufferers think that other people are more confident than they are, that other people are better than them. They feel uncomfortable being around people that it makes it difficult for them to eat, drink, work, asking questions, asking for dates, even going to the toilet, when other people are around.

The good news is that there is a cure for this condition. For the past 20 years, a combination of talk therapy and medications has proven most helpful to limit the effects, if not cure, this mental condition. Certain anti-depressants (Paroxetine, Sertraline and Venlafaxine), anti-anxiety medications, and beta blockers are used to help Socio-phobic people to balance certain chemicals in the brain and minimize panic attacks during periods of heightened anxiety. Talk therapy teaches people with social anxiety disorder to react differently to situations that trigger their anxiety. The therapist helps the patient confront the negative feelings about social situations and the fear about being judged by others. Patients learn how their thinking patterns add to the symptoms of social anxiety disorder and how to change their thinking so the symptoms begin to lessen.

To be shy is quite normal, everybody has gone through a similar phase. Getting past that stage is the difficult part. Ultimately, it ends up to building your confidence to a certain level for you to be comfortable enough to move normally. In case you've been diagnosed as a socio-phobic, it is nothing to be ashamed of. With a little bit of therapy, proper medication, and enough support from people who believe in you, you'll slowly be able to do socialize and function normally within a group without being too anxious.

The More Common Fears

Phobias, according to some statistics, are more common than most people would assume. While there are several types of phobias, with each one being triggered by something that the patient feels he has no control over, there are a few common ones. There are also phobias that appear to be emerging more and more in people, likely as a reaction to certain factors in the socio-cultural environment.

Fear, along with death, can probably be listed as being among the chief equalizers of humanity. Everybody dies and everybody is afraid of something, after all. Fear keeps people from doing stupid things and can often be a very good way to keep someone from stepping out of line. However, letting an irrational case of fear and anxiety evolve into a full-blown phobia is far from being sound for one's mental health. While it can take more than simply giving into the fear to damage someone's psychological well-being, the fact that certain phobias are more common than others has often been seen as being highly subjective.

The trouble with these common and irrational fears comes full circle with the fact that some people might fail to even acknowledge that they have a phobia, for the simple reason that they're unaware that the phobia even exists. However, as stated, there are some common phobias out there and it would serve people well to be aware of them. While they are not truly damaging to a person's mental health, it can still have drastic effects on a person's lifestyle and interpersonal relationships.

The most common (and arguably the most most stereotyped) of phobias would be claustrophobia. This mental health condition is basically the fear of tight, enclosed spaces. This can include everything from being stuck in a tight traffic jam to elevators. In some cases, people can develop claustrophobia after serving time in prison, where the already-small cells are made smaller by the intimidating nature of the areas surrounding it. To someone with this problem, the fear and anxiety stems from the mind becoming incapable of seeing how much space is actually available and focusing on the objects that define the confining space, such as walls or bars.

Some people theorize that egrophobia is becoming increasingly common as well. Egrophobias is literally defined as the fear of work, but it comes down to more than that. Egrophobia affects the mental health such that the person develops an irrational fear of anything and everything related to the work environment. This can include not only the office structures such as desks and computers, but also more subtle reminders like being part of a team or being required to meet a specific quota. It should be noted that there is no definite proof that egrophobia is spreading, but there are probably more than a few people who would insist that they are developing it.

Phobias related to sex, sexual identity, and sexual health are also starting to become more prominent. Homophobia is, in theory, fairly common, but with varying degrees of intensity. It is believed that, to some extent, everyone that isn't homosexual has some level of homophobia, though it is the behavior of the more extreme cases that is often shown. Androphobia and gynophobia, the fear of men and women, respectively, are also starting to become more noticeable in contemporary society. These two irrational fears produce similar effects on someone's mental health, such as an astute case of fear and anxiety when presented with the prospect of achieving emotional or physical intimacy with someone of the appropriate gender.

The Many Faces of Anxiety

Most people make the mistake of seeing anxiety as a minor concern, something that can be overcome. However, many people do not realize that anxiety can be a very serious problem, or that it can take on many forms. Post-traumatic stress-disorder, phobias, and panic disorder are all considered to be forms of anxiety.

The condition known as anxiety can illicit a number of reactions from people. Many view it as a sign of weakness, treating the person experiencing it as a fear-controlled weakling, incapable of properly dealing with the world around him. Others view it as a character flaw that can be overcome, usually by having them continually face situations which cause them anxiety. Others still find that it is a mental problem, one that is easily confused with any number of similar, but not quite the same, psychological conditions. However, outside of the medical profession, most people don't recognize that anxiety can be likened to an umbrella term, with a few other conditions falling under its jurisdiction.

Panic disorder, which the general public may or may not view as a more extreme form of anxiety, actually falls under the jurisdiction of the latter term's definition. The two are characterized by the same general set of symptoms. These include extreme dread and fear, though no truly discernible, specific cause can be found. Both conditions have also been known to cause a number of physical side effects, usually the same ones associated with the body's natural fear response mechanism. The primary difference between the two often lies solely on the intensity of the symptoms, with panic typically causing more noticeable problems than anxiety.

Interestingly, Obsessive-Compulsive Disorder (OCD) has also sometimes been categorized as being a

sub-form of anxiety. OCD is a psychological condition that makes a person put an undue level of focus on a given activity or thing, then compels them to perform actions related to said activity or thing. Jack Nicholson is known for having portrayed a character with OCD, with the focus being on cleanliness, in the film “As Good As It Gets.” The anxiety in this situation stems from instances where the patient fights the “compulsive” part of the disorder. Not doing what the mind believes should be done has been known to cause great discomfort to moments of fear and anxiety.

Post-traumatic stress disorder (PTSD) has also been cited as being linked to anxiety. This is particularly true of the PTSD patient who recalls traumatic experiences that are triggered by specific objects, sounds, or locations. This can include anything from being placed in or near the location where the trauma originally occurred. Exposure, or the mere threat of exposure can cause extreme anxiety and reactions in a person, with the effect noticeably becoming more intense as the prospect becomes more real. The anxiety can also reach the point where the patient will actively attempt to avoid being exposed to anything that might trigger a relapse of the traumatic memories.

Phobias are often considered to be specialized forms of the general anxiety problem. Unlike panic and the regular form of the condition, a person with a phobia associated feelings of fear and dread with a specific trigger. While PTSD may be associated with a phobia, the two do not always intermingle. In many cases, the fear is completely unfounded, but may be rooted deep in childhood experiences or specific situations.

Social: You Too Busy for Friendship

If you currently feel that you don’t have enough friends in your life, one reason may be that you have let yourself become too busy to make time for the relationships you already have.

Nurturing and maintaining friendships requires effort and commitment. Many of us let our lives become so busy with work and other commitments that we don’t get around to scheduling time for pleasure and renewal with the friends, relatives and acquaintances we already have.

Making the effort to call your friends more regularly, and to accept more of the invitations you receive from others, can improve your social life in a hurry!

Are there any people you could call right now and be assured of a pleasant welcome? Are these people that you could count on to help you in a crisis? Can you have close talks with them? Do you have fun when you are together? Are you happy to have them in your life?

If you haven’t seen much of them lately, is it because you have become too busy? Have you grown apart? Was there an argument?

If the main reason you haven’t been getting together with the people you already know is because you have gotten too busy, take a good look at how you spend your time. Compare it with your real values and priorities in life. Is your hectic lifestyle really bringing you the quality of life that you want?

If you have become too busy for friends, why has this happened? Are you pursuing material toys in your life at the expense of relationships with other human beings? Have you allowed your time to be over-committed because you never say no to anyone? Do you insist on doing things yourself that could be delegated to others? If so, why? Do you believe that everything depends on you?

Examine whether the way you are currently spending your time accurately reflects your deepest values

and priorities. Make sure that you schedule adequate time for the things that are truly most important to you.

If you really want to keep friends in your life, make a space in your schedule, and a space in your heart for them.

Social: Body Language You Should Know

Even when you don't say a word, other people can still learn a lot about what kind of person you are and what you are thinking and feeling.

How do other people do this? By studying your body language.

The term body language refers to the messages you send out with your body gestures and facial expressions.

Some body language experts claim that only about 7% of our messages to other people are communicated through the words we speak. The rest of our messages are conveyed through our body language, tone of voice, and facial expressions.

During your entire life you have been sending messages to others through your posture, gestures, and facial expressions.

When you were an infant, before you learned to speak, people were peering into your little baby face, looking at your gestures, and listening to your little cries and gurgles, trying to decipher what kind of mood you were in, and what you were trying to say.

And you have been reacting to the body language, voice tone, and facial expressions of the people around you all your life, even though you may not have been consciously aware of it.

What sorts of messages are you conveying to others with your body language? Does your body language encourage other people to approach you? Or do you subconsciously warn them to stay away?

Take a moment to think about how you usually stand or sit when you are with other people. What are you doing with your hands? Where are you looking with your eyes?

Does your face express interest in the people you are with, or does your face stay a tense, stony mask?

When you are sitting or standing, do you usually cross your arms across your chest? If this is your typical way of standing or sitting, how do you think other people interpret this posture? Did you realize that most people will subconsciously interpret your arms crossed in front of your chest as a signal that you don't want anyone to approach you? Only the bravest souls are likely to come forward when you adopt this posture.

If you stand awkwardly, with your chest slumped forward, your shoulders drooping, and your eyes avoiding everyone else, people are likely to decide you are very depressed or completely lacking in confidence. They may fear that trying to talk with you will be an awkward experience.

When you stand awkwardly, you do not project any sign that you are confident in yourself, or that you have any interest in the people around you. Instead you look like you are trying to disappear.

No matter how desperately you want someone to come over and befriend you, if your body language projects awkwardness or disinterest in others, it's not very likely that many people will try to start a conversation with you.

If some body language signals can frighten people away, are there signals that will encourage people to come forward and approach you? Yes, you can look much more approachable to others if you adopt body language that is open and non-threatening.

Whether you are sitting or standing, aim for a posture that is upright and alert, yet relaxed. If you notice that your chest or shoulders are slumping, straighten up.

Become aware of the way you are breathing. Does your breath move in and out smoothly? Or does it move with jerky little stops and starts?

If you notice that you are holding your breath, or breathing in a shallow, jerky manner, this is a sign of anxiety. When you breathe shallowly, you have to breathe more often, which can increase your appearance of nervousness. Consciously tell all the muscles of your body to relax. Use your abdomen to help you breathe smoothly and deeply. Let the bottom part of your lungs fill up with air as well as the top.

What are you doing with your hands? If you get nervous in social situations, you may feel that no matter what you do with your hands, it's the wrong thing. Many people who cross their arms in front of their chest are probably doing so at least in part because they don't know where else to put their hands.

You should never cross your arms in front of your chest unless you really don't want anybody to approach you. That is the message this gesture sends out.

If you want to look open and approachable, keep your arms at your sides, or put one hand in your pocket. If you want to hold something in one hand, keep your hand at the side of your body, and not in front of you. Holding your arm in front of your body can be seen as a signal that you want to defend yourself against other people.

Stay aware of and focused on your surroundings and the people around you. If you find yourself tuning out your surroundings, you will start to focus too much on your negative inner sensations and thoughts. This can quickly increase your anxiety to a very uncomfortable level.

What sort of facial expression should you have if you want people to approach you?

In most cases, a gentle, pleasant smile should do the trick. Too much of a smile that never softens can look forced and nervous. A pleasant smile with a twinkle in your eyes will convey to other people the impression that chatting with you will be a pleasant experience.

Social: Smile Power

Have you ever noticed how the word smile assumes the position of a smile on your face right after it has been pronounced?

The same is true with a grin or a frown.

Much of the words in the English language or perhaps in other languages of the world assume the facial expressions of the person pronouncing them. Perhaps this is how words came into existence.

What kind of difference can a smile make? In spite of its simplicity and spontaneity, a smile can make all the difference. It creates an atmosphere.

Admittedly, a frown can likewise create an atmosphere. The question now is this: Which is more preferable? An atmosphere of dissent brought about by frowning can bring conflict and unfriendliness, while a smile can create unity and camaraderie.

A smile is contagious. When you project a smile, the other person can't help but smile back at you. Throw a smile to a baby, and there's a big chance the baby will smile back at you. Because of your smile, the baby starts to be playful at you even if you are a stranger to him. When a baby starts to be playful, you just can't resist playing with him. Then he begins to laugh and giggle. You make the baby happy; you make yourself happy too. And to think all these started with a simple smile. If all these take place in a doctor's office, chances are that you will forget why you are there in the first place. A smile can erase the pain, especially emotional and psychological pain.

If you want to make a good impression, smiling is your best option. You can sport all those expensive things on your body. You may be rich and famous. But if you sport a sour face, you'll get the same treatment in return, as sour as vinegar.

A smile is worth more than words. A smile is a universal language expressed in the form of a gesture that greets and welcomes other people. When someone smiles at you, especially at a time you least expect it, you will get overwhelmed and you will return the favor. This is best exemplified during Christmas time.

Of course, Christmas is the time and season of smiles. But Christmas is also the time you get too busy attending to parties and shopping that you get so tired you feel you can't smile anymore. However, when you come across somebody who smiles at you despite your weariness, you can't help but smile back.

Try walking into a shop where a frown from the owner awaits you. Before you know it, you are heading back to the door where you came from. It's as if your legs have a mind of their own. This is the reason why it is important that your sales people (if you are in the sales business) wear smiles on their faces all the time. This is the best way to attract more customers. Make smiling the trademark of your business. Show it in your company logo and watch your business grow, just like all the other businesses using it.

A smile has no monetary value yet it is priceless. No amount of money can buy you one. It's given away for free. You neither have to beg, steal, or borrow it. A smile comes naturally from the heart, resulting to harmony at home and prosperity for business. A smile binds and maintains friendship. Without smiles, any friendship is unimaginable.

But how can you smile when you are overwhelmed with problems of the heart, health, finances, and peace of mind? Yes, it's difficult; but would sulking help? Will a frown take away the pain and rid the problems that keep pushing you down to more problems, illness, poverty, and a confused mind? The answer is obvious. Without a shadow of a doubt, a smile will clear the clouds and bring in sunshine to your life.

A smile is like a jewel worn on the face. It is the gateway to your personality. Wear a smile every minute and hour of the day, and you won't need anything else.

Social: Turning Strangers Into Friends

Do you find it easy to make conversation with new people you've just met? Or does the thought of trying to make conversation with someone new make you break out in a cold sweat?

If you don't feel comfortable making casual conversation with new people you have just met, you will find it harder to make new friends. You will also find it more difficult to fit in at your work place.

One of the most common reasons that people have difficulty making conversation with someone they don't know very well is because they put too much pressure on themselves.

They think they have to really put up a great performance to impress the other person. They don't just let themselves just be ordinary, and talk about fairly ordinary things.

Here's a very important lesson to learn about making conversation with people: When you insisting to yourself that you have to be brilliant and dazzling in all your conversations this belief will not win you new friends. It will not even improve your conversational performance.

When you think to yourself that you have to perform perfectly in all your conversations, you will actually make your performance worse! You will become too nervous and awkward, and you'll be too focused on your own performance. You won't be focused on getting to know the new person you've just met.

New people that you meet are not looking for brilliant conversation. What they are looking for is someone who will be comfortable to be with, and fun to talk to. But most of all they are looking for someone who seems interested in them!

For conversational success, it's more important to be a good listener than to be a great talker.

When you are just starting out talking to a person, you can use your immediate surroundings or the weather as a basis for a few starting remarks.

If you want to know that person better, move on quickly to a slightly more personal level of discussion. Ask a few basic questions and offer a little bit of information about yourself, your likes or dislikes, or your opinion on some neutral topic. Notice whether the other person lights up with interest about any topics you mention.

This can give you new interesting areas for both of you to discuss.

Even if it seems somewhat difficult and awkward for you in the beginning, develop the habit of introducing yourself to others as soon as you meet them, or very early in the conversation. Otherwise you could spend hours talking and neither of you will have any idea of what your conversation partner's name is.

Socially confident people introduce themselves to their conversation partners very early in the course of conversation. People who are shy or socially awkward tend to introduce themselves much later, or

not at all. Shy people often wait until someone asks for their name, but they rarely volunteer to give it, and they rarely ask the other person what their name is.

Sometimes it is easier to ask the other person for their name first, and then offer your own. If you practice the new behavior enough times, it will eventually become second nature to you. With enough practice, it will no longer seem intimidating to take a more active role.

The important thing is simply to develop the habit of starting simple little conversations with lots more people. Look for the interests you have in common.

If you want to be more socially successful, take the initiative to introduce yourself to new people and to get the conversational ball rolling. Don't hold back and let other people make all the first moves. If you have been holding back, waiting for other people to do all the work in the relationship, you are shirking your responsibility in making the relationship move forward.

Show interest in other people. Smile. Listen. Look at the person you're talking with.

Whenever you start talking to new people, don't strive for great dialogue, or the perfect opening lines. Just get started, and keep on talking. Practice making conversations with a lot of new people. You will eventually get better at it.

Don't decide that you're a failure if the encounter doesn't turn into a great friendship. After all, the truth is that the majority of conversations between new people don't really go anywhere. That's all right. It takes time and effort to turn casual strangers into friends.

Remember, that all of the friends you already have were strangers to you at one point in your life. Until you started talking and found out what you have in common.

Learning how to make conversation with people you don't know well can be the first step in making many new friends.

Social: Can't We All Just Get Along

Couple that with the way that many view life as a chess game, where they must out maneuver their opponent and one can see where problems creep in. Mistrust, greed, selfishness and paranoia are like weeds in our minds that we must exert conscious and constant effort to remove or risk unnecessary conflict, hurt and disappointment.

It seems that there must be some fundamental problem with human communication. Wherever you turn it is not hard to find people having an argument, a conflict or one person angry or frustrated with another for some reason. But why is it like that?

I think one of the key problems for us human beings is that our way of communicating through the use of language is very limited. When one considers that we all have a different picture in our minds of how things are and how they should be, it's a bit easier to realize the basis for so much conflict. The use of the spoken word and its lack of ability to fully convey meaning creates communication barriers for people.

For example, I have a picture about something in my mind. I try to convey that picture through words to another. That person must hear those words and then put them together into a picture in his mind.

One problem lies in the fact that we create different pictures. The picture I started with might be entirely different than the one he has constructed from listening to my words.

Couple that with the way that many view life as a chess game, where they must out maneuver their opponent and one can see where problems creep in. Mistrust, greed, selfishness and paranoia are like weeds in our minds that we must exert conscious and constant effort to remove or risk unnecessary conflict, hurt and disappointment.

When two people talk to each other, these conflicting pictures or perspectives come into play. One person's words may be kind, compassionate and forged with good intentions. Yet, the person receiving the words may think that the other is being mean, rude, manipulative, overbearing, spiteful or any other of a number of negative factors. A conflict results based on false or partially inaccurate notions. Some conflicts are obvious. Others fester in the mind of a person and come out in passive-aggressive ways. In either case, these situations can make people miserable.

Another problem stems from the simple fact that for as many people as there are in the world, there are as many different levels of awareness of any given situation. Some may have more information to work with than others. I can't count the number of times when I thought things were one way, when in fact they were another. I can't count the number of times that I blamed someone for doing wrong when there was some factor that I wasn't aware of. A person's range of knowledge is limited.

Multiply that by all the people on Earth having similar experiences and it's easy to see how conflicts start. Is there a solution? It's difficult to say. Without having a basic communication form that stems beyond the use of the spoken word, communication is always going to be a quagmire of complexities between any two or more people.

I feel that the situation would be better if we had a way to communicate our entire mental picture at any given time to others, complete with the emotional background and the history of what made us get to that state of mind or perspective. That is far more information than the spoken language of human beings seems capable of conveying.

One thing is for sure, in order to rise above the limitations of human language one must employ a strong character, tempered with endurance and tolerance, along with compassion and a desire to get closer to the truth of any matter. Only then can one live more harmoniously with others.

Who is not selfish in this world? Are all of us selfish? Do we always think of ourselves first? Will you call me selfish even if I donate a large part of my earnings? When will you call me a selfish person, and when will you say that I am not selfish? For that which qualities are needed in me? One more question – is selfishness bad always? Could the world have gone so forward if people were not selfish? Selfishness and selflessness, these two words can make us think about our society, our values, the world in bigger perspective, and ourselves. Let us begin.

A family earns money first to feed itself. If something extra is left, it may give a part to the society. It is for the family to decide about how much it will save for itself first and when and how much part of its surplus will it give to the society. If a family decides to save at least a year's expenses for itself and begin donating only after that, will you call it selfish? This is very subjective assessment. Am I correct? Another family, which has saved nothing for itself but begun donating, can call the earlier family selfish, and the earlier family can advise the second family to save for the rainy days first. This all sounds so confusing.

For example let us talk of two very good friends. One of them forgets to bring a very essential thing to the examination, say – a calculator. He/she requests the best friend to lend a calculator for the examination, but the other friend refuses. Which of these two friends is selfish? The person who is requesting the calculator after forgetting to bring it, or the person who refuses to lend it? How much for myself and how much for you? This question comes at a very stage of our life. For example- parents will not know how to divide if all the children want the same piece of cake. Every one of us has his/her opinion on this subject. It is our values and emotions that govern our definition of selfishness. Some of us may think nothing of giving away our life for fellow countrymen and some of us hoard so much wealth for themselves that they do not know what to do with that. One can keep on talking and presenting arguments and examples infinitum, but no two persons will agree about this subject fully, because their perceptions are different.

The world is made of good and evil people. There are some, who are nothing but emperors of evilness. Hitler was one such person. There are many like him. But we also have evil persons in our society who are generally not considered evil, but are evil. Let me give my thoughts on such people.

For me, a person who hits a stray dog with a stone just for fun is a bad person. One who gives pains to friends for no reason is a bad person. One who looks at wrong things, and decides to do nothing is evil. One who hurts feelings of loved ones is a bad person. One who lets other people sleep in hunger without doing anything about them is a bad person. One who wants bigger share of the pie is a bad person. One who shouts and makes others fear him/her is a bad person. One who never tries to understand feelings of others is a bad person. One who treats poor people as dirt, is a bad person. One who decides about characters by looks and passes judgments is a bad person. One who reads a sad story in the newspaper, without getting affected in any way is a bad person. One who shows no respect for those who work for others is a bad person. One who does not sympathize at others losses is a bad person. One who always tries to prove his/her superiority over others is a bad person. On and on I can write. What is not good is bad. That is how I call such people bad. Rather than calling them as not good persons, I call them as bad persons. All this may look quite shocking and many will protest about what all I have written above. All right, let me say, that I will not call the person a bad person, but the act as a bad act. I hope that now I am more acceptable.

Then, what is evil? Evilness is a quality in a person, whereby that person hurts others in ways that the very life is taken away. One need not kill with a sword to be called evil. At times, making false allegations on someone who never did what he/she is being blamed with is enough to kill the spirit and the body. That act is evil, and the person who acts like that is evil.

Social: Pedophile

The Roots of Pedophilia

Pedophiles are attracted to prepubescent children and act on their sexual fantasies. It is a startling fact that the etiology of this paraphilia is unknown. Pedophiles come from all walks of life and have no common socio-economic background. Contrary to media-propagated myths, most of them had not been sexually abused in childhood and the vast majority of pedophiles are also drawn to adults of the opposite sex (are heterosexuals).

Only a few belong to the Exclusive Type – the ones who are tempted solely by kids. Nine tenths of all pedophiles are male. They are fascinated by preteen females, teenage males, or (more rarely) both.

Moreover, at least one fifth (and probably more) of the population have pedophilic fantasies. The prevalence of child pornography and child prostitution prove it. Pedophiles start out as “normal” people and are profoundly shocked and distressed to discover their illicit sexual preference for the prepubertal. The process and mechanisms of transition from socially acceptable sexuality to much-condemned (and criminal) pedophilia are still largely mysterious.

Pedophiles seem to have narcissistic and antisocial (psychopathic) traits. They lack empathy for their victims and express no remorse for their actions. They are in denial and, being pathological confabulators, they rationalize their transgressions, claiming that the children were merely being educated for their own good and, anyhow, derived great pleasure from it.

The pedophile’s ego-syntony rests on his alloplastic defenses. He generally tends to blame others (or the world or the “system”) for his misfortunes, failures, and deficiencies. Pedophiles frequently accuse their victims of acting promiscuously, of “coming on to them”, of actively tempting, provoking, and luring (or even trapping) them.

The pedophile – similar to the autistic patient – misinterprets the child’s body language and interpersonal cues. His social communication skills are impaired and he fails to adjust information gained to the surrounding circumstances (for instance, to the kid’s age and maturity).

Coupled with his lack of empathy, this recurrent inability to truly comprehend others cause the pedophile to objectify the targets of his lasciviousness. Pedophilia is, in essence, auto-erotic. The pedophile uses children’s bodies to masturbate with. Hence the success of the Internet among pedophiles: it offers disembodied, anonymous, masturbatory sex. Children in cyberspace are mere representations – often nothing more than erotic photos and screen names.

It is crucial to realize that pedophiles are not enticed by the children themselves, by their bodies, or by their budding and nubile sexuality (remember Nabokov’s *Lolita*?). Rather, pedophiles are drawn to what children symbolize, to what preadolescents stand for and represent.

To the pedophile ...

I. Sex with children is “free” and “daring”

Sex with subteens implies freedom of action with impunity. It enhances the pedophile’s magical sense of omnipotence and immunity. By defying the authority of the state and the edicts of his culture and society, the pedophile experiences an adrenaline rush to which he gradually becomes addicted. Illicit sex becomes the outlet for his urgent need to live dangerously and recklessly.

The pedophile is on a quest to reassert control over his life. Studies have consistently shown that pedophilia is associated with anomic states (war, famine, epidemics) and with major life crises (failure, relocation, infidelity of spouse, separation, divorce, unemployment, bankruptcy, illness, death of the offender’s nearest and dearest).

It is likely – though hitherto unsubstantiated by research – that the typical pedophile is depressive and with a borderline personality (low organization and fuzzy personal boundaries). Pedophiles are reckless and emotionally labile. The pedophile’s sense of self-worth is volatile and dysregulated. He is likely to suffer from abandonment anxiety and be a codependent or counter-dependent.

Paradoxically, it is by seemingly losing control in one aspect of his life (sex) that the pedophile re-acquires a sense of mastery. The same mechanism is at work in the development of eating disorders. An inhibitory deficit is somehow magically perceived as omnipotence.

II. Sex with children is corrupt and decadent

The pedophile makes frequent (though unconscious) use of projection and projective identification in his relationships with children. He makes his victims treat him the way he views himself – or attributes to them traits and behaviors that are truly his.

The pedophile is aware of society's view of his actions as vile, corrupt, forbidden, evil, and decadent (especially if the pedophiliac act involves incest). He derives pleasure from the sleazy nature of his pursuits because it tends to sustain his view of himself as “bad”, “a failure”, “deserving of punishment”, and “guilty”.

In extreme (mercifully uncommon) cases, the pedophile projects these torturous feelings and self-perceptions onto his victims. The children defiled and abused by his sexual attentions thus become “rotten”, “bad objects”, guilty and punishable. This leads to sexual sadism, lust rape, and snuff murders.

III. Sex with children is a reenactment of a painful past

Many pedophile truly bond with their prey. To them, children are the rectification of innocence, genuineness, trust, and faithfulness – qualities that the pedophile wishes to nostalgically recapture.

The relationship with the child provides the pedophile with a “safe passage” to his own, repressed and fearful, inner child. Through his victim, the pedophile gains access to his suppressed and thwarted emotions. It is a fantasy-like second chance to reenact his childhood, this time benignly. The pedophile's dream to make peace with his past comes true transforming the interaction with the child to an exercise in wish fulfillment.

IV. Sex with children is a shared psychosis

The pedophile treats “his” chosen child as an object, an extension of himself, devoid of a separate existence and denuded of distinct needs. He finds the child's submissiveness and gullibility gratifying. He frowns on any sign of personal autonomy and regards it as a threat. By intimidating, cajoling, charming, and making false promises, the abuser isolates his prey from his family, school, peers, and from the rest of society and, thus, makes the child's dependence on him total.

To the pedophile, the child is a “transitional object” – a training ground on which to exercise his adult relationship skills. The pedophile erroneously feels that the child will never betray and abandon him, therefore guaranteeing “object constancy”.

The pedophile – stealthily but unfailingly – exploits the vulnerabilities in the psychological makeup of his victim. The child may have low self-esteem, a fluctuating sense of self-worth, primitive defense mechanisms, phobias, mental health problems, a disability, a history of failure, bad relations with parents, siblings, teachers, or peers, or a tendency to blame herself, or to feel inadequate (auto-plastic neurosis). The kid may come from an abusive family or environment – which conditioned her or him to expect abuse as inevitable and “normal”. In extreme and rare cases – the victim is a masochist,

possessed of an urge to seek ill-treatment and pain.

The pedophile is the guru at the center of a cult. Like other gurus, he demands complete obedience from his “partner”. He feels entitled to adulation and special treatment by his child-mate. He punishes the wayward and the straying lambs. He enforces discipline.

The child finds himself in a twilight zone. The pedophile imposes on him a shared psychosis, replete with persecutory delusions, “enemies”, mythical narratives, and apocalyptic scenarios if he is flouted. The child is rendered the joint guardian of a horrible secret.

The pedophile’s control is based on ambiguity, unpredictability, fuzziness, and ambient abuse. His ever-shifting whims exclusively define right versus wrong, desirable and unwanted, what is to be pursued and what to be avoided. He alone determines rights and obligations and alters them at will.

The typical pedophile is a micro-manager. He exerts control over the minutest details and behaviors. He punishes severely and abuses with-holders of information and those who fail to conform to his wishes and goals.

The pedophile does not respect the boundaries and privacy of the (often reluctant and terrified) child. He ignores his or her wishes and treats children as objects or instruments of gratification. He seeks to control both situations and people compulsively.

The pedophile acts in a patronizing and condescending manner and criticizes often. He alternates between emphasizing the minutest faults (devalues) and exaggerating the looks, talents, traits, and skills (idealizes) of the child. He is wildly unrealistic in his expectations – which legitimizes his subsequent abusive conduct.

Narcissistic pedophiles claim to be infallible, superior, talented, skillful, omnipotent, and omniscient. They often lie and confabulate to support these unfounded claims and to justify their actions. Most pedophiles suffer from cognitive deficits and reinterpret reality to fit their fantasies.

In extreme cases, the pedophile feels above the law – any kind of law. This grandiose and haughty conviction leads to criminal acts, incestuous or polygamous relationships, and recurrent friction with the authorities.

V. The pedophile regards sex with children as an ego-booster

Subteen children are, by definition, “inferior”. They are physically weaker, dependent on others for the fulfillment of many of their needs, cognitively and emotionally immature, and easily manipulated. Their fund of knowledge is limited and their skills restricted. His relationships with children buttress the pedophile’s twin grandiose delusions of omnipotence and omniscience. Compared to his victims, the pedophiles is always the stronger, the wiser, the most skillful and well-informed.

VI. Sex with children guarantees companionship

Inevitably, the pedophile considers his child-victims to be his best friends and companions. Pedophiles are lonely, erotomaniac, people.

The pedophile believes that he is in love with (or simply loves) the child. Sex is merely one way to

communicate his affection and caring. But there are other venues.

To show his keen interest, the common pedophile keeps calling the child, dropping by, writing e-mails, giving gifts, providing services, doing unsolicited errands “on the kid’s behalf”, getting into relationships with the preteen’s parents, friends, teachers, and peers, and, in general, making himself available (stalking) at all times. The pedophile feels free to make legal, financial, and emotional decisions for the child.

The pedophile intrudes on the victim’s privacy, disrespects the child’s express wishes and personal boundaries and ignores his or her emotions, needs, and preferences. To the pedophile, “love” means enmeshment and clinging coupled with an overpowering separation anxiety (fear of being abandoned).

Moreover, no amount of denials, chastising, threats, and even outright hostile actions convince the erotomaniac that the child not in love with him. He knows better and will make the world see the light as well. The child and his guardians are simply unaware of what is good for the kid. The pedophile determinedly sees it as his or her task to bring life and happiness into the child’s dreary and unhappy existence.

Thus, regardless of overwhelming evidence to the contrary, the pedophile is convinced that his feelings are reciprocated – in other words, that the child is equally infatuated with him or her. He interprets everything the child does (or refrains from doing) as coded messages confessing to and conveying the child’s interest in and eternal devotion to the pedophile and to the “relationship”.

Some (by no means all) pedophiles are socially-inapt, awkward, schizoid, and suffer from a host of mood and anxiety disorders. They may also be legitimately involved with the child (e.g., stepfather, former spouse, teacher, gym instructor, sibling) – or with his parents (for instance, a former boyfriend, a one night stand, colleagues or co-workers). They are driven by their all-consuming loneliness and all-pervasive fantasies.

Consequently, pedophiles react badly to any perceived rejection by their victims. They turn on a dime and become dangerously vindictive, out to destroy the source of their mounting frustration. When the “relationship” looks hopeless, some pedophiles violently embark on a spree of self-destruction.

Pedophilia is to some extent a culture-bound syndrome, defined as it is by the chronological age of the child involved. Ephebophilia, for instance – the exclusive sexual infatuation with teenagers – is not considered to be a form of pedophilia (or even paraphilia).

In some cultures, societies and countries (Afghanistan, for instance) the age of consent is as low as 12. The marriageable age in Britain until the end of the nineteenth century was 10. Pedophilia is a common and socially-condoned practice in certain tribal societies and isolated communities (the Island of Pitcairn).

It would, therefore, be wise to redefine pedophilia as an attraction to or sexual acts with prepubescent children or with people of the equivalent mental age (e.g., retarded) in contravention of social, legal, and cultural accepted practices.

Social: Action Or Inaction

Action is a powerful antidote to the stagnation of inactivity. Being creatively alive involves abandoning a position of inaction in circumstances which have traditionally immobilized you. The name of the

game is action. Doing. Overcoming your inertia and acting will give you a whole new lease on being creatively alive.

Action is the single most effective antidote to depression, anxiety, stress, fear, worry, guilt, and of course, immobility. It is virtually impossible to be depressed and active at the same time. Even if you wanted to, it is difficult to keep on moping, complaining, lolling around and wallowing in self-pity if you get active and do something. Anything! Just doing is such an important part of being a fully functioning person.

In fact, that lack of action is not a result of depression; it is the cause. Don't be paralyzed by the fear of making a mistake. Taking action, gives you momentum. Initiating the effort attracts opportunities and synergistic things happen.

Inactivity, on one hand, is most often a choice rather than an inescapable fact of life, while action is a definite way to avoid being victimized by yourself or others. If you decide to do something about your problem or challenge, rather than grumble about it, you'll be on the road to changing things around for yourself. When you take action, you also take control. Thinking keeps you a prisoner of the past. Action puts you in control of the future.

If you find yourself asking, "Yes, but what can I do" the answer is very, very simple. Anything is a lot more effective than nothing.

This old proverb has a lot of truth in it: Even when you are on the right track, you'll get run over if you just sit there.

Social: Human Relations

Empathy 101: Ten Commandments Of Human Relations

These ten commandments of human relations aren't original to me, and I don't know the source. At the same time, they don't go out of style or out of date if you are in business. Everyone in your business must imbue their efforts with these commandments. They are required in every type of relationship be it marketing or selling to clients, providing customer support before or after the sale, working with and negotiating with vendors or your support team and of course internal to your organization.

These skills are not the sole domain of your designated human resource professional. In fact they should be part of your company's Hedgehog Concept (ref: From Good to Great by Jim Collins, <http://www.jimcollins.com/lib/books.html>)

As the leader of your team, go through these commandments and consider how well you and everyone on your team abides by them. Encouraging their use just might smooth some ruffled feathers or diffuse a tense situation.

1. SPEAK TO PEOPLE

There is nothing like a cheerful word of greeting. To really connect, look them in the eye as you speak.

2. SMILE AT PEOPLE

It takes 72 muscles to frown, only 14 to smile. They can hear the difference in your voice – even over

the phone.

3. CALL PEOPLE BY NAME

The sweetest music to anyone's ear is the sound of his/her own name. Be sure you say it correctly. Say it often.

4. BE FRIENDLY AND HELPFUL

To have friends and build relationships, be a friend first.

5. BE CORDIAL

Sincerely speak and act as if everything you do is a genuine pleasure.

6. BE GENUINELY INTERESTED IN PEOPLE

You can like almost everybody if you try. They don't care how much you know until they know how much you care. Be sure they know how much you care.

7. BE GENEROUS WITH PRAISE

Praise publicly, correct privately. Everyone wins this way.

8. BE CONSIDERATE

of the feelings of others. There are usually three sides to a controversy: yours, the other person's, and the right side. Keep ego and emotions in check.

9. BE ALERT

to give excellent service. What counts most is what we do for others not ourselves.

10. HAVE A GOOD SENSE OF HUMOR

Don't take yourself too seriously. When you add lots of patience, and humility, you will have a recipe for enduring success.

Do you think these are soft skills you can brush aside as non-critical? Think again. In this Conceptual Age, a deeper understanding of the subtleties of human interactions becomes not only important but imperative. In fact, at the Stanford Business School, students are flocking to one of the newer courses called "Interpersonal Dynamics". Be sure everyone on your team masters the basics.

Social: Prevent Your Teenager From Becoming A Statistic

Did you know that here in Great Britain we have the highest rate of teenage pregnancy, in the Western World. It is a growing concern for parents as the British Government is obviously failing our children by not educating them better in school! Parents we have to intervene now, before our teenagers become another statistic.

Parents please don't be naive in thinking that your teenager is not having sex, the majority of teenagers are. We have to better educate our children on the risks of unprotected sex. This task may sound embarrassing for both you and your teenager but it must be done. Schools only scrape the surface when discussing unprotected sex, stating that they can catch STD's and fall pregnant; where they fail is by not shocking our teenagers with the realities of these subjects. We as parents will have to do this.

Teenagers think that "it can't happen to me because my boyfriend/girlfriend is clean, they have only had a couple of partners". You need to give your teenager a reality check, so they know that it can happen to them. Inform them that every time they have unprotected sex with just one partner, that they are potentially having sex with a thousand! Then explain that their partner may have only had sex with five people, then that five have all had sex with five people, then that twenty five have all had sex with five people and so forth! Also explain that it only takes one person in that link to have an STD to pass it on to everyone else after them in the chain.

Explain to them fully that there are more STD's than just the killers like AIDS and HEP. Tell them about diseases like Chlamydia that won't kill them, rather make them seriously ill and make them infertile; so that when they decide to settle down and have a family, it won't happen because they were thought their boyfriend was 'clean'! Tell them about genital warts, and the horrible and embarrassing process to have them removed! Petrify your teenager, MAKE them wear a condom!

Then most importantly you have to remove the glamor from teenage pregnancy. Inform that the majority of teenage mothers are single, unemployed and poorly educated. Then let them know about the sleepless nights, the constant 24/7 attention that a baby needs. Not being able to go out with their friends, tell them they would have to kiss their social life goodbye. Again petrify your teenager and MAKE them wear a condom.

My final advise is to make condoms readily available to your teenager, if you cannot bring yourself to do this have a friend or relative do this for you, make sure that they don't live too far away though. Don't count the condoms that they take, as this might scare them into not taking any at all! Remember that they will give them to their friends who don't have access and bear in mind that they are young and inexperienced; it might take a few condoms just to get one on!

Social: Using A Private Tutor With Your Child

Your child's school activity is falling behind other classmates, his/her grades aren't high anymore, or your child is just not coping with teachers' requirements. All these represent valid reasons for you to get a private tutor for the child. The private tutor will help your child with difficult homework assignments, will explain him/her different concepts or ideas, and will teach him how to study efficiently for tests.

If you hadn't had a private tutor for your child before, it would be good to know what to bring to a tutoring session. Your child should bring the textbooks for certain subjects they will be studying, notes from classes, previous tests, assignments, workbook problems, class syllabus etc.

The tutoring activity is not the private tutor's exclusive responsibility. In order for the tutoring sessions to be successful, you, as a parent, share a great deal of responsibility. You have to keep an eye on the child when he/she is not at school, to make sure he/she is studying enough. Parents, child and private tutor have to collaborate together for achieving best results. Therefore, here are some things you should do as part of your role.

Before the tutoring session you ought to make sure that your child is familiar with the material the private tutor will be working on. You should encourage your child to make a list of questions on things he/she didn't understand during classes. Also encourage your child to ask questions whenever a problem arises. Instruct your child to share with the private tutor his/her preferred method for studying. Make sure the child is behaving respectfully towards the private tutor. And always supervise your child's studying activity; make sure he/she is studying thoroughly.

Your child's most important responsibility is to study. But, apart from this, he/she also has to retain himself/herself from doing some prohibited things. Here are the most common mistakes the tutored children are doing. Children expect and even ask the private tutor to do the homework for them. They start studying for a test when it's too late and they don't have enough time to learn. Or they ask for the private tutor's help in case of a test when it is too late. And, the worst mistake of all, they don't study for the tutoring sessions, therefore the parent's financial effort and the private tutor's activity become useless.

In conclusion, the learning process is an effort that requires commitment on behalf of parents, students and private tutors. All these factors have to cooperate and act responsibly for best studying results.
Social: Parenthood And Long Hair

If they don't cut their hair in pregnancy, many women cut their hair shorter after the baby is born. The reason, as always, is that it's easier to deal with.

If you think about it, though, long hair may not require that much extra effort when compared to short hair. You'll spend less time getting it cut at the salon, which can be nice when you have to fit that in around your children's schedules. Brushing your hair only takes a little longer for well-maintained long hair than it does for shorter hair.

Pulling the hair back in a ponytail is easy and practical for any hair that is long enough for that style. I've always been fond of braiding my hair when I need a lot of control.

Children love long hair. My daughter is always asking me to brush her hair long, like Rapunzel "My kids would be shocked if I cut my hair"

But what about those hectic days when you have a hard time even getting into the shower? Isn't long hair inconvenient then?

It doesn't have to be. Twist your hair up into a knot if you don't absolutely have to brush it and you won't have to wait for it to dry. My hair needs washing only about every other day before I start to notice an oily feeling ... occasionally daily in summer due to the heat, and sometimes I suspect I could get away with washing it less in winter if I were in THAT much of a hurry. It's just so nice to get out of the shower some days, feeling clean, but not needing to worry about drying my hair.

Moms do not have to have short hair. It's common practice these days, but it's nice to stand out in a way you won't regret later. I often get envious comments from other moms, and meeting other long haired moms is fun. No, we don't talk about having long hair all the time ... occasionally share care or styling tips, but I think most women do that anyhow. It's just a little something we automatically know we have in common.

Keeping your hair long is also a great way to feel feminine. My husband and I knew each other for

years before we married, but had lost contact for a time, during which I grew my hair out. His first comment on seeing me after 5 years apart, aside from general hellos was “I love your hair” I don’t say that’s the only reason we got back together, not by a long shot, but it sure didn’t hurt. He’d be quite disappointed if I cut my hair. Few men can resist long hair. When you’re a parent and sometimes there aren’t many ways to show your feelings, little things like teasing him with long hair works quite nicely.

— A Mommy
Social: Racism

There is a lot of hatred in this world. On the morning of September 11, 2001, the world witnessed the terrible repercussions of such hatred. By preaching sheer hatred you are only adding fuel to the fires that burn in a world already filled with hatred and violence.

Most of us are waiting for the world to come together in peace. We may never reach that and it may seem like a farfetched dream, but together we must find the means. We must create a safe and secure environment for our children and our children’s children.

Racism is a difficult subject to tackle and in order to form a culture free of such racism, we must begin with education. If you don’t want your children to grow up in a word of hatred, teach them tolerance toward race, religion, color, and sexual orientation. We must expose racism and bigotry for what they are.

It is important to understand what racism is. Wikipedia describes racism as “Historically, it has been defined as the belief that race is the primary determinant of human capacities that a certain race is inherently superior or inferior to others, and/or that individuals should be treated differently according to their racial designation. Sometimes racism means beliefs, practices, and institutions that discriminate against people based on their perceived or ascribed race.”

Racism is based on ignorance, stereotyping and learned hatred. Many people accept that we live in a diverse society today and we appreciate different cultures. However, there are still large segments of society that won’t accept human capacities are not determined by race.

There is no doubt in my mind that we need to find a healthy solution to end racism. It is important to understand the nature of racism and intolerance. Together we can end prejudice. Our fight against racism cannot be won while there are attitudes like the one displayed on ihatethis.org against racists. Such behavior is unacceptable.

Racism is not an issue that will be easily resolved, and the sooner that we begin to work together the sooner we’ll come to a solution. There is a history of racism that cannot be undone but we can look to the future and make positive changes in how society views those of different ethnic backgrounds.

Give your children the opportunity to develop close friendships with people of different races. Teach your children to accept people as individuals. We must teach them that there is no room for discrimination. Remember that our children are influenced by the world around them.

Examine your own attitudes and opinions about those of a different race. Before stereotyping people, stop and think what your stereotyping is doing to our world today, and accept people for who they are. The ability to accept that we are equal regardless of origins is necessary in order to live in a diverse society.

DATING

Title Content Dating: An Office Mate

How To Date An Office Mate

For most young career people, they find spending nearly 35% of their time at the workplace than at their respective homes. That accounts to almost 9 hours of work, work, and work.

For this reason, most of the people involved in this kind of situation find themselves out of place in the social world because they simply do not have time to meet other people anymore. In fact, they do not even have time for themselves.

Love or any of its elements seem to bloom in any place- even the places you least expect it to grow in. Workplace? It is not that impossible at all. It is even one of the best venues to search for a prospect life partner since one is more aware of what this other person is. You work with that person so you get to know more of him inside and out. On the second thought, is it a bed of roses in all angles?

The answer is of course- NO. In whatever form of romance story, there will always be these villains. But, what if you want to go out and have a date with a co-worker?

Just imagine this: a male co-worker sends a present to you, it will surely be a big-hot issue for the whole office. The bigger issue to face is the negative consequences entailed by the romance you choose to have. There are some reasons why office romance is not allowed by some companies. Therefore, be sure to make your self aware of the internal rules of the company. For some, it is a grave offense and an employee will be terminated from work.

Romance at work will greatly affect an employee's decision-making. With this, team efforts and some team tasks will really be moved by couple-employees. It is a fact that once personal life is inserted in professionalism, trouble might bite.

Another picture is that for couples, what if one gets the promotion over the other? Yes, they are lovers but there will always be that "ego" thing since both people are having the same job. Professionals as they are, they have that aim to be at par from the rest of the employees.

Reassignment is another issue. Some companies' reassign one of the persons to another task just to overcome assumed affects which may not well for the company. If the reassignment of the other person is not favorable for the relationship, it will plunge down their good performance. Thus, it affects their over-all production.

When a couple is constantly together, it will also affect the team tasks where may one of them join into.

Other co-workers will also be affected and intimidated.

Despite all of these negative effects, there will always be that positive thing about romance at work. You meet a partner who could understand you and your mood swings because you share the same pressures of work.

When you are just on the dating stage, see to it that you do it as discreetly as you could without triggering some possible gossips that may just affect you and the person involved. Being professional includes knowing how to put that margin between your workplace and your private life.

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That is why it is not such an appalling revelation when some surveys showed how 67.8% of the respondents, all working but in different companies, are into relationship with their colleagues. This goes to show that because of the time constraint that most professionals have and because of the lack of sociable time that they need, most of them divert to the aspect of getting a romantic partner in the office instead.

Most of those who are involved in this kind of relationship contend that their workplace seemed to be a natural breeding ground for romantic couples since they are together for more than 40 hours within the week.

Also, they asserted that creating a relationship in the office is inevitable because most of them get along with each other well based on the premise that they revolve around the same environment that initiates common interests, beliefs, and backgrounds.

However, because of some professional etiquette around the office, some companies despise the idea of having their employees being involved with each other. The bosses believe that romantic and intimate relationships may bring about negligence on their respective jobs.

Moreover, certain flaws are seen on this kind of relationship. There is a higher probability that the couple might have a conflict of concern with regards to their respective duties in the office and their duties and responsibilities with each other.

Therefore, for those who cannot help but fall in love while doing monthly inventories, here is a list of some workplace romance tips to keep you out of the brink of disaster:

1. Think first before deciding

Before deciding on this matter, it would be better to think first, probably a hundred ...no make that a thousand times before deciding on it.

Try to contemplate on the possible consequences and benefits that you can get from the relationship. If the relationship will not work out, will you be ready to face the consequences?

2. Evaluate each prospect

Establishing a worthwhile relationship with your colleagues should primarily be based on its being worthy for a date.

It would be better if you will evaluate on the upshots of dating the person based on his or her position in the company, its value, and the possible corollaries of the separation, if ever.

For instance, if you want to ask your colleague on a date, try to contemplate first on the issue of rivalry between you and your office-mate and the rough situation that both of you may be in after the breakup.

Also, try to look the possible angle of biasness for bosses dating their subordinates. The issue of favoritism may take place.

3. Be smart

Keep in mind that the reason why God placed our minds above our hearts is for the mind to rule above all. So if you are suddenly being snooped with some seniority in the office, do not be deceived yet. Try to test this person for some reliability quizzes and put him more on hot water.

The point here is that if ever he is trying to establish a good romantic relationship with you, it is better to be assured that his intentions are for real and just because he is looking for some diversion in the office.

4. Friendships as the best foundation

For a budding romantic relationship in the office, it is best to keep focused on creating friendships first. This is because some people believed that friendship, as the core foundation of any relationship, is better than just a break-from-work relationship.

Given all that, workplace romance can be really fun and dreamy. However, one or both of them should realize that office romances are not based on a contract that can expires when the time allotted has elapsed. It would be better to hear these kinds of relationships to last a lifetime, even if both of them have already retired from their jobs.

Dating: Write Your Own Love Letter

You want to write a love letter to the special person in your life to tell them how you feel about them but how do you put it into words? And where do you start? If that sounds like you then you'll find this article very useful in helping you to express exactly what you want to say.

You want to tell your partner how you feel about them but you end up staring at a blank screen for so long you give up. Or you try a few lines only to delete them all and start over. Again. Why is it so hard to tell the loved one in our life exactly what they mean to us? Do you struggle to find the words to properly convey how you feel? Or is it that you just can't explain it? Don't let words get in the way of telling your loved one how much they mean to you.

Everyone wants to be loved. When you are busy living life, there never seems time to slow down and really savor that central relationship that makes it all worthwhile. Oftentimes we think that those closest

to us know exactly how we feel about them and how important they are to us. But the sad reality is that often they don't.

So how can you write a love letter that you will feel proud to give and one that your loved one will cherish for all time? Where do you start? Follow these easy tips below and you'll be on your way in no time.

1. First write down 5 things that you love about your partner and be as specific as possible. Rather than writing that they are kind, instead be detailed about how they are kind. Perhaps they always smile at waiters in restaurants or they are great at making people feel included, especially at parties.

2. Write down 5 things that they have done that confirms how much you love them and again, give examples. Perhaps they enveloped you in a hug last night when you were feeling frustrated about your family. Or maybe they knew how disappointed you were when you missed out on that promotion and they cooked a special meal to cheer you up.

3. Pick the best three examples from each of the above categories and weave them into your letter. You could start by saying 'I love how you' and then include the three examples from the first point. Then you could say something like 'I loved the way you' and then mention the other examples. Make sure you emphasize how their actions made you feel, how loved you felt and how grateful you are to have them in your life.

4. It is best to write up a draft first and then go over it to see if you can improve it. Sometimes it helps to write up what you want to say, edit it until it flows well and then leave it for a day or two before going back for a final edit and polish.

5. Buy some special paper and write out your letter. Don't worry if your handwriting isn't perfect – it's distinctly yours and your loved one will appreciate the time and effort you put into the letter. If you feel your writing is so bad it will be difficult to read or if your illegible handwriting is something you've argued about before then pay to get it hand written by a professional. At a stretch you could use a more romantic font on your computer, say Garamond in italic, but you should really only do that as a last resort. The more personal you can make your letter the more your loved one will treasure it.

6. Think about how you plan on delivering this letter to them. Will you slip it in their briefcase? Mail it? Leave it under the pillow? Do you want to be there when they open it? If you want to see their reaction, then it is best to hand it to them. You could team the letter up with a small gift like flowers or chocolate but make sure the gift doesn't diminish the letter as you want that to be the main focus.

If a birthday or anniversary or other special occasion is involved you'll want to include mention of that too.

Dating: Empty Profiles

Empty Profiles – The Scourge of the Dating Website

All dating websites rely heavily on the sincerity and responsibility of their membership in order to be successful, and most dating website owners will agree that the ideal dating community would have one hundred percent profile completion, with interesting and detailed information and at least one recent photo of each member. Unfortunately, that situation is so difficult to attain..

Prior to recently launching magnetohydrodynamics I spent many weeks researching hundreds of dating websites, niche dating websites and dating coathouses, and it became obvious to me that the main problem in trying to create a community of genuine and responsible members is the curse of the incomplete profile.

Many dating sites offer a free trial period in order to give the prospective customer the opportunity to test the facilities available, and perhaps even make contact with new friends before deciding to join as a paying member. The idea works great in theory! But the truth is that when anything is offered for free, it will often attract those who are only partially interested or have no interest at all.

Many of the dating websites I visited as part of my research revealed higher than fifty percent of their membership had neither completed their profiles or included a photo. It is not rocket science to agree that this practice is a complete waste of time, not only for the member concerned, but also for the website owner and indeed the other genuine members of the dating website. There is nothing more annoying than to run a search of the member database only to discover a host of profiles with little or no information about the member, and littered with "I'll tell you later" answers to the simplest of multiple choice questions.

Most dating sites will inform members of the importance of adding photos to their profile, and many, including our own website at magnetohydrodynamics offer the facility of password protecting their personal pics so they are able to choose who will view them. However a staggering seventy-eight percent of dating site members we interviewed, informed us that they will only search for members who include a photograph with their profile.

I, personally can never understand how anyone can join a dating website and not bother to fill in his or her profile. How can they ever expect to create interest from other members, and my guess is they will not get a single response in their in box. After all, your profile is your sales page. An opportunity to present yourself to the world.. describing not just your physical statistics but likes and dislikes, a brief synopsis of your character and a reasonably detailed description of your ideal mate. The addition of a photo or two will definitely increase the amount of interest in your profile by three hundred percent at very least.

So how do dating site owners encourage their membership to present a quality profile that will not only increase the chances of creating interest but also enhance the whole website, as we are all in agreement that incomplete profiles are a complete waste of time and space.

Although we have only recently launched magnetohydrodynamics we have taken a fair yet strong stance in the problem of empty profiles. We do not believe that nagging the member with a barrage of email reminders will entice them to return to the site, solely to complete their profile. Quite the reverse, in fact badgering would be more likely to ensure that the member never returned to the site again.

We at magnetohydrodynamics firmly believe that the process of creating the profile needs to be completed at the time the user registers as a member. In an effort to ensure that the whole process is completed during registration we have introduced an extension to the free membership period for those who create a complete profile at that time. So now, in addition to the thirty days free trial period, we offer a further thirty days to those who complete their profile at the time of registration. And to further discourage those who still decide to display no information, such profiles will auto-delete if not completed within seven days.

Any dating website can only be judged on it's membership, and whether joining as a free member or upgrading to paying member, once you join a dating site you have a moral obligation to create a profile and present yourself to other members who have the same interest as you. Otherwise you will have nothing to offer that particular dating community and there is little point in you becoming a member.

Dating: Get Back Your Ex

This article give dating advice on how to get your ex back. And points you to a helpful resource that can help any one to get there ex back

Getting your ex-back

You need to get your ex-back, One of the worst things that can happen for some people is a break up with a love one away from a death in the family are some sort of serious illness. Much time a break up can cause depression and deep sadness.

But it does not have to be so you do not need to slump into the depression if you give your self a good shake and wake your self up you can start to look at how you can get your ex back.

The first thing you need to do to get your ex-back is to change your mind set you need to look at the break up in a new light all the hart each you feel, can actually help you to change the way you think about this break up and change the way you think about this entire situation.

Break-up can leave a scare that can effect your life in many ways but when you see your relationship and the break up in the right light you can actually turn that break up around and make it a benefit for you and your love one.

Stop thinking of your self as a victim weather you think it was your fault because of mistakes you made or you think you were treated badly by your spouse it is all the same victim mentality so let the blaming go weather self blame or otherwise.

Take the pain you feel and use it to fuel your actions to get your ex back nothing is better at motivation one to fix a problem than realizing the consequence of not fixing it. You know the pain of break up so take the action not to feel that pain any more.

Take a frown turn it upside down take a good thing gone wrong and turn it back around take the lessons of the separation and see what did not work start to look at the things that did work how might you apply more of those things that did work?

Analyze your relationship because you are an expert in knowing what did not work. You can become an expert at knowing what does work. You need to see what it was that push you and your partner apart and what you need to do to fix it.

Once you have identified the changes that you need to make and the take action to fix those things that you can from your side. You will want to make contact with your partner if you haven't got contact at this time take it easy may be with an email to start the contact.

First you want to find how your ex is doing, be gentle don't try too hard don't hustle your partner to come back as that is more than likely to have the opposite effect ,so be gentle.

Just start by rebuilding trust between you and your partner again.

Dating: Safety

Online Dating Safety

We have all heard the story on the news about a person who decided to meet up with another individual they had chatted with online, and never returned home. These occurrences are abnormal when it comes to online dating, but here are a few tips to make sure that your online dating experience is fun and safe.

Make sure to trust your instinct. If you have a gut feeling that something may not be right about the other person, stick with your instinct. You should always feel comfortable with whoever you are chatting. If someone is abusive, block them immediately. There are plenty of other personal ads to look through, so take your time and view a good number of them.

Before agreeing to a date, make sure you know as much as possible. Never publish your phone number or email address in personal ads. Additionally, don't provide your home or work address to anyone you have not met. Don't allow yourself to be talked into anything...you are the one in charge!

Take your time to get to know someone...don't feel rushed. A patient person will be happy to wait until you are ready to meet. Chat on the phone for a while before arranging a date to get to know each other.

When it comes to the actual date, there are a few things to keep in mind. Always meet in a public place that is well known and convenient to you. You will want to tell a friend where you are going and who you are meeting. Always carry a cell phone on a date, and if possible, phone your friend during the date to confirm that everything is fine.

Try to meet at lunchtime, which are convenient, and have a time limit. Make your own travel arrangements. Don't accept a ride home on the first date or reveal your address. Keep the date to a time limit so that you have an 'exit' point. This way, if you're feeling uncomfortable, you can politely leave.

Online Dating Safety – What to look out for.

Dating online probably appears on its surface to be much safer than traditional dating; you proceed at your own pace and only as far as you feel comfortable, and you don't have to worry about somebody slipping something into your drink. However, the relative anonymity afforded by online dating means that some measure of caution always needs to be exercised. By taking a few simple steps, you can insure that your online dating experiences will be successful and safe.

The truth is that, at least initially, you don't really know the person that you are talking to online. All they are to you is a series of words and possibly a photograph, and with that sort of ambiguity it can be easy to create any number of different impressions or images. Detractors of online dating will always point to the extreme examples of physical meetings gone awry after online courtships. I would argue that these examples are extreme and actually more infrequent than with similar stories involving traditional dating. However, they do illustrate several basic guidelines that should be adhered to when you begin to date online.

First and foremost, never proceed at a pace that makes you feel uncomfortable. Whereas in a physical setting you can generally get a "read" or a "vibe" as to the sort of person you are speaking with, online dating makes that sort of gut impression more difficult to come by. It can take extended conversations

before you feel comfortable enough to actually meet somebody, and that is perfectly acceptable. Remember that you truthfully don't know this person at all, and if they begin to pressure you into meeting them sooner than you're comfortable with, it may be a good idea to simply nip the relationship in the bud.

If at all possible, see if you can find out any information about the person online through mutual friends or acquaintances. One thing is true about the internet: It has made the world infinitely smaller. Chances are good that, between you and your online interest, you share at least one common relationship. Use this to your advantage! Any information that you can find out about this potential romantic prospect is bound to be beneficial, if only for your own peace of mind. If said mutual relationships don't exist, follow the above advice and proceed at a pace that you are comfortable with.

When it does come time to meet your online interest for the first time, a little common sense goes a long way. It is probably a good idea to make your first meeting public rather than private. Until you know somebody well enough, you might forgo the seclusion of dinner and a movie at one of your homes and instead opt for a restaurant and theater. Until you know somebody well enough and are comfortable with them, having people around when you meet is beneficial. It allows you to get a better feel for the type of person you are speaking with whilst maintaining a safe amount of distance from them.

Finally, never venture out to meet somebody without first telling a friend or family member where you are going. Again, you don't know this person very well at all, at least initially. Before you meet them, simply tell a friend of your plans. Give them the other person's name and phone number, and make sure that you tell your friend where you are going and at what time. Through a series of simple steps, online dating can be just as safe, if not safer, than traditional dating.

Online Dating Safety Tips

There's thrill, excitement, and nervousness when meeting someone you met over the Net for the first time. But, you must exercise caution when meeting someone you barely know.

Below are some tips to guide you safely when dating.

1. Make arrangements when meeting. Do not let the person pick you up from your house.
2. You should meet in places where there are many people or you can ask for help if your date gives you trouble. Public places such as malls or daytime parks are good places to begin with. If it is possible, you could go double or group date.
3. When you are eating in a restaurant or café, go Dutch. Pay half of the bill. In that way, you won't feel obliged in returning the favor of treating your date if he or she gets to pay the whole bill.
4. If possible, avoid drinking alcohol while on a date. Alcohol could affect your judgment and lessen inhibitions. If you are drinking, keep the drink in your sight all the time. Do not get too drunk. You might not know what might happen later or remember what you have been doing.
5. If you have a car, use it. Make sure the gas tank is full.
6. Assuming that your date is safe just because he or she claims to be religious is wrong. For all you

know, he or she may have a hidden side you still do not know.

7. Do not let any first-time date know where your house is. If you plan in seeing your date the second time, arrange for another date and assess from there if he or she should know where you live.

8. At night, avoid going to secluded, dark areas like parks or dimly lit places.

9. Listen to what your gut says. If there is something that does not feel right, then most likely, it is not. Leave immediately if you feel something isn't quite right.

10. Tell someone whom you are with and where you will be going. You might also want to arrange a time schedule where someone could call you later and check up on you. You could also plan to meet some friends after the date.

11. Do not give your home contact number. If you really have to give contact information, give your mobile phone number.

12. Stay alert. Having good chemistry and fun the whole time does not mean you should let your guard down. Be sure you have a cell phone with you.

Online dating may be fun, but your safety should be your primary concern.

Dating: For The Timid

Dating Tips for the Timid

There are some timid, shy people around which have difficulties to make an open chat with new singles, they typically need additional time to adjust to the situation. An uncomplicated convenient answer for them might be to go out on a first date to the movies hence to get used to the presence of the new date, without the obligation to talk. When you come out, you might talk about the movie you Just both watched.

An additional notion, if you're shy about making a chat, is to ask your date on herself. It'll serve to show that you're interested in learning about her, as well as remove part of the pressure of talking, off you, until you're more comfort. By making them do the to talk you may feel less stressed and eventually you will relax adequately to talk about yourself.

Last point, take into account that Most humans love to talk mainly all about their life, actually, what they would like most is someone that would hear them attentively, therefore if you are a good listener you will find A lot of people feel most at ease with you.

Remember, you should do anything you can to put your shyness in the corner, otherwise it will put you in the corner...

Dating: How to Get a Boyfriend

How to Get a Boyfriend

Boys are very complicated and are not like women, and they do not just want to be used as fashion statements. So if you want a boyfriend, make sure that you like him and are willing to be in a serious commitment with him, or at least you feel you may be if you get to know him better, and won't break

his heart. Below are some things that show ways to get your man by your side as your dating

First, if you do not already know him, then introduce yourself. If he is interested in you enough to want to get to know you better himself, he will add in some women conversation eventually.

Show him interest in his life.

Make it easy for him to be friendly and talkative with you, but not overpowering.

Invite him to a party... but not just to make out with him or anything, be friendly with him alone until he makes it clear that he really likes you, and wants to be around you.

At this point, just be yourself and let things unwind themselves.

Here is some simple women lifestyle personality dating tips :

If the person you like is shy, then be very gentle to him but admire him for his strengths, few men can resist being told how manly they are unless the girl who tells them is one they are very uninterested in.

Do not be afraid, if you feel you can go up to him without him bashing your heart against the wall (whether on purpose or not) and you notice his seeming interest in you, then you are probably okay.

And..

Do not use him . . . Boys may be bad about using women, but they can still be weak around an irresistible women even if they are not interested in her, which means breaking your heart and merely adding on his horrible guilt, or having a stalker who wants you for the WRONG reasons. So do not parade yourself around boys too much, for both your own good and their own good and your dating. Dating: She is Testing You. Retaliate Now

She is Testing You – Retaliate Now

Women test men all the time. Even if none of men like this, we all know that we can't live without them. So, hating women or trying to live without them is not viable solution. The best thing we can do is to accept that they do and will test us.

"The test" is that unexpected, unexplained, quirky situation inflicted on a man by a woman in a relationship. Women love to test men by throwing obscure theoretical questions, and especially to judge them. They usually like to test men, who are interested in, for whom they feel some attraction. They try to tell things about men by observing certain aspects of their behavior, or telling them things and judging them according on how they react.

Women test men because they need to quickly figure out what they're dealing with, and they can't expect a man to be straight up and honest about his strengths and weakness. Women are attention-seekers in constant need of reassurance and affirmation that someone cares for them and wants to protect them. They need to know that you'll set limits that you'll stand up for yourself, this making them feel safe. It gives them the reassurance that you are strong enough and confident enough to fight back when you are provoked and that you are capable of protecting them from danger.

They test us to see how strong emotionally we are, how smart we are, or enjoy to make men feel uncomfortable. So, even if she has a high interest in you, even she is always sweet, loving and giving person, she will always feel the need dig any question. A healthier attitude is to love and enjoy women for all their great qualities, while learning to deal with their tests.

But, from where you can know when you are tested? First you should ask yourself if the event makes sense in the context of the situation; if the answer is no, then you are probably being tested. How they do this? Here are some examples:

-she likes to flirt with another man in front of you – the best thing you can do is to ignore it when it happens; you can start by chatting evenings with other women or friends of her; this will cool her off, and she will change this habit

-she cancel your meeting in the last minute- this is very disappointing because you are ready to walk out the door and only then she tells you she is not coming anymore; you can prevent this from the beginning by telling her that you hate girls which cancel dates; but sometimes she may have a good reason to cancel the meeting

-she likes to turn you on while making out, just to see if you respect her ; best you can do is to stay calm, relax, don't sulk or push it; if she sees you are cool about it and you aren't stressed, you will see that she'll likely relaxed and you have pass the test;

-also there are times when women confuse men , act evasive and feign disinterest in order to try to communicate to men, because they don't like to be taken for granted, being scared to not have their heart broken by a man.

There are times when a woman is testing you intentionally or unintentionally. When she makes it intentionally she will do or say something as an attempt to bait man into reacting to her; she wants to find out if you have a strong reality and identity; she might be acting like ignoring you, teasing you about a flaw you have, trying to make you jealous and so on. So use your own discretion and don't react to her too quickly. She might test you unintentionally, but your reactions will be judged; she has desire to be validated for her beauty and a yearning for the rush to chasing a man who is a prize; so you have to show her you have a strong reality and identity, to not validate her too much so that she'll be satisfied; give her just enough to keep her waiting, reaching and chasing you for more of it.

Now you know that any woman will test you. All you have to do is to accept that, and learn how to deal with. For dealing with any type of test you have to have the necessary tools; if you have these, you may use all these tests to your advantage.

Dating: Goodnight Kiss

Going in for the Goodnight Kiss

When should you go in for the goodnight kiss?

Nobody wants to be rejected. So how do you know when it's alright to go in for the first goodnight kiss? Well that's a very difficult call to make since every woman/man is different. As a male, I will tackle this topic from the perspective of the man.

Body language is a great way to tell if they're into you. Lets begin by looking at some of the things

women do that show they're interested during the conversation:

Playing with and/or twirling hair (this is a tough one and can be confused with a simple case of OCD)

Raising their shoulders straight up and leaning towards you

Hands are open with her palms facing up and outwards

Lots of giggling

You know she's interested...now what?

It's time to go in for a kiss. Since she's in to you, there will be many opportunities throughout the night to make your move. If you wait until the last minute and hesitate (at the door or end of the date), you pretty much lost your chance. So be on the safe side and try to do it about midway through the date.

What if you're not sure?

Just go for it! What's the worst that can happen...they say no? You have everything to gain and nothing to lose; you'll probably never see them again anyways.

Here are three different approaches to the goodnight kiss:

Silent: Making eye contact and then leaning in about 90% of the way

Polite: Asking them if it's alright to give them a kiss

Brave: Telling them that they have nice lips and asking if you could kiss them

What happens if you chicken out?

Nothing. Opportunities come and go...it really comes down to the person and how they choose to handle the situation. Some people can care less, while others take it harder. But the worst is when you regret not going in for the kiss when you know you should have. It happens to us all...we meet someone we really hit it off with or maybe a friend we always had the biggest crush on but never the nerve to let them know. Before you know it they're gone; it's like clockwork, they either meet someone or move across the country. And in the end all you're left with are those two dreaded words, what if?

Dating: Indian Girl Dating

Indian Girl Dating

Tips and Guidelines for Indian Girl while going on for a Date.

Dating by Indian Girl is mostly practiced by adults but now teenagers and young generation is practicing this most favorite activity. Whether it's an online dating or the other form of dating, Indian Girls love to go for it. Indian Teen dating is getting popular day by day and gradually it is becoming one of the essential activities in Indian teenager's lives. For Indian Girl, dating is a time of social experimentation. Most Indian Girls believe It can be a wonderful and fun time where self confidence is built up, Indian Girls read a lot of resource that tell about dating techniques, but few Indian teens are

very careful while going on date. Some times these Indian Girl's dating causes problem for the parents, so it is often said by parents that it is advisable for Indian teens to be of right age, meaning to say that they should be 18 plus before deciding to go on dating.

In India While dating, teenagers and their parents should be very aware of lots of things to make teen dating as fun and not a nuisance. Indian Teens are usually very aggressive; they are curious and fast learners. They like to adopt things but some teens are hard headed and stubborn. Many Indian Women's Magazine publishes dating advice for Indian Girls telling tips and guidelines before going on for dating. Online advices and guideline for teens who like to go on date are offered by many Indian dating sites. Many articles on teen dating are available online for the guidance of Indian teens, so that they don't commit mistakes if they decide to go on dating and can avoid teen dating violence, which is very common now-a-days in India.

This is also the responsibility of parents of Indian Girls to guide their teen aged children about dating. Some times parents are very strict, because of Indian traditions. They don't allow their children, especially when they are in their teen age, to go out on date. This results in secret relationship and may cause other problems for their children. The better way is to guide your teen aged children and ask them to hold for some times to become of legal age for dating. Even if they are of legal age, they should be guided not to commit mistakes in finding their dating partner or soul mate. Don't take decision in hurry and don't trust any one without testing him for love and sincerity.
Dating: Is She Open?

Is She Open?

Do you think that whether a girl likes you or not is a matter of some magical connection or "luck"? Well, it is. But the good news is that you can learn to use this to your advantage.

There is no pickup artist who can seduce every woman. It's impossible. Some women are in love with their men; some are still hurting after a rough breakup and aren't ready for a new relationship; and others are just not in the mood.

THE MOOD. This is more important than you'd think. While we men are controlled by our logic – and also that "little" brain down there ;) – women are controlled by their periods. It's just how nature has wired them – after all, they need to be able to give birth to and nurture a child. The problem for you is that such periods are unpredictable.

I'll bet you've experienced this: You meet a girl, and she's all happy, smiling and receptive to what you have to say. The next day, the same girl rejects you and is very unfriendly. What's going on?

The secret I'm going to share with you about this perplexing – but common – situation is VERY simple. Upon meeting a man, a girl is either OPEN to him or NOT. All of this happens within the first few SECONDS of meeting her. And by glancing in her eyes, you can learn to recognize whether she's interested in you or not. This can save you from wasting your energy on girls you wouldn't be able to seduce that day anyway.

I have good news and bad news on this subject. The bad news is that you can't seduce all the girls out there. If she's not open to you, you're knocking on the wrong door. The good news is that since girls are controlled by mysterious periods, one day she might be closed toward you – and the next day, she can just as easily be open.

For example, if I meet a girl for the first time and realize that she's in a closed state, I don't really bother with her. Then a few days later, upon meeting the same girl, she's suddenly in an open state. After that, it's ON!

You see, whether you score with a woman or not is determined by two simple things: her state and YOUR ATTITUDE.

Even if she's open, you need to learn how NOT TO FUCK IT UP with her. And this requires a special attitude, the attitude of a real Man.

How do you know her state, you might ask? This is visible within the first few seconds of meeting her – how she looks at you, how she behaves. It's not easy to recognize, but with a little practice, you can learn this skill.

My suggestion is that you take a close look at how other men interact with women. Trust me – you're wearing blinders when it comes to being objective about interacting with women. If you try to learn to recognize her state of openness from your interactions with her, you won't get a clear picture. But if you take a look at how women in general respond to other men, you'll soon learn to recognize your woman's particular state.

When you learn to recognize her state and acquire the right attitude, nothing can stop you from getting hot women. Even your looks won't matter – as long as you take reasonable care of yourself and don't neglect the basics, you'll always have new girls on the go.

With this simple method, you'll know which doors to knock on, and you can avoid rejection and desperation. If she isn't open, you'll know in the first few seconds and you'll be able to move on. Even if only 20 percent of the girls you approach are receptive, you'll still get plenty of the kinds of women you want.

As I mentioned earlier, learning to recognize her state isn't enough in and of itself. You need to develop the right attitude as well.

Dating: Interracial

Interracial Dating and Love

Interracial dating in the past has been considered taboo. But as time passed by, more and more people came to understand and accept relationships of people from different races. Although there are still quite a few who are uncomfortable about the idea of interracial dating, most people in the society nowadays are open-minded.

Interracial dating in the past has been considered taboo. But as time passed by, more and more people came to understand and accept relationships of people from different races. Although there are still quite a few who are uncomfortable about the idea of interracial dating, most people in the society nowadays are open-minded.

You cannot control what your heart tells you. If you fell in love with someone from a different culture and racial background, you may find it difficult to fight for your love because of other people's reactions. However, there are a lot of interracial relationships that prove to last longer than those who

have had same-race relationships. This may be because they felt a stronger bond of love between them and the trials that they went through made them love each other more, instead of breaking them apart. They grow together as one which is a really strong foundation for real love and long lasting relationship.

There are some challenges that face interracial dating because of cultural differences between interracial couples. There are some countries that still have this societal pressures and prejudices about it. In addition, some of the interracial couple's family members might oppose the union because they might think that it is unsuitable for their family's image in the society. They are worried about what other people might think about their son or daughter's relationship with another person of different background and color.

The cultural differences between the couple are one of the most difficult of all challenges because each one has to adjust to the other's cultural upbringing. While establishing their own family, the question lingers about how they would raise their children. What cultural background should they be exposed to and other things for that matter. In order to resolve this, they should have a serious exchange of ideas for raising their children. The best thing to do is mix in all the good things about each culture but leave out anything negative about it.

Interracial dating might have its difficulties and trials however there are a lot of couples who are successfully and happily married. They outgrew and withstand all the trials they have faced during their first days of dating up to the time they have established a happy home. They both have benefited of learning new things about one another's culture, both the good and the bad attributes of each culture.

Another thing that contributes to the success of every interracial dating and relationships is the advancements of technology nowadays. The mobile phone industry and the internet revolution lets people interact accordingly even if they are on the opposite sides of the planet. They feel closer than the actual thousands of miles distance between them. According to studies, there are more love quotes and love sms sent nowadays and much more egreetings sent over the internet. This surely is the essence of the new technologies constantly renovated each day and the interracial couples are greatly benefiting from them.

Interracial couples are brave enough to face the world and let the society know that nothing can stand between them and their love for each other. The more challenges and trials the interracial couples are undergoing, the stronger their relationship becomes. This only proves that love can indeed conquer all, from the moment it starts and hopefully until eternity.

Interracial Dating-Does It Turn You On?

Interracial dating and intermarriage has increased in the last century due to greater human mobility and multiculturalism. It should be remembered that personal preferences and the presence or absence of prejudice are irrelevant to people who are born and die in the same town or city, which was often the case before the invention of the automobile and the jet plane. Before the 20th century, with the exception of soldiers and traders, most people rarely interacted with foreigners.

Even the term "interracial dating" is subject to interpretation. Often people take it to mean marriage between Caucasians, Asians and blacks. However, most people have strong historic, national and linguistic identities as well, which may cause more interpersonal differences than just ethnological definitions of race. For instance, most Caucasians would not view a union between Korean and

Japanese nationals as a “mixed marriage”; however, many Koreans and Japanese would heartily disagree.

According to USA Today, in America 6% of marriages are interracial; in 1970, it was less than 1%. A Gallup Poll on interracial dating in June 2005 reported that 95% of 18- to 29-year-olds approve of blacks and whites dating. About 60% of that age group said they have dated someone of a different race.

This level of tolerance did not always exist. Anti-miscegenation laws used to be very common in America. They were first passed in the 1600s to prevent freed black slaves from marrying whites.

More such laws were passed in the 1700s and 1800s as a response to an influx of Chinese and Filipino laborers, almost exclusively male. In this case, anti-miscegenation laws were part of a larger anti-Asian movement that eventually led to the Chinese Exclusion Act in 1882 and other restrictive regulations. These laws actually exacerbated ethnic tensions because Asian men were no longer allowed to bring their wives to America. Those who wanted to marry had no other choice but to find a non-Asian partner.

After World War II, racial barriers began to lessen somewhat as U.S. servicemen who had fought and were stationed overseas in Asian countries returned with Asian “war brides” of Chinese, Japanese, Filipino, Korean, and Vietnamese origin.

It was only in 1967, during the height of the Civil Rights Movement, that the U.S. Supreme Court ruled that miscegenation laws were unconstitutional (*Loving v. Virginia*). At that time, 38 states still had formal laws on their books to forbid the marriage of whites and non-whites. In this era, these laws still had widespread public support: just two years earlier, a 1965 Gallup poll found that 72 per cent of Southern whites and 42 per cent of Northern whites still wanted to ban interracial marriage.

Especially in the Southern states, there was widespread public fear specifically over predatory black men lusting after white women, and white women being unable to resist their charms. Black men who merely looked at white women were in danger of being lynched. In one famous case, a 14 year-old black boy named Emmett Till, who whistled at a white woman, was murdered by Mississippi Klansmen in 1955. There was no similar level of high-pitched racist hysteria about black women or Asians.

Studies consistently show that Asians have the highest rates of intermarriage, and that Japanese are the most likely to have a white spouse. Those who are most likely to marry within their own ethnic group are Vietnamese men and women, Korean husbands and Asian Indian wives. Most Asians who marry a non-Asian have a white spouse; intermarriage with blacks and Latinos is less common. However, even among Asians, most people still marry someone of their own racial group. 22 percent of Asian-American women have a non-Asian husband. A mere nine percent of Asian husbands have non-Asian wives

The 2000 Census showed a gender disparity in the composition of interracial couples. The Census Bureau confirmed many black women’s complaints that white women tend to marry black men more often than white men marry black women. Currently, six percent of black husbands are in an interracial marriage, compared to only two percent of black wives. Fourteen percent of black men who are cohabiting without marriage have a white woman living with them, while only three percent of cohabiting black women live with a white man.

African-American men had white wives 2.65 times more often than black women had white husbands. In other words, in 73 percent of black-white marriages, the husband was black. This trend is even more pronounced among black-white couples who cohabit without being married; in this case, five times as many black men live with white women as white men live with black women.

18 percent of Asian wives have white husbands, while merely seven percent of Asian husbands have white wives. The sex ratios of Asian/white couples is the mirror image of black/white marriages. Asian women had white husbands 3.08 times more often than Asian men had white wives. In other words, slightly more than 75 percent of white-Asian couples featured a white husband and Asian wife. However, unlike the situation with black/white couples, the gender imbalance is slightly less with cohabiting couples; only 2.09 times as many white men cohabited with Asian women as Asian men cohabited with white women.

Black-Asian marriages, such as the one that produced golf legend Tiger Woods, are still rare, but here the gender imbalance is even more pronounced than interracial pairings involving whites. 86 percent of black-Asian couples consisted of a black husband and an Asian wife. This means that there were 6.15 times more couples where the husband was black and the wife was Asian than where the husband was Asian and the wife black.

Non-Hispanic whites marry other whites 96.5 percent of the time, with little difference between men and women in the rates of intermarriage.

Slightly less than 18 percent of Hispanic wives are wed to non-Hispanics husbands, and a little over 15 percent of Hispanic husbands have non-Hispanic wives.

This gender discrepancy has grown larger over time; in 1960, white husbands were found in 50% of black/white marriages, and in 62% of Asian/white marriages. The social result of this imbalance is a lack of marital opportunities for black women and Asian men.

It is tempting to blame media-driven social stereotypes for the large gender discrepancy in black and Asian intermarriage. Black men are prominent in sports have frequently been depicted in films as icons of virility. Americans engage in hero-worship of sports figures, and despite the average low income of black males, elite black athletes are rich and famous.

Black women are rarely cast in highly sexualized film roles. However, black women are prominent in sports, and are often on stage as glamorous singers and dancers. In addition, black men have high incarceration rates, earn lower incomes and are less likely to get post-secondary education than black women. For practical reasons, one would expect black women to be viewed on average as more desirable mates than black men.

However, according to a 2005 study done at Columbia University by Aaron Gullickson, black with college degrees are 35% more likely to enter into interracial marriages than blacks with less education, and lower-class blacks showed “strong isolation from the interracial marriage market”. Whites who marry blacks engage in cherry-picking, removing only the most successful individuals from a disadvantaged minority community sorely in need of successful role models. The Columbia study showed no correlation between educational level and interracial marriage for white spouses of blacks.

The image of Asians may be more clear-cut and consistent; Asian women are presented as quiet,

delicate and exotic. Asian men, with the exception of martial-arts films, are portrayed as “nerdy”, unathletic intellectuals. In fact, Asians (both men and women) are slightly smaller than the national average size. Asians have been called a “model minority”, for they tend to be well-educated, hard-working and law-abiding. However, judging from the low rate of intermarriage for Asian men, it seems that these old-fashioned personal virtues are less appealing to women than a hyper-masculine, macho image.

In the search for a mate, people say they are high-minded and look for beauty within, and that their mates’ personalities are the most important factor in determining the outcome of a relationship. Yet it is abundantly clear that people are quite superficial and still to adhere to age-old sex stereotypes : women find muscular, aggressive males attractive, while males idealize the image of non-threatening, demure, petite women. In the public’s mind, if not in reality, black men and Asian women fit these social roles, and are therefor most fashionable as dates and spouses.

2005 Census data was derived from counts of all 54,493,232 married couples in America as of April 1, 2000. Due to the large population surveyed, these statistics are extremely reliable. Census enumeration is made once every 10 years. The Census Bureau also releases annual Current Population Survey reports on “Families and Living Arrangements,” but these are based on sample sizes too small to be entirely trustworthy.

Interracial Dating – Prejudice is Alive and Well!

Any observer of the dating scene will know that there is a wide array of people seeking inter-racial or inter-cultural relationships. The area is of quite some controversy, with some viewing mixed relationships as an attack on their culture or race, and others regarding it as the ultimate melting pot ideal. However, my view is that often it is more complicated than that and racism can live well in the minds of people who are seeking mixed relationships, and there are particular stereotypes that people have in mind. One case in particular is that of white men who are seeking ‘Asian’ women. This is a discussion of my findings on personal ads put out by white men in Asian press and Asian dating sites.

Clearly, Asian women are in quite some demand in the personal columns and the internet. In particular, personal ads, whether on the internet or in the press, often cost money which means people are prepared to put significant resources into finding a partner. The targeting of minority press indicates that there is a great deal of selection going on, and these advertisers are researching where would be the best place to reach a large number of Asian women.

This would further bear witness that those men who do not specify what sort of woman they were looking for know exactly what sort of woman they were looking for simply by advertising where they advertise. However, the research that these men undertake seems to be somewhat scanty and is based on a visual appreciation rather than anything deeper. Many minority press or dating sites are written by and for a specific community, but white male advertisers also occasionally include specifications such as Oriental, Chinese, or Asian/Black – quite different groups in terms of distinct cultures.

To discard these types of advertising as aberrations is to understand these patterns by ignoring them. There is clearly a conscious move by some white men to seek out specifically Asian women, and as some of the adverts would indicate, non-white ‘other’ women in a more general sense. I wonder why.

This is even more striking, when one compares this seeking out to the number of marriages between the Asian and white communities. The actuality of intermarriage between whites and Asians is low, and

lower for Asian women than for Asian men. Thus, statistically speaking, the chances are low.

White male advertisers have a number of significant differences from Asian advertisers. They are older, are more likely to be homosexual, prefer above all “Asian” women (rather than a specific caste/religious/cultural background), and they place little importance on religion. Asian advertisers are far more likely to have a religious specification, and conversely, are less likely to state they were willing to take any race/religion.

White men in adverts specifically want Asian women, and not for their religious suitability or cultural compatibility. Few white men specify the woman they are looking for in terms of religion. Overall, the most common tag applied to the desired partner was “Asian” which indicates that white men were seeking a specific ‘race’, as opposed to religion, nation or language. The fact that the other advertisers used such descriptions such as Asian/Oriental or Asian/Black would also indicate a seeking out of merely ‘other’ non-white ‘races’.

This would indicate that there is a large amount of presupposition on the part of white men on the sort of qualities that Asian (and ‘other’) women may have, and what a white person could offer them. Asian (and ‘other’) women are subject to a specific sexual racialisation. This was indicated in the text of some advertisements.

Most adverts from white men are fairly run-of-the-mill personal advertisements, apart from the insistence on “Asian”. For example, it is common to read “seeking attractive Asian lady” “seeks slim young pretty Asian female”, “seeks an attractive Asian girl” and so on. One advertiser declared that he “adores Indian/Pakistani females”, which would seem to conflate two countries. If one were to very broadly generalize, India may be more defined by Hinduism, and Pakistan by Islam, two very distinct religious and cultural backgrounds, indicating that the belief patterns of his prospective partners are wholly unimportant.

If advertisers specify an age of the respondent it was usually younger, sometimes many years so. Advertisers also tend to split into two groups, those who emphasize their financial status and others who emphasize their romantic nature. For example:

European mature white professional businessman / film executive lively personality, VGSOH, interesting lifestyle, kind caring, totally honest and genuine...

English boy, 33, longing for the love of an Indian girl. If you enjoy simple things, summer walks, winter cuddles, then you’re the one for I’m looking for. ...

Another common feature was to emphasize their respect or interest in “Asian” or “eastern” cultures, including what music and food they liked. “Respects eastern cultures and religions”, “into traveling, music (e + w) ...”, “Genuine [sic] respectful of Asian identity” “Interests include Asian culture...”, “Likes cinema, hot food, music”, “have a wide range of interests including Asian culture” and so on are common.

One advertiser — the 33 year-old “English boy” above — identifies religion and culture as a difficulty, saying “Don’t let religion and culture be barriers against two ordinary people who just want to enjoy themselves”, which indicates that enjoying oneself is more important than either religion or culture. One white man indicates the taboo nature of the relationship he was seeking and the disapproval it might get from the Asian community by writing “confidentiality assured” in his advert, which

conversely might also imply that he himself would prefer to keep this relationship 'under wraps' too.

Another advertiser indicated that Asian women would not get "respect" unless it was from a white man: "If you are looking for a special someone who will treat you with the respect you deserve, please reply, telling me a little about yourself" he wrote, clearly meaning that Asian culture would not accord respect to its women. Another not so blatant advert "I am looking for someone who wants mutual respect..." seemed to touch on a similar theme.

Some adverts allude to the special 'domestic' nature of Asian women by indicating that Asian women would be more caring. One said "I'm an honest caring and gentle person (an incurable romantic) who works to [sic] hard and needs an Asian girl to ease the stress!" and another 27-year-old advertiser stipulated his respondent should be a "nice, gentle intelligent woman 18 – 25".

There is some transparent racialised and stereotypical thinking in the manner in which white men advertise for Asian (or 'other') women. Clearly the biggest single factor to support this case is that white men are clearly advertising in high proportions in Asian media. This preference is supported by some notions of what Asian women in general are like, and what each can offer in the marriage/romance trade-off. Taking all advertisements into consideration — which is not necessarily indicative of any one advertiser — the composite picture is that:

- * The white man seeks out broadly 'other' (black, colored, oriental, Indian/Pakistani) women. He is not seeking a specific religious, cultural, linguistic or national background. The defining feature is 'race' or 'otherness'.
- * The white man can offer either financial support or romance, either of which he assumes is wanted by the Asian woman.
- * In addition, the white man will be respectful of the Asian woman's heritage.
- * The white man will treat Asian women with more respect than Asian men. Asian women are implicitly not satisfied with the deal they get from Asian men or culture.
- * Asian women are more 'caring' than their white counterparts and have stress-relieving capabilities, clearly an allusion to a domestic role. Furthermore, this may have sexual particular connotations as stress-relief does come in many physical forms.

These assumed qualities are further evidence that colonial and racist representations of the 'other' are alive and well in the minds of some white men, and that the whole area of inter-racial relationships is not free of prejudice. Indeed, Roger Bastide wrote of interracial sex: "In those bodies finding each other, fusing, there are two races at each others throats."

Dating: Anxiety

Dealing With Dating Anxiety

Life is stressful as it is and adding relationships to the mix can play a very negative role on your anxiety levels, especially if you already have a habit of developing panic-stricken attacks when it comes to love and dating.

Over the last 10 years there have been progress in various therapies to help relieve the burden of

anxiety. It is best that you try to avoid taking drugs to cope your dating anxiety.

Below are 4 'non-drug' dating anxiety prevention tips:

1. Instead of hiding your nervousness, admit it to yourself and your date. Often times what leads to a major anxiety attack spawns from trying to keep your initial nervousness covered up. If your 'special someone' comes into the room to see you then do not pretend your anxiety isn't there. Simply say "I am sorry if I appear nervous, but I am very nervous right now". Your date will appreciate the honesty and by telling him/her you'll feel a lot better.
 2. If you had an anxious episode during a date then afterwards do not beat yourself up worrying how you acted. It's best just to give yourself affirmations in a positive manner that helps you build confidence and do better the next time around by taking control.
 3. In order to calm down each time you have an anxiety attack, simply walk away and breath. If you happen to be with your new girlfriend or boyfriend then by following my previous tip on being honest with them about your nervousness, and also let them know that you need a minute alone, walk outside, and breath slowly until you regain composure. Before you know it, this simple technique will calm you down every time.
 4. Visualize good outcome. The power of positive thinking and the Law Of Attraction is amazing.
- Dating: Using Humor

Secrets Of Seduction : Using Humor As Your Secret Weapon

You've approached the object of your desires. You've got a first date. How do you carry it off and make sure she's "hooked" on you?

I'll let you in on the Master Seducer's secret – humor.

If you can make a girl laugh and giggle, then most of the hard work of seduction is done. Why? Because laughing makes people happy – it releases endorphins in the brain which make us feel good. And we like being around people who make us feel good (makes sense, doesn't it).

It is also the best form of relaxation – laughing is known to lower the heart rate. And if a girl feels happy and relaxed in your presence on a first date, then your 90% there.

It's natural on a first date for the barriers to be up – she will be mentally screening you, checking you out. It can make for a very nervy encounter on both sides. But with the use of humor., you make her smile, make her laugh and she becomes relaxed and open. And that should be your goal for a first date.

So how should you use humor.?

Well, I'm not advocating you be a clown. Don't go overboard, and don't just mindlessly memorize loads of jokes and reel them off – if she'd wanted to go and see a stand up comedian, she wouldn't be on a date with you would she?

A few jokes are OK – pick yourself up a good joke book, or look online. Find a handful of good jokes and memorize them. Throw in one or two slightly risqué ones if you feel she is warming to you (but not

overly smutty or chauvinistic)

Joke about your environment – the surroundings you are in.

Tell her funny stories and anecdotes about your past, your work, your experiences. Prepare in advance and think of these things in advance.

Watch comedies on television and hire some comedy and stand up comedy DVD's. These will give you a few funny sketches you can reel off, plus they will help you "tune in" to being funny.

Remember, your aim when using humor. is to make her smile, laugh and relax. You should be able to quickly assess what kind of things make her laugh and adjust your humor. accordingly. You don't want her rolling around on the floor, crying with laughter.

Learn how to put a woman at ease with humor. and you will never have a problem seducing the woman of your dreams.

Dating: Why Women From Russia

A Google search for a "Russian marriage agency" yields more than 250000 results. Let us be frank: these are the surprising results of a country FSU. Russia was locked away from the rest of the world over a long period of time and has finally achieved its independence 16 years ago, opening up broad prospects for cooperation with foreign countries. Russia is still a young country, so any way this effect is unexpected. What is the reason for this business to prosper in the countries of the former Soviet Union over the past few years? Are women in these countries rich hunting husbands? Will get around an unforgettable romance short term? Or do they just want something deeper as true love and relationships somebody to be happy?

Fortunately for me, when he began a swarm these questions in my head, a good friend of mine, who has lived in Italy for several years, was in the city to visit her family. So, instead of looking through stacks of statistics and wracking my brain to get the information so interesting to me, I got in touch with her and her brain loaded with all the questions.

Before going, I want to make it clear: does this article are the motivations and desires of every woman in Russia, introducing his profile to a marriage agency. In addition I will be the one to inspire foreigners: Do be careful once they chose the path of the search for a marriage agency. In the past, some ladies of Russia from the former Soviet Union countries have provided more than enough negative publicity (read my article on fraud in the city of Lugansk, Ukraine), but don't let miss and the timing of the gift to someone Pleasure of communication and the possibility of finding love. With this in mind, I proceed.

When I started questioning the motives of the Russian women who take the opportunity of matrimonial agencies, my first discovery is very worrying. One of the main reasons why the FSU women prefer foreigners is that the men in their country of origin are 't good enough. There are a lot of bad stories about the lives of girls from Russia abroad. Why not admit that the reason is for men in the home, which, in my opinion, don't know what is a family? "- Said Natasha comments on the article in one of the main documents of Russia, which blamed marriages Foreigners. "Unfortunately, the 'Russian ' men have a long way to go to keep up with the men from abroad. "Some agencies bridal give the same information. An American journalist, who had a "Romance of tourism from Russia to find a bride 'trip to Russia as part of his research for a story, says in his online journal, which the instructor on the tour

explained: Ukrainian and Russian males' drinking, philander, Alternatively beat women and neglect."

Obviously, not all FSU man treats women in this way. However, a general conception that most brides Russian / Ukrainian women by men in their home countries is reduced to a few common words: irresponsible, hard heart, too demanding and was not willing to provide their children, and much less than his mother. Throughout the history of Russian women have been famous for the way they treat their families. They are loving, dedicated and caring, and to arrive at a marriage agency that dream to find someone like them, the creation of a strong family happy.

Otherwise by Natasha observed during its three years of marriage to a foreigner: To tell you the truth, I did not marry him 't think about life in Italy ... But the Italians in the family is very, very important, and put a great emphasis on family values. This means a lot to me. Foreigners in general, seem to be more serious about the family and children, unlike the men in the home."

Consistent with the lack of quality men from the former Soviet Union, there is also a lack of quantity. Statistics show that during the year 2002, the male-female ratio was 46% to 54%, and hasn't changed much since then. Given that a large part of these 46% are people who can't be counted for the love, care and support, which leaves the ladies of Russia and Ukraine, very little to choose from. Of course, the solution to the problem is broadening their horizons.

"All the good have been snatched away long ago, your chances of finding someone in this country after they turn 25 are close to zero, " Natasha mused over a cup coffee (he married his beloved Italy at the age of 29). "Apparently, the boys (in Ukraine) disappear when they turn 30."

On top of all said, the recognition of their own femininity sets the FSU women apart from the United States or Europe ladies. Most foreigners in mind that the FSU women, different from the latter two, and I don't mean just outside her beauty, which has been mentioned by many and admired. These ladies like to be painted rather, it is not uncommon for them to wear a dress and pumps on a regular basis, who are concerned about their body and taste to be attractive. In short, they want to be feminine, not feminist.

The FSU women love to be a 'weaker sex', which for them means the care of his family first, in addition to being careful and appreciated. Promises that seems to be in abundance by the Americans and Europeans, many of whom share a view that has been too long since Western women have shown no desire to appreciate the softer side of the 'more weak gender. " Compared with the constant bustle of women in the house to make the race and to achieve equality with men, the feminine side of the FSU ladies is an advantage to the men from abroad. Even some FSU men admit that 'their' women are attractive to foreigners because exactly "women are still not emancipated some feminists, as in the West."

Natasha dreamily recalls his first visitings Italy: 'When I was in Italy I was treated like a princess surrounded with care, so I lost a lot of our men. I think there is so much beauty (Russia), which our men are just used to it, it is mundane to them, they forget about simple compliments? Italians value of beauty."

After all this, what can I say to men in search of their destiny? It all comes down to what you are looking for. Undoubtedly, there will be some money-hungry vamps, eager to trap. If you want exotic night, you can find that in Ukraine, Russia or anywhere in the world for that matter. But there is no better place than Russia and Ukraine if you want to find a respectful, caring and loving women who

love their families.

Dating: How To – Your Profile

For many people, the hardest part of starting to date online is figuring out what to put in their profile. All dating sites offer their members a profile page, where each member can write about his or herself, upload a photo (or several) etc. What you write about yourself in the profile is extremely important: second only to the picture in terms of making other members aware of who you are and making them want to contact you.

Many people are keen to start searching for and contacting people as soon as they join a site. As a result, they either leave their profile blank, or write something quickly before beginning their search. This is OK if you're just having a look around, but if you are serious about finding love online, you should take some time and make sure your profile is a good reflection of who you are. After all, it's what makes you stand out from the rest of the people on the site.

Here are a few points to keep in mind:

Not too long, not too short

Try to write a profile that is detailed enough to tell people about you, but short enough to leave people wanting more. Writing a full length essay is a waste of time as most people wouldn't bother reading it all. If someone did read it through and contacted you, you probably wouldn't have anything left to talk about!

Be yourself

It's easy to lie when writing a profile, but more difficult to follow through once you meet someone. If your profile says you're 6'4" when you're really 5'11", your cover will be blown as soon as you turn up for your date. Also, starting a relationship with a lie is a sure way to get off to a bad start.

Unfortunately, even people who are honest and well-meaning sometimes lie unintentionally in their profile, by trying to write it in a way that they think would make them more attractive to other people. If you want to attract a like minded person, you have to be honest about who you are, your hobbies and interests etc.

Don't be too demanding

Many people use their profiles to list the qualities they would like their ideal match to have. There is nothing wrong with that, but make sure you balance this with information about yourself. You don't want to come across as writing a ransom note.

Too much information

Avoid mentioning past disappointments and bad break-ups in your profile; this is not what the space is for. Think: do you really want this to be the first thing people see when they look you up? Don't let yourself be defined by negative aspects of your personality and bad experiences of the past.

Make it funny

Using humor is a good way to liven up a profile and give people a glimpse into your personality. Some of the most successful profiles are the ones that simply make people laugh. Including a joke you find funny is good, as long as you make sure you write something about yourself in the profile as well.

Be original

Anyone can write “I have a good sense of humor”, but not anyone could make you laugh. When writing about yourself, don’t just use a list of adjectives. Try to go deeper and give people examples of what you actually mean. A good way of doing this is starting off with a list of adjectives and then using each one as a starting point for a few lines of text.

Upload a picture

Even the least shallow people want to know who they’re talking to. Not having a photo on your profile will make many people ignore you completely. Some people even specify in their search that they only want to speak to people whose picture appears on the site. Don’t worry about your looks. Different people have different tastes and not everyone expects to meet a movie star or a supermodel online. A clear head-shot of you smiling is all it takes to seriously increase the amount of responses you get.

Be consistent

Make sure your profile, your screen name and your picture all match the impression you want to give. If you are a woman looking for a serious relationship, calling yourself “Sex Kitten” and uploading a semi-nude picture of yourself, is not likely to attract the kind of man you’re looking for. A man looking for a wife, should probably not use a user-name that hints about how good he is in bed.

Remember: your profile is the first (and often last) impression you will make to potential online matches. Make it count.

Well, after 4 years of reading far in excess of 10,000 profiles of men and women searching for a partner through online dating services, I’ve laughed at my fair share of poorly written introductions...

Of those 10,000 online dating service profiles, no more than a dozen captured our attention enough to make the first move. I’m sure that you wish to get lots of reactions to your online dating service advertisement, otherwise why would you bother joining a site, and paying a fee to meet new people?

If that is the case, then make sure you avoid the following 3 mistakes at all costs:

1. “I May Be the one you’re Seeking For”

This may be the case. However, by employing this combination of words anywhere for your online dating service profile, you aren’t telling me, or your potential suitor, anything new...

What this line does say to someone checking you out is that the online dating service profile didn’t do a lot of thinking about how they wanted to present themselves. Tell people what gets your eyes twinkling or even what REALLY gets you up in the morning – and don’t say it’s your alarm clock, either. Now is the time to let your passions really shine through...

2. “I’m the one Your Mother Warned You About”

This is, from my research in any case, virtually the most overused phrase in an opening line for online

dating service profiles. True, it's the generic option of some of the larger sites (such as Lavalife or even True) — if your profile is awaiting approval, this tag line will show up while waiting for the a-okay...

To avoid this, come up with something a bit more unique and original. But what if you aren't sure how to do this? Well, it's not hard to take a look at your competition in the online dating service field, so why not do a quick search and see what everyone else is doing?

Reading other people's description of themselves could just get your creative juices flowing. At the very least, it'll explain what everyone else is saying about themselves — and what key phrases and words you should avoid in turn...

3. Glaring Spelling or even Grammatical Mistakes

This tip might seem childish, or even trite — but it's critically important. While chatting with someone online, you may make a few spelling mistakes that a potential suitor will find annoying. However until you get to that stage with someone, no one should know that you've got dyslexia, or just can't spell worth beans...

It shows a lot to a potential suitor while they peruse the online dating services that someone has taken the time to spell check their document. Hell, get a friend to proof read it for you if you want just in case you've missed something important...

However if you can't take the time to write something legible, virtually all people perusing the online dating service websites will assume you won't have time to bother doing other, even more important tasks. And when you only have two or three of seconds to make that first impression before someone clicks on another person — each and every detail counts...

A profile is an online representation of yourself so why not represent the best parts of you? There are four areas of a profile that you should keep in mind: honesty, creativity, research, writing. By mastering these areas, you will be able to write an excellent and self-elevating profile that can capture anyone's attention.

Part One: Honesty

Always be honest with the readers of your profile; remember that you and the others on the site are searching for that special someone—how can a relationship grow when there is deceit from the beginning?

Speak candidly about who you are and what you are looking for. Then, at least you will know that, when someone messages you, they are genuinely interested. Putting up a pretense will only summon people who are interested in your lies; this will not build a solid relationship.

Being honest doesn't mean to be sell yourself short; you don't have to dwell on your faults and misgivings. Showcase your good qualities (just don't exaggerate).

Part Two: Creativity

Nothing can turn a potential relationship sour more than a dull profile. There are thousands upon thousands of people looking for the exact same thing you are: a genuine connection. You must be able to catch their attention.

Try to avoid using phrases like Looking for Mr. Perfect? or In Search Of That Special Lady? or descriptions like hard-working?, romantic? and attractive?. These are all cliché and overdone. Spice

your profile up with original ideas!

Show off your strengths. Give your readers anecdotes or narratives that display you in a good light.

Get yourself a thesaurus. As silly as this may sound, a thesaurus can help you avoid using words that have been used too many times before.

Do not use letters to describe yourself; for example, SWF (single white female) can mean a variety of things to a variety of people. Don't limit yourself to this.

Part Three: Research

You know what kind of relationship you want; whether it be a friend, a casual date, or something as deep as a marital partner, you have a clear picture in your mind of how far you are willing to go. Seek out people with that same goal.

Write a profile that will appeal to the kind of person you're after; the only way they can find you is if you help them. Check out other profiles for ideas.

If you receive interest with your profile but still can't seem to find that right person, then go do some online window-shopping. Scan through profiles, find some that catch your attention, and start messaging. They don't all have to come to you.

Part Four: Writing

So, you've gathered your information and you have a clear idea of what you want out of this site; however, your writing seems a little...lifeless. Be careful of this! By paying attention to the three steps before you, you should be able to write a profile that is distinctly you.

This is an example of what not to do: I'm a SBM looking for a SF. Good looking, funny. Message me. Eyes are going to glaze over; you cannot limit yourself like this. It will only hurt you.

Spice it up: I am a 22-year-old female, blessed with long, blonde hair and big, brown eyes. I'm short, only 5'4, but what I lack in size, I make up for in spirit. I am looking for someone that can keep up with me; come and get me, boys. She gives a description and a challenge, all within a few sentences. You don't have to be long-winded to get the point across.

A good profile can bring you all of the attention you want and lead you to a successful relationship; follow these steps to what you want.

When putting together your dating profile, avoid pick up lines like the above. I have seen dating profiles with these kinds of subject lines. You have to be a lot more romantic than the above line. The above subject line is too raw. You have to bring it down a notch.

Here are some tips to help you when putting together your dating profile.

1. Do not use negativity in your profile. This is a big turn off. "You don't need to have car keys to drive me crazy." Or, "I may not look like much, but I am drinking milk." "If you want me, come and get me." Ridiculous lines in a dating profile do not work. You have to be positive in your profile because you want to make a great first lasting impression. You do not want to come across as a jerk. If you use the above lines, you will come across as a jerk.

2. Build curiosity in your profile. A terrific subject line could be, “Have you ever been to Fogo De Chao?” This is curiosity. You want that man or woman to click on to read more. A dater would be curious to know what is Fogo De Chao? (Between you and I, this is a fabulous Brazilian steak house.) You can go on from there and add more. Here’s another. “Have you ever been to Utopia? Let’s experience our two minds together as one.”

3. People like to hear a short story about you in your profile. Give one just a little taste of who you are. “I am a fire fighter and I am also working on pursuing my passion to open a sports bar while still working as a fire fighter.” Daters want to read details about you. Give it to them. This will let a dater know that you are going places and you have goals.

4. Always be honest in your dating profile and display real photos of you. If you lost some weight or even gained some, have an up to date photo showing how you look today.

5. Never say your name is Wayne. Do not use your real name. Come up with a screen name that stands out and shows a little bit of your character. Also make sure you capitalize each letter in your screen name and never put numbers behind your name. IAmForReal, GorgeousBrownEyes, etc. You should get the point.

6. People like to be with winners. Bring out the self confidence in you. Walk the walk. If you are self confident in who you are, then you should not have a problem here at all.

7. Make sure you put in your profile what you can offer and the kind of person you are looking for. These tips should help in getting many responses to your dating profile. Get noticed...

Dating: Signs She Is A Scam

7 Signs that she is a Fraud

If you are looking for love and marriage abroad, it is very simple to get it right, believe me! There are thousands of honest, sincere women who will be genuinely interested in YOU!

But after you are meeting a nice girl that seems to be right for you make sure the person you are talking to is FOR REAL.

Frankly, looking for a partner abroad is not any different than any other search – search for a house, a second-hand car, or whatsoever, in one simple yet important detail: there will always be people that will try to take advantage of you.

The perception that you have built about dating scams can make you be cautious and suspicious all the time! That is even worse. Chances are you will make the same mistakes as other guys and destroy what was a really good and honest relationship – just because of being paranoid about scammers.

But what if I tell you that there are some specific signs that can make you solve the enigma of sincerity in your relationship and find out that the person you were corresponding with is not who she said she is?

1. Money is a key object to know a scam. At some point she begins to ask for money, frequently asking that it be transferred through wire services. She commonly states that the money is needed to help resolve a family tragedy or arrange for a trip to the United States. A copy of a fraudulent U.S. visa is

sometimes attached to prove good intentions.

Beside this, there are other subtle signs that can make you be suspicious from the first e-mails she is sending you.

2. The most prominent is the fact that scammers don't really read your letters. They don't remember what you have written – actually, they don't relate to the content of your letters at all. They don't answer your questions.
3. Things move very fast, and she falls in love with you within 1-5 letters. Those letters she send to you could be sent to anybody: “her” letters are pure monologue that becomes more and more obsessed with “her love” to you and her desire to be together with you despite of everything that separates you.
4. She doesn't want to provide you with her phone number pretending that she doesn't have a phone or that she didn't speak English. Paper can bear anything, you know that. But even phone conversation can give you more clues of what's really going on (though men usually tend to misinterpret subtle signs excusing them by the language barrier).
5. Your name usually appears only once, or does not appear at all in the correspondence she is sending to you. She uses “darling”, “sweetheart”, “my love” and so on instead, because she is probably afraid not to mix the names of her victims or is sending the same messages to all of them only changing the names.
6. She lets you know from the very beginning that she is a student or how little she earns, including the size of her salary even though you never asked about it. But she never asks about the state of your finances – neither uses the word “financially secure” in her description of the prospective partner.
7. She writes you almost every day (keeps sending you photos even if you did not ask for) and in her letters she talks a lot about trust, honesty and sincerity. :)

So of course you must be aware of the fact that there are some individuals out there who may try to extract from you some amounts in cash, but remember that not all pretty girls you are meeting online are swindlers. Many men who were looking for a foreign wife, and met a wonderful girl without problems, are very surprised to find information about scams – they did not know that such a thing exists!

It is you who takes the choice and the risk.

Enjoy but don't get fooled.

Dating: Advice Number One

Dating Tips – The Ultimate Dating Advice

In the modern world everything is faster. People are used to get what they want in lesser time and in better quality.

Human interaction is decreasing hand in hand with our social skills. This is what makes dating one of the biggest problems of the modern era.

It begins with the great difficulty of meeting new people, in our small existence of school/office/home, it is hard to be exposed to novelties on a frequent basis. Even when you do come across new people, there is the indecision of how to interact with them on the initial level. Finally, after you got yourself a date, the hardest of it all is, of course, how to survive it successfully.

Not only young people are frustrated about dating, but also the increase in divorce rates and the easiness of living overseas, creates growing circle of lonely single people who seek relationships and love.

In my articles I will offer every time a new insight and advice. Starting with the initial stage of 'how to meet new people' and going through all the possible subjects that relate to the dating scene.

The most important thing to remember is that first of all dating is a game and therefore, should be fun. Some people treat dating as a mission to overcome or as a world that needs to be conquered. We must remember that the consequences of successful dating are mainly the bliss of having another person to be with and enjoy mutual things with; therefore the road that leads to this outcome should be equally joyous and satisfying. If at any point of the process you feel hurt, used or humiliated, there is no point in going on dating the person who causes these feelings.

On the other hand, this world requires certain qualities that are sometimes hard to obtain without practice. Remember that relationship is a game for two (or more) players, so you have to play your part in order to advance the game, but also remain attentive to the other's moves all along the road.

Dating: How Soon Again After Dump?

How Soon Should You Begin Dating After Having/Getting Dumped?

This is a very common problem for many of us. Getting dumped hurts a lot. But one wants to go back to good life as early as possible, if for nothing than to forget the earlier pain. But since the pain remains and the thought of being hit again is overwhelming, it becomes difficult to decide.

When should one go back to dating scene after getting dumped? The answer for this question will vary from individual to individual. If your earlier partnership lasted for few months, you can recover sooner, but if the earlier partnership lasted for some years, it takes a lot more time to get prepared mentally to go back to the dating scene. The old wounds take a lot more time to heal, and sometimes they may never heal. If at this point of time, you manage to get a dating partner who understands and helps you come out of the memories, you are very lucky.

When you seriously date someone, you get involved. You plan for the future and you are recognized as a regular date of that person amongst your friends. You also give your trust to that person. You care for him/her and make many sacrifices to keep the relationship going. You dream of a bright future ahead and even make every move with consultation. This makes you both very involved with each other. If at this point, you are dumped, you will take lot of healing to come over the bitterness. You might have lost your faith in the opposite sex. So what is to be done?

Involve yourself with your work. Take up a new hobby. Make new friends. Join a club. Go around and enjoy the nature. And whenever you feel the pain of earlier love, feel it intensely. It does not help to push those feelings behind. They will remain there to resurface again. So feel every pain and cry over the loss if necessary. Express the anger and the bitterness. Cleanse yourself as much as possible of the memories.

After you are sure that you have regained your emotional stability, go back to the dating scene. If you find some one interesting with understanding, tell all after few meetings and ask for help and love in return of love.

Relationship: Never Get Married Because In Love

Never Get Married Because You're In Love

I'll repeat that. Never get married because you're in love.

Sounds crazy?

It's not.

Let me tell you why.

Ever been to a single's bar? Mosey on over to the one nearest you and watch what happens. When a man approaches a woman in a singles' bar – or a woman approaches a man – they each know exactly one thing about the other: how they look. She's attracted to him, he's attracted to her. And that physical chemistry forms the basis of whatever relationship may or may not develop. Now, they may think they're in love. But in fact, they are simply infatuated with each other.

Here's one to remember: Chemistry ignites the fire, but character keeps it burning. Chemistry – physical attraction – is not something to be ignored. But a deeply loving relationship based on mutual respect cannot stand on chemistry alone. That can only happen with someone whose character you can value and appreciate.

The best way (actually, the only way) to have a lasting relationship is to really look at the quality of the person you're dating. That means being on the lookout for specific character traits, both positive and negative. The top four qualities to look for are humility, kindness, responsibility and happiness.

Humility. What is humility? Well, it is not being a doormat. Letting people walk all over you is not necessarily a sign of humility. It's a sign of weakness.

Humble people are not weak. Humble people want to do the right thing rather than their thing, and that takes a lot of confidence and inner strength.

Someone who is humble will put values above convenience.

They can accept criticism without being defensive, because they're committed to personal growth rather than to comfort.

A humble person will not get angry easily, because they don't feel that anybody owes them anything. That's the reason they also tend not to be materialistic.

Now, you may think that the above description applies only to angels. And it would be a mistake to narrow your search down to someone who has mastered all of the above qualities that go along with humility. Nobody's perfect. But you should look for someone who values humility and is striving to achieve it. At the very least, ask yourself if the person you're dating is arrogant. You definitely do not

want to marry an arrogant person who feels that people owe him or her the world.

Kindness. Kindness is more than just being a nice person. If you ask most engaged couples if their intended spouse is kind, they'll probably say yes. But the divorce rate is over 50%. If everybody is so kind, then why is the divorce rate so high? Because although people think that they're kind, they really lack a depth of kindness.

So, what's kindness? Being a kind person means being a giver, someone who's committed to giving pleasure and minimizing other people's pain. If two people like this get married, they are much less likely to suffer serious problems in their relationship. That's because each one is dedicated to the other's well-being.

How do you know if someone is truly a kind person? Look at how they treat the other people in their lives. How do they treat their parents, siblings and grandparents? Do they feel a sense of gratitude to their parents? If not, what makes you think they'll feel any sort of gratitude towards you after you're married?

Watch how they treat the "little people" towards whom they have no obligations – waiters, busboys, doormen, secretaries. How do they treat their employees? What's their business reputation like? Are they ruthless?

Does the person you're dating do volunteer work? If not, do they give charity? If the answer to both questions is no, that isn't a good sign.

Do they drive courteously? What happens when they drink, when they lose control a little bit? How do they act?

Take note of the answers to these questions. Write them down so that you'll have a whole picture in front of you when you need to make a decision about whether or not to continue a relationship.

Responsibility. First thing, ask yourself: Is this person irresponsible? If the answer is yes, be careful. You do not want to marry an irresponsible person. If your first, off the cuff answer is no, then check them out.

Do they have a stable work history? Do they have stable friendships? Do they have long-term friendships, or do they need to move around a lot?

Ask yourself: Can you rely on this person? Do you feel safe and secure with them? Another good question is to ask yourself is if you can trust what the other person says. Do they stand behind what they say? Do they live up to their commitments?

Happiness. You might be stumped on that one. Since when is happiness a character trait?

That all depends on how you define happiness. A happy person is someone who is basically content, who focuses on what they have, not on what they don't have.

Life has no guarantees. Anyone can be dealt a hard blow. But a person who is internally happy will be able to get past life's obstacles, whereas someone who is constantly focused on the negative will have a much harder time. And you want to be married to someone who can smile at life.

So remember: Never get married just because you're in love – focus on character, not on chemistry. Look for a quality person to share your life with, someone humble, kind, responsible and happy. You deserve no less!

Dating: Stress & Nerves First Date

Online Dating: How to Overcome the Stress and Nerves with the First Date

The first date can be the most difficult experience one may encounter in a lifetime. Be prepared, and turn this experience into a fun and relaxing event.

As an individual raised with little opportunity to develop social skills, I had a particularly difficult time with the dating scene. I am happily married now, but during my years of dating, I felt that it would never happen. With the many years using online dating services, I have learned many useful ways of establishing positive initial interaction. In this article I will share with you ideas that will give you a little more ease with dating and coping with the anxiety on the first date.

First, there are a few questions we must address and bring out into the open. How much should we get to know the potential date before meeting? What discussion or prefacing is required with your potential date prior to the meeting? How does this potential date feel about you, or does this person also share in this anxiety? After the rendezvous is established where will you meet to insure safety, enjoyment and relaxation?

Lets dive into the first question: How much should we get to know the potential date before meeting? This question begs of the actual legitimacy of the potential date. Is this, person really genuine? What is this persons background? These questions are not as easy to answer, but we can start with the following. The method of communication is incredibly important. Phone communication although a little nerve racking, can break the ice and establish an initial understanding of who this person is. Try to avoid creating a mental image of this person as this can really increase expectations and also give the other person an unfair disadvantage (i.e. relating the voice to a physical mental image). The phone conversation can also shed light on this person's general character.

This leads to what discussions or prefacing is required. It is important to acknowledge that this place we live is very diverse and the person's character is one of the most important attributes of desirability. Be softly direct when inquiring about his or her background without invoking the feeling that you are drilling the person which is a real "turn-off". I have used this idea many times which turn's out to be a really enjoyable exercise. Write down a few background questions to ask prior to calling the potential date and go from there. The conversation can take on with its own energy from there and it will be very easy to get a good feeling for the person. That is to say, if the person is not forthright, it will most likely come through in the conversation.

In most cases, the other person will exhibit the same anxiety as you. Keep this in mind, as it will help your nerves a little. Being confident, honest, direct and respectful will help you and the date feel an increased level of comfort whether your on the phone, or on the first date.

On this first date, make sure that you select, or mutually agree to a place that will help the date flourishes but keep the other person wanting more. Obviously, you should select a meeting place that is well lit and where there will be many eyes watching you for increased safety. However, the place that you will spend the most time should be softly lit so that most of the concentration can be focused on the

content of the conversation and less on physical characteristics. More importantly, span the first date no more than that of a small snack. You can consider this a “weed-out” session. If there is chemistry during the date, he or she will leave wanting more. Conversely, if there is no chemistry, not much time was lost and not much money was spent.

Remember, these important ideas to engender ease and confidence during the initial contact through online dating services. Choose a method of communication prior to the meeting that will help you determine the person's forthrightness. Understand that the other person is probably feeling the same level of anxiety to which you can offer the comfort. Finally, choose a place that demonstrates safety and allows for a short but memorable experience.

Dating: Online Etiquette

Online Dating Etiquette

Online dating is very easy and convenient. You can meet people, talk to them, even if you sit in front of your computer in your pajamas and curlers in your hair.

But even if online dating takes out the pressure to dress to impress, this means you have to be extra careful about the way people can perceive the way you express yourself. Without realizing it, you can come across as rude or overbearing, simply because you forgot to take the caps lock as you typed. Or a simple joke may accidentally come across as offensive without the traditional “context clues” like body language or facial expressions. Take note of the following online dating etiquette:

- Be honest. It will be difficult to unravel the lies you make once you meet face to face. And having a reputation for being deceitful can spread among a dating site's members, ruining your chances of anyone trusting you again.
- Don't spill all your secrets right away. It can be uncomfortable for the other person to hear something very, very private about you even if you've only known each other for a short time. Besides, don't you want to leave something to the imagination?
- Don't be pushy about someone else's personal information. Let them open up in their own time, and when they do, don't spread it around or gossip behind their back. This may be an online relationship but you're still dealing with real people with real feelings.
- Respect diversity. Online dating attracts many different types of people from different cultures and backgrounds. So no ethnic jokes, no religious jokes, no derogatory comments.
- Don't lurk. This means tagging along a discussion, reading people's messages, without contributing.
- Don't type in all caps. It comes across as shouting.
- Don't abbreviate. “Ur gr8, I lyk u” or even “ROTFWL” isn't immediately or automatically decipherable. Remember that many people try online dating, and they may not be familiar with the codes and lingo. Plus, you don't want other people think that you can't spell or write. Type out the whole word, and be grammatically correct. This is all about making a good impression, right?
- Don't sound desperate. If you come across too needy or eager for a relationship, you'll scare away people or attract cyber-abusers (people who like tricking or playing around with their vulnerable

victims). This includes using any user names that make you sound powerless or love-obsessed. (Would you go out with someone named Heartbroken?)

- Just to avoid confusion, pick a user name that is gender-specific.

Online dating can be a very rewarding and enjoyable experience if you follow simple rules of respect and sensitivity.

Dating: After Divorce

Dating After Divorce – Some Things to Think About

If you are recently divorced and thinking it's time to start dating again here are a few things that you should consider.

If you are recently divorced and are thinking about entering the dating world again there are some things you need to think about. Let's face it, a divorce can be a traumatic experience for all those involved and jumping into the dating scene can be more than many divorcees are ready to deal with. The only one who will know if you are truly ready to start dating after a divorce is you, but here are some things to consider before you go on that first date.

1. Are you ready to date after your divorce? This is where you have to take stock of your own emotions and what it is you are looking for after getting divorced. Only you can really answer this question but something to think about is why do you want to start dating again. Are you lonely and think that dating again will help fill that void left by your ex-spouse? If this is the case you may not be ready, because the person you date may not fulfill your expectations, particularly if you do not know what it is you want out of a new relationship. If you look at it from the point of asking yourself what you want from a new relationship you may find it easier to make a decision about dating after your divorce.

2. What's your confidence level when it comes to dealing with someone in a dating relationship? For many people just getting through their divorce is rough. You have to ask yourself are you ready to deal with someone on that emotional level again. One important question you have to ask yourself is are you confident enough in yourself that any let down or rejection during your foray into dating will not damage your emotional state.

3. What kind of person are you going to date? Your tendency may be to try and find someone who is the complete opposite of your ex-spouse. While this may sound good if you think about it it's probably not a good idea. Why? You were attracted to your ex-spouse for a variety of reasons. Because your marriage didn't work doesn't mean that you didn't like some of the things that attracted you to your ex in the first place. You need to accept people for who they are, not who they remind you of.

4. Be prepared for let downs? It will be hard not to compare anyone you date to your ex-spouse. It will make it even more difficult if that someone you are dating seems to do some of the things that your ex used to do that drove you crazy. Realize that most of the time they will be unaware that they are doing something that reminds you of your ex-spouse. If you really like this new person in your life give them a chance, because what you see and think may not be what they intend for you to see and think. It is hard for them to overcome the demons of your past relationship if you do not give them that chance.

Don't be afraid to enter into the dating world after your divorce, but at the same time you need to know who you are and have the confidence to find what you are comfortable with when it comes to dating.

Trust yourself to make the right choice and chances are you will thrive as you begin your new life dating after divorce.

Dating: Take Women To Your Bed

Find Out How You Can Take Women To Your Bed

Let's talk about winners and losers in the game of love and succeeding with women.

Do you know what the difference is between the guys who are winners and losers? The guys who are winners with women do the things losers don't want to do to take action to meet, attract, and seduce women.

While you probably know the importance of a relationship or even might be looking for that special someone, there are times when you only want to get laid.

That's why it's important to know how to seduce women.

Without seduction, you have little chance of having sex.

Guys who succeed with women don't just think about it, they take action to meet and attract women. They do what it takes! When they see a woman they are attracted to, they pull the trigger. They don't procrastinate, stall, ponder, or make excuses; they approach her right then and there. They don't put it off.

Now many guys understand the importance of seduction, but they don't know where to start. In fact they've probably found that it can be quite difficult to transition from a date to "getting it on" with a woman.

If you're one of these guys, then I don't have to tell you that it's frustrating to like a woman but have no clue about how to seduce her.

But allow me to let you in on a little secret...

Women like sex as much as we do!

While they pretend to be seduced, they actually probably have as much desire for sex as any man. However they're fairly selective about the manner of their sexual encounters.

Always remember that to have that woman you want, you have to do whatever it takes. Also, nothing in your love and sex life will change until you begin to do something about it.

Don't be too talkative. More importantly, don't keep talking about you self all the time. The idea is to seduce a woman not fill her with the most intimate details about yourself. Stop talking about office politics or your family. You may be from the blue blooded dynasty, but the dynasty isn't going to help you seduce a woman. It might impress her but not necessarily seduce her. Give her some space and let her talk too. You should be indisputably fascinated with her. If you are ready to talk to her and listen to you, 99% of the time, she will surely respond to you.

It's like anything in life, the fact that she makes you nervous is just an instinct that your brain

stimulates when excited, it's a GOOD feeling, you just need to learn how to control and use that feeling to your advantage and against hers... don't worry she know you are nervous, and the test of how you communicate that is half the battle... Let those nerves working for you to melt any women you choose.

For instance, women don't like to make the first move. Instead they want to be pursued and desired by men. In essence this means you have to have the courage and forwardness to become a seducer of women.

Even if a woman is really into you, sex won't happen unless you make the first move. That means if she's into you there'll be little resistance to your seduction techniques.

To go from meeting a woman to having sex, you have to plan every single escalation point and what you'll do to make it happen. By knowing how to navigate through this process, you'll discover that seduce women is fairly easy!

My advice for planning out your transitions is to write down all the times where you encounter a roadblock or stopping point. In order to progress past this point, you have to identify the specific action you need to take.

So think of this moment and how you'll handle it!

Some examples could include getting a woman's number, setting up a date, initiating physical contact, kissing her and then finally seducing her.

You should attempt to do something special. Watch a movie, take a walk or have dinner at the place where you first met. There are so many small things that you can do to become creative, just go with the flow and seduce the woman of your dreams.

Dating: Senior Dating

Senior Dating Advice – May Lead To True Love

Do you need a little senior dating advice before you search for your next possible love connection? The dating process creates anxiety for both the young and the old, but for those that have been out of the dating arena for many years or even decades; this process can seem even more frightening.

Relationships between men and woman are hard to understand even when you are in a good and stable situation.

However, the thought of having to search for a new person to form a relationship with baffles the average person. Just think about that elderly person that hasn't dated in years. He has a lot of dating information to study and learn in order to apply it to his new relationships. What would you tell a person in this situation?

Ask Your Friends for Possible Mates

Don't shy away from this option. Maybe in your younger years you did not need any senior dating advice or want your friends to plan blind dates for you, however, you may be surprised to learn about other elderly people that are in your same predicament. Your friends may know others that have divorced, become widowed or are unmarried. Things change and so do the status of relationships over the years. Who knows? Maybe your friend knows of an old girlfriend that has also suddenly become

available.

Join Senior Groups

Senior groups such as church groups, hobby groups or community groups provide plenty of options for meeting other single seniors that are also looking for companionship. There are always senior bus charters groups that are formed due to different hobbies that seniors have. Try a bus charter that is going to the state flea market.

Go casino hopping on the next bus tour that your local community group forms. These charters and tours are great meeting places for senior citizens. Form friendships and get senior dating advice from other seniors that are also looking for places to find love interests. Your new senior citizen friends may have contacts or ideas that you may not have thought about. Brainstorm and find ways to meet other seniors that are looking for fun.

Join Senior Internet Dating Sites

Join a dating site and find new friends. This is great senior dating advice for someone who is looking to get back into the dating scene at their own pace. Once you join, you are free to browse the site and find the type of friends that you are looking for. Unlike a blind date, you don't have to feel pressured into meeting a person that you don't know.

You use the computer as a virtual tool to meet people online. You aren't physically meeting anyone, but you have the capability to rule out anyone that you know that you don't ever want to meet in person. This is a great way to build your confidence before you start meeting people face to face. All in all, the best senior dating advice is to get back out there and just enjoy life.

Senior Friends Can Be Your Next Lover

Senior friends have plenty of potential to become great love interests. Don't overlook them just because they are older. Everyone has been approached by a much older person of the opposite sex at some point in time. Chances are you probably didn't know how to handle the situation. Don't be offended or rude if a much older person of the opposite sex approaches you for friendly conversation. Actually you should be flattered that he is attracted to you. If you are single and actively seeking new dating prospects, make a few senior friends. You might find a romantic partner in the group.

What Society Thinks

It is almost certain that if you date someone that is much older, you will have to endure the wrath of society. Whether you are a younger man dating an older woman or a younger woman dating an older man, be ready to defend your relationship. Get ready for the negative and un-supportive feedback. This type of relationship has always had negative connotations.

For either sex, some people will view you as a sleazy person that is dating an older person for money and the elderly person as dating you for sex. In order for this type of relationship to work, both parties have to be very strong willed and not be concerned with what most people are thinking.

Unfortunately, these types of relationships are always watched and criticized by others. Many people do not understand that it is possible for younger people to be interested in senior friends as love

interests. Although this mindset is slowly changing, there are still people that only view this type of relationship as immorally wrong.

Sugar Daddy Needed

The details of a dating relationship should only be important to the two single people that are involved. If you are with your older person for companionship or love, enjoy your experience. If you are with this person for other reasons, be ready to face ridicule.

Do you frequent dating sites with the sole purpose of looking for a sugar daddy? Surprising, you'll find plenty of senior friends that are waiting to meet you. If you find an unattached senior friend that is willing to pay large sums of money for your companionship, it should be no one else's business. However, many people will frown upon it.

Dating sites exist to match people that have the same dating requirements. This type of arrangement is okay if both parties agree to it. However, if you are looking for an elderly man to pay your bills and that elderly man wants a love connection, you are wrong for intentionally hurting someone else. It's best to be honest in any relationship.

When you date someone that is much older than yourself, there will always be someone that has a negative opinion about your relationship. If you are happy with your romantic choice, you must learn how to deal with it gracefully. Whether you have a sexual, financial or loving arrangement, it is no one else's business. Don't shy away from senior friends as love interests.

Senior Internet Dating – Are You Game To Try It

With everyone living longer due in part to an absence of world wars, more people are finding themselves looking for that special someone in later life. Senior internet dating sites are a growth industry and given half a chance may just provide you with the means of finding your special someone.

Contrary to popular opinion, these sites are not all populated by strange people. Normal individuals just like you and me join these services as they want to find a partner. They are usually looking for someone of in a specific age range and may also have specified certain religious, cultural and financial requirements.

Internet dating sites for seniors are a great way to meet people. Given you are probably retired the option of meeting potential partners through your colleagues no longer exists. You are also unlikely to frequent pubs and nightclubs so your opportunities for meeting that special person are diminished. Add to that the fact that some seniors have mobility or transport issues and you can see why meeting other like minded people online has its attractions.

The downside to senior internet dating sites is that you are never sure who you are speaking to. Yes you may think you are chatting to Doris, a 75 year old from Chicago. But Doris may in fact be a man who is out to swindle contacts made online. For this reason, you should never divulge personal information online to another person regardless of how long you have been chatting or how well you seem to know them. This includes your full name, phone number and your credit or bank details.

Another potential issue is the fact that part of the attraction between couples is that initial physical attraction you get when you meet someone in person. Now you can be attracted to someones

personality but it isn't the same as the spark you get when you meet someone special. But the way around that is to get chatting to people first through the site and if it seems like you would get on well, invite them out for a coffee in a local restaurant or cafe. Then you can see whether physical attraction also exists.

Some people can find the fact that people get intimate very quickly online disconcerting. As you are effectively anonymous, it is easier to open up and be natural with other people over email and private messages than it is when you meet in person. But this can give you the impression that you know someone better than you do. So while you should enjoy yourself and be as natural as possible, make sure that you are also careful. For example, it would not be appropriate to discuss your recent inheritance or your lottery win with someone you just met. If they seem overly interested in your financial position you might want to move onto someone else.

Don't dismiss the wonders of internet dating sites. It is estimated that almost 2% of the marriages that take place in the US today originally met via a dating website.

Senior Internet Dating Can Be A Blast

The number of senior internet dating sites is steadily increasing. Chatting with people online takes the edge off of meeting people for the first time. Due to individual circumstances, many elderly people find themselves suddenly alone and want to date others who are also seeking companionship. Internet dating allows you to pick and choose applicable candidates in an anonymous environment without having to meet them. Date them only if you like their online profiles. Some would say that this takes the shock value out of the first encounter and doesn't put anyone in a blind date situation.

Don't Be Afraid to Use Your Computer

Don't worry if you aren't computer savvy. Take a few computer classes and learn the basics before you attempt senior internet dating. However, you will soon find that most internet sites are completely user friendly and easy to understand. Once you learn a few computer basics, opening an account with an online dating site is easy to do. Enter your personal information, upload a current flattering picture and get ready to meet new senior friends. Ask the site's administrator for help if you become frustrated and still don't understand how it all works.

The internet has taken the dating process to the next level. With it you can shop for prospective dates within the privacy of your own space. Browse through other dating profiles and pick the ones that are the most appealing. Make a date with that blond cutie that's 20 years younger than you. Or, maybe you prefer the older gentleman that is closer to your age. It's your choice. It's just you and your computer screen. Pick the candidate that excites you the most. If he doesn't work out you can always start the same process all over again. Computer technology gives you the ability to visit senior internet dating sites and meet new and exciting friends.

Create an Interesting Profile

Create an interesting and honest profile. You want your profile to pique the interest of prospective dating partners. Make sure that you upload an awesome picture of yourself. Forget that forty year old picture of yourself riding on the homecoming float. You must provide a current picture of yourself only.

Avoid the urge to be dishonest and deceptive about your personal information. Think about the integrity

of the senior internet dating site. What would happen to the site if everyone decided to provide dishonest information and upload deceptive photos?

Enter interesting but honest information on your personal profile. Sit down and write a list of the things that make you personable. Think about some of the things that would make you appealing to the type of person that you are looking for. Don't make up any bogus information. The administrators on the senior internet dating site won't be able to place you with an adequate dating match if you lie on your profile.

Finding new dating partners should be an enjoyable adventure. Don't be afraid to use a computer. You should learn computer basics and create an interesting online dating profile. Learn to use senior internet dating sites to your advantage and find your next senior friend.

Senior Singles Dating – Make It Fun and Exciting

Dating for senior singles can be daunting. Whether they are newly single after the passing of their partner, or have found themselves single and searching after a long time it can be scary to get back into the dating game. Dating can be difficult at any age. As a senior, it can be more so, especially if they've been married or in a long term relationship. In this case, long term is actually decades rather than a few years.

Clubs, Groups and Social Outings

One option for the senior singles is to join interest or hobby clubs. This will open up a whole new world and ease the senior single into a social setting. Joining a club or group means that there is already a common interest and relationships have something to be based on. Becoming part of a group means that a single senior is able to make new friends and broaden their horizons while also enjoying an activity they know they love. This then has the potential to lead to the senior single dating someone in the group or a friend of someone in the group once relationships and friendships are established.

It's easy as a senior to find yourself attending social outings that are specifically family focused. If a senior is single and interested in dating, make the time to attend specifically social outings such as attending an art gallery exhibition or going places where communication between parties is encouraged. This way, meeting new people is an option as is the possibility of finding new friends and relationships.

Internet Dating Sites

Many seniors today are embracing the computer era and attempting to use the internet. If this is the case, the idea of a single senior and the dating process just became a lot easier. There are many web sites available dedicated to dating. There are also a number of options when looking specifically at senior singles and dating. A simple Google search will bring up a number of websites, some of which are specifically for seniors and others that are the regular dating sites that have sections for seniors. The internet based option is a great option for the computer savvy as dating sites offer a profile and photograph and also mean that the senior is able to search for themselves and keep it to themselves if that's what they want to do. There are also usually a number of people in their lives who would be willing to help if asked and the senior should be able to ask for help.

Dating as a senior shouldn't be as bad as it seems. Although many seniors have been in a long term

relationship, when they feel it is time to move on, they should be encouraged and assisted as much as possible in the dating game. If a senior single expresses an interest in beginning to date again, encourage them to look at all the available options. Everyone is entitled to find love in their life, whether it's first love or senior love doesn't matter. Dating as a senior should be fun and fulfilling for the parties involved and if they happen to find themselves single as a senior and want more from life, they should go for it.

Should I Join A Senior Dating Group

Yes! That was a short answer wasn't it. If you are looking to find love, you should consider joining a senior dating group. Why? Well for one thing, other people who are also looking for love will have joined and your next Mr or Ms Right may just be around the corner.

It is easier to find a new partner when you look for one in the right place. Dating groups may not be for everyone but they are a great way to meet new people. You may not find your ideal match but you should have plenty of fun trying. Widening your social circle is always a good thing. Not only could you meet your next partner, but you can also try new activities with your newly found friends and that is what helps keep us young and fresh.

So what do you need to consider when joining a dating group. The first thing to suggest is that you pick one aimed at your particular age group. If you want to meet someone over 50 then there are clubs that cater for that specific market.

The second issue you need to consider is how you complete your application form for this new group. You will probably be asked for a photograph. Please provide a recent one and one that shows you in a flattering pose. If you don't have a suitable one, go get some taken. When meeting people in a social situation you can rely on your charm and personality to attract someone new. Often with dating groups, the first impression will be that given by your photograph and you want to show yourself off in the best possible light.

The next issue is your profile. You will be asked to describe yourself including perhaps your strengths and weaknesses. Be careful with this one. I am not telling you to lie but now is not a good time to tell everyone that you have a very bad temper or that you are moody. Remember that you are selling yourself to potential partners so use positive words to describe your personality. People often find this difficult to do so try enlisting some of your friends to help. Pick someone who knows you very well and ask them to describe you. Hopefully you will be pleasantly surprised!

Once you have joined, you should shortly be on the way to your first date. Make life easy for yourself and suggest you meet initially for coffee. There is nothing worse than being stuck at dinner with someone you just cannot make conversation with. At least with coffee, you can make your excuses and run if he or she isn't what you expected. Going to a play or the cinema is great but not on the first couple of dates. You need to get to know each other and you cannot do that if you aren't able to have a chat.

Be wary of first impressions and snap judgments and give yourself time to get to know someone before deciding they are not the right match for you. But if it doesn't work out, don't hesitate to head back to the senior dating group for more.

Dating: Don't Be Blind

Don't Be Blind – Learn Blind Date Tips

There is no need to make a person swear off of blind dates forever just because one didn't work out well. Here are some tips on how to prevent a blind date from becoming a disaster.

1. Snoop around a bit.

Don't go to a blind date without having any hint as to what kind of person you are about to entrust your one evening with. A little bit of planning will go a long way toward having a successful blind date. Talk on the phone. Email each other. Do those mild background checking techniques that will make you less worrisome when the actual date happens.

2. Go for a casual date. It is never cool to plan like you are about to make a marriage proposal when you are just about to go to a blind date. A cozy café or park that allows lots of conversation and exchange of ideas will do the trick.

3. First impressions last forever. Blind dates should be informal. However, that doesn't mean you are allowed to show up in your gym clothes. Overdressing is overkill, too. Women, any suggestive outfit should be saved for your fifth or sixth date if you click. Men, keep your booties and suits reserved for your wedding. It would be wise to show your personal taste as long as you strike a good balance.

4. Know your manners.

A blind date could still go bad no matter how you prepare for it. It is just the way of nature telling you that the chemistry is just not there. But the lack of spark during the first date does not necessarily translate to never clicking with the person. It could be that it is just a bad day for the two of you or the weather is simply not cooperating. Keeping an open mind will avoid you from sulking about how bad your date went. Don't forget to respect your date as you would like to be respected. Don't be too rigid, have fun.

Dating: Right Person? How To Tell

How Can You Tell When You Have Found The Right Person?

Love is such a wonderful thing that when shared by two people, the feelings become mutual and the gratifications achieved. All of these are established during the start of dating.

Dating becomes the primary selection ground for people who wish to end up with somebody they can grow old with. It provides them the means to find the right person whom they can share their sentiments, their feelings, problems, etc.

Normally, the stages of dating illustrate continuous experiences. As the couple proceeds on the next level, they get to know another chapter in their mate's life.

However, even if it seems that two people are already mutual with regards to their feelings, there are instances that one of them would ask if their mate is the right person for them. They can feel that they are happy as of the moment but when the concept of finding the right person sinks in; a lot of questions take place.

Even if everything seems to be in perfect condition and that dates are always pleasurable and

gratifying, no one can be sure if his or her mate is the right person unless he or she will make extra effort to analyze the situation and the person he or she is currently involved with.

So, for people who wish to know if the person they are dating right now is the right person or if what they are doing is right or wrong, here are some tips on how to identify the real score of the person they are dealing with.

1. It would be better for an individual to assess his or her feelings about the other person.

In order to know if an individual has already found the right person, it is best to assess their feelings towards the other person.

For example, an individual should try to identify the other person's qualities. These qualities that can usually be seen everyday with the person would mean that these are the same qualities that the concerned individual has to deal with.

Hence, it would be better to assess if the concerned individual likes what he or she is seeing or if they can tolerate the personality of the other person.

In the event that the other person has some qualities that are not that desirable, it would be better for the individual to be sure of their feelings about the unlikely behavior. If they think that they can withstand and endure those things even if it will not change, chances are, they have found the right person.

The other person may not literally be righteous but the fact that the concerned individual can accept whatever the other person is, then, it must be love.

2. If the concerned person will get to accept the other person's faults or shortcomings not because of some hopes that someday he or she will change, then, it must be the right person.

One should realize that accepting somebody should never be conditional. This means that when a person accepts someone who has qualities not included in his or her concept of an ideal mate, he or she should not pose some conditions or expects something regarding future changes.

Because if this is the basis of acceptance, chances are, the concerned individual will only be disappointed in the future and will only make matters worst.

3. If there are no obstacles that will in time kill the flame of love, then, it must be the right person.

If in the event that an individual finds somebody and they feel that the relationship is finally the real thing, it would still be better to assess if there will be no more impediments that would curb the growth of a wonderful relationship.

This simply means that the person should be sure that there will be no elements or factors that will trigger some problems on their relationship in the future like vices, addiction, family problems, previous relationships, etc.

If the coast is clear, then, the concerned person had finally found his or her right mate and that in time the relationship will flourish and be successful.

All of these things are boiled down to the fact that love is not 100% perfect. People should realize that

there are no such things as perfect people. As humans, people are susceptible to mistakes, imperfections, flaws, and whatever weaknesses man is destined to entail in his or her personality.

So, the best thing to use when identifying the right person is careful analysis of the individual as a whole and not just the physical attributes where substantial attraction is usually based from.

Dating: Writing Your Profile

Having trouble writing your profile?

I hear you. It can be damn hard to write at all sometimes, let alone write about yourself, let alone write a personal profile about yourself for an internet dating website. It probably makes you feel a little self-conscious and silly, oui? Well, just think of it as one of the trials you need to complete to get to the holy grail (that's the perfect date, of course, not eternal life). You've got to slay a lot of dragons to get to the princess / kiss a lot of frogs to get to the prince / other silly phrases.

1. Make A List Of 'Stuff I Like'

If you have total writer's block and every sentence sounds dreadful, take the easy way out and make a list titled 'Stuff I Like'. I (as a professional copywriter, natch) recommend it as the easiest way to form a snapshot-in-words of unique, wonderful, sexy, dateable you. It's also quite a nice way of making yourself feel good as it reminds you what makes you happy. And hurrah for that.*

2. Answer One Of Our Random Questions:

Try answering one or two of our Random Questions (you might want to give the question, too, otherwise it may seem odd in the extreme) and wax a little lyrical in your answers. Think of these as springboards to help you be as creative and funny as you can be.

Try:

What my childhood nickname was and why.

What I did last Sunday.

The view from my desk.

My secret talents.

My favorite drink and why I love it so.

My favorite bar and why I love it so.

The last time I laughed till hot tea came out my nose/I wet my pants.

And so on. Not happy with those questions? Make your own up, sweet-cheeks! It's a free capital. (Remember to be quirky. Quirky is so hot right now.)

Want to actually write good old-fashioned sentences about yourself, in the traditional profile format? OK, so now we come to the next few points. These focus on how to say what you say – and common profile-writing no-nos to watch for.

3. Don't Be Negative

I was going to suggest that you could make a list of 'Stuff I Hate', but actually that just doesn't work. And you know why? Because negativity is not sexy. (And although a good angry rant is always

enjoyable, it's only funny when it's delivered in the right medium – and an online dating profile isn't that medium.) No one wants to date a negative person. Sentences like “I can't believe I'm internet dating...” don't test well.

4. Avoid Clichés Like The Plague

If you describe yourself as someone who likes “going out, going to the cinema, having a bit of a laugh, hanging out with my friends, quite easygoing but like to do new things” then frankly, you sound like everyone I've ever met. Including my mother. If you say “I like going out to small bars with big drinks and free postcards in the hall next to the toilets. I like sleeping in the cinema and making up the plot when I leave. I like laughing at my friends when they are drunk and helpless. I like having impromptu drinking competitions on inappropriate weeknights” then you sound like someone with a bit of pizzazz. Of course, pizzazz is subjective. But I digress.

My point is: make the effort to stand out from the crowd by avoiding the same-ol'-same-ol' lines – it's the only way to get that special someone out there to bark aloud with laughter and try to cover it up with a cough before their co-workers notice.

5. Don't Share Too Much

Your profile is designed to give a taste of who you are, what you like and why you're so damn special. It's not really the place to unzip your chest, pluck out your heart and soul and lay them naked and pulsating on the online dating operating table waiting for the next Lovestruck punter to attack them with a scalpel. Don't reveal too much about the horrors of love and dating, the capriciousness of women and the utter bastardy of men. Keep that stuff till later.

6. Be Yourself... But Better

Naturally, we're all online dating because traditional dating can kind of suck. So to maximize your online dating pulling power, you've got to write a really top-notch profile that shows you to be seriously hot property. That means being the best possible version of yourself: the well-dressed, funny, impressive, adorable, intelligent, flirtatious, warm, attractive, kissable, self-assured, memorable YOU. So be a flirt. Be coy. Be confident. Be unusual. Smirk, frown questioningly, arch your eyebrow and pout your lip – all through the medium of words, of course. (And whilst we're here, please don't use lots of exclamation marks. One or two is OK, but more than that makes you sound breathless and overexcited... and that's not cool.

Well, I hope this helps. My last tip is to just force yourself to sit down and get the wretched thing over and done with.

Dating: Woman With Kids

What To Know About Dating A Woman With Kids – Have A Open Mind

Even in the best of conditions, going out with women can be a tricky proposition. It takes time to create the right chemistry between two people. Getting that right requires an investment of time and the desire to want to get to know each other better. However, if you are dating a woman with kids then things change.

Don't get the wrong idea. Just because she has kids doesn't mean you can't date her, far from it. Some

guys are turned off by kids, but that shouldn't be the case. Kids are kids and how you deal with kids can say a lot about the kind of guy you are. That being said, when dating a woman with kids, you have to realize that they are a top priority in her life.

Another thing you should be aware of is that a lot of single mothers find it much more difficult to get dates than women who don't have any kids. This is because a lot of guys can't run away fast enough when they find out kids will be a part of the bigger picture. In a way, this may be good for you as she will be eager to be dating. On the other hand, her schedule will have some limitations, and her kids will come first. But if you can accept that, then you will be in a good position for dating women that have children.

Once you start dating, do your best to work around whatever schedule she already has in place. For example, the kids might have soccer and ballet lessons on Tuesday and Thursday, while Mondays are reserved for scout meetings. However, maybe the kids' dad gets them on Wednesday nights, making that a better option for her. If so, be sure to take advantage of the free time in her schedule.

If things are going well between the two of you, there will come a time when it's time to meet her kids. The key here is to follow her lead and let her decide when the timing is right. Some kids will resent you just because they think you are going to upset the status quo, some will test you, and some will accept you for who you are. Whatever the case may be, don't try too hard to win them over as you will come across as being phony. Instead, just be yourself as you spend time with them, and give them a chance to get to know you.

In many ways, dating a woman with kids is the same as dating any other woman; the only real difference is that she has kids. She still likes to be treated well and probably doesn't mind a little romance. You shouldn't treat her as though having kids is some sort of liability or disability. Accept her for who she is and be happy with the fact that you are dating somebody you could care about.

Dating: Office Romance

Date at Work, but Work at Dating: Office Romance Rules for Dating Co-Workers

If you're like every other workingwoman (or man) who is dedicated and hard working, your commitment to work makes it nearly impossible to meet anyone outside of work. You're probably not just a nine to five worker – you're that successful someone who works extra hours and weekends, and is trying to get ahead to be successful. And you know what that makes you? Sexy!

Both men and women are attracted to people who are confident, passionate and focused, with interests and areas of expertise. Who wouldn't be? Think about it-and there isn't an easier, simpler or more convenient place to meet them than at work.

Date at Work – But Work at Dating

Even though it's often advised against, dating people you work with makes practical sense – after all, we spend so much of our lives in the office, there's often no other way or time to meet anyone else. But you have to be extra smart about your choices, and take special precautions if you're going to venture into an office romance.

Water Cooler Gossip

The one overriding warning worth heeding—the one that should dictate all of your actions and words—is this: People talk. No matter how friendly your co-workers are, or how tight-lipped the object of your affection seems, secrets are almost always spilled, one way or another, whether accidentally or intentionally. Translation? Say nothing and do nothing that you do not want everyone else to know about. This means no chit-chat with the girls at the water cooler about his size or performance, and no pillow talk with him about how much you loathe your boss, and can't wait to take over his or her job. There's too much at stake, like your livelihood to take risks, and there's too much to lose, like a potentially great love, not to give it a shot.

The Rules About Dating Co-Workers

1. Don't mix business and pleasure on company time. Agree to date out of work hours, but don't turn a business lunch into a romantic lunch.
2. If you're a supervisor or employer you must stay fair. Don't give someone you're dating better work or pay, and don't punish someone you're breaking up with by giving him or her worse work or pay. Otherwise, you may find yourself on the receiving end of a lawsuit.
3. Make sure he or she is actually single. If they're not — then keep personal remarks at work limited to sports, the weather and the kids. Don't gripe or listen to gripes about a spouse. "I'm sorry, I'm not comfortable talking about your wife. I want to keep our relationship all business because I value us as co-workers," is all you need to say and do.
4. Don't Boast. Your co-worker boyfriend or girlfriend may look like Brad Pitt or Angelina Jolie, and you may be so pumped up that you've got a hot date with the hottie — but keep your feelings to yourself — and your friends outside of work. Work gossip is inevitable, but you must practice good behavior by keeping the water cooler talk to work and the weather.
5. Don't Make Out At Work. Keep all affection outside of office parameters. It's okay to meet at the office, but don't smooch at the office.
6. Don't Have Love Spats At Work. If things weren't great the night before, don't bring your disappointment to your staff meetings — no pun intended. You will have to practice wearing two hats — even if you're mad, don't put the kabosh on their comments at the Monday morning meeting and act out your frustrations at work.
7. Do Put Rumors To Rest. If you hear gossip, don't fuel the fire by denying the truth. Everyone finds out that you're dating eventually. While you should not announce your relationship, you can say, "Yes, we're dating. We're both single adults and we're working very hard to keep our social life separate from our work life." And smile.

Both dating and working are natural parts of life, and it's natural to become attracted to people you work with. If you're both single and available, go for it! But be impeccable with your behavior and your work. You're going to be under more scrutiny in this relationship than you would be if you were dating someone you didn't work with.

Dating: Get A Yes For First Date

How to get a "yes" when asking for a first date

Asking someone out on a date is not rocket science, but for some people it can be very overwhelming, especially when asking somebody out for the first time. By following the tips below you can help increase the odds of getting a “YES” when asking someone out on a date.

1. For starters you should wait until the time is relaxed when asking someone out for a date. Never make that move in a tense environment. Everything should just flow smoothly.
2. Do not pop the question out of nowhere. The conversation should naturally lead into asking someone out for a date. For example, it would be ideal for both of you to have just finished talking about something that you both are interested in which brings comfortability and then an “Oh by the way....” is a perfect opportunity to ask for a date.
3. Be sure that when you ask out somebody for a date try to do something that you enjoy doing and are good at. This will increase your confidence both when asking them out on the date and during the actual date. Confidence attracts people towards you.
4. If you did get that first date then your next job is doing all of the right things to get the second date, right? So while on that first date be sure to have the attitude of giving rather than getting. Try to involve activities that he or she would enjoy. Do your best to create the date around them, showing your attention, and making them feel special.
5. Last but not least, just be yourself when asking him or her out on a date. Do not try to act like someone else or pull those one liners. Trust me, being original works every time!

Dating: Hiding in Cyberspace

Online Dating: Hiding in Cyberspace

The Internet is changing the way we interact. Chat rooms, instant messaging, and web-cams all allow for quick and easy communication with family, friends and total strangers. You can log on anytime you wish to chat to anyone you choose, for however long you need to. Perfect!

What’s more, it can also change the way we feel about ourselves. People all over the world are discovering the online dating craze; how to meet people behind a screen and chat for ages and ages; how to express themselves in a completely different way than what they’re used to. And it can wonders for your confidence!

The benefits of anonymity

It’s easy to feel safe and almost blanketed by the Web. You can allow your true inner self to shine through. You can share a part of yourself that’s entirely positive, someone you’ve always wanted to be. This doesn’t have to be misleading to your chat partner, but instead it can be a way of sharing a huge, perhaps hidden part of you in a world where self-consciousness need not play a part.

What’s more, there doesn’t have to be any pressure involved. You don’t have to meet your chat partner if you don’t want to. You can continue to chat online, feeling comfortable and less-inhibited than if you were face-to-face with someone. Many people find a certain appeal in not knowing quite who they’re talking to: it’s the pull of the unfamiliar. Also, chatting with someone you like on the Internet can take you away from any problems at home or in your daily life into a room of excitement, curiosity and change.

Of course, there are also downsides to not seeing the person you're talking to. Awkward misunderstandings can arise from a sarcastic comment or a long message which may need dissecting and analyzing, only to uncover something confusing and upsetting. The key is to go at your own pace and ensure that you have good communication with your chat partner at all times. Work with what suits you. If you need some time to yourself, the beauty of Internet chat is that you can just 'brb!', grab a cuppa and plop down on the sofa to relax.

Make the most of it

Take advantage of the fact that you can be who you want to be over the Net. Enjoy yourself. Get in contact with as many people as possible to increase your chances of finding that special one. Once you find someone you click with, you can then begin to build a relationship with them which could blossom into something special. You may even want to meet eventually!

So Flirt! Pay and accept those compliments! Get pouting and posing on that cam! You are free to explore a whole cyber universe of guys and gals who want exactly the same things as you do: some kind of self-fulfillment, the freedom to be who you want to be and, above all else, a bit of fun.

With the sharp increase in the number of internet users, online dating has likewise continued to thrive. Online dating is currently occupying the largest proportion of paid up advertisement on the web. With more than a thousand dating sites available today, competition for matchmaking has become an all important aspect of the big players in the market. It is imperative to note that when a big player in finance, technology sets sight on online dating, then there is money to be made.

Initially the idea of dating on the internet was associated with a lot of social stigma. It was thought of as a way for social misfits to meet. Come the 90's and following the release of the Tom Hanks and Meg Ryan box office hit "You've Got Mail", online dating started being regarded as an effective and intelligent way for people to meet and even start relationships. Online dating became a favored method especially for busy career people who had little time to socialize. With time it has caught on not only as a matter of necessity to meet people but also as a trendy thing to be involved in.

In traditional dating people are restricted to talking to people present in their social setting and people who one has no idea about their likes and dislikes or even their personal compatibility. Online dating provides the element of selectivity where the users are able to browse their potential partners profiles before actually communicating with them. There is also the advantage of not having to struggle with breaking ice as a simple hello in most cases often serves the purpose. There is also the option of selection, as there are thousands of people to choose from.

There are, however, some obvious dangers associated with online dating. The most common of these are false profiles leading to misconceptions and disappointments about potential partners and security issues such as date rape and kidnapping upon meeting people initially met on the internet. This does not make online dating an unsuitable choice as the same risks if not worse are encountered by those who stick to the traditional modes of dating.

All said and done, this fast growing dating method has brought a revolution to the world of dating as we know it.

Dating: Before Meeting Her First Time

7 Questions You Have to Ask Before Jumping on the Plane to Meet Her

You have met your true love online. Is she for real?

The entire world is desperate to find the real love. As the popular songs sounds, 'All You Need is Love'. It is true: to love and to be loved is probably the most important thing in our life. But what to do if you are not sure – is it Love with a capital “L” or just another temporary flirt?

Doubting if the person you are with is the right one for you is a normal thing especially if you have meet that person through online dating sites and you never have meet her face to face.

But there are some things to consider, especially if she is miles away from you that can help you make up your mind if that person is worth to spend your money and time with.

1. For how long do you known her?

If you just met her – forget about that plane ticket for the moment. :)

If there are less than 4-6 months since you two have met, your love can be just an illusion. Wait until you know each other better and talk online or on the phone as much as you can to get some trust and comfort in the relationship.

2. What do you talk about?

I am sure that you like to stick to sweet love talk but how she reacts if you are asking her about her family, her friends? Does she gives you details or didn't want you to know too much about them? You can find out more about her if you know how her friends and family are. You can even talk with her friends online and try to know them this way. But if she don't tell you too much about people around her, this fact have to make you suspicious about this lady. Is she embarrassed to talk about you in front of her friends or does she have something to hide to you?

3. Do you find her attractive?

Does love depends on sex? I'm sure you already know the answer. Yes it does. How can be love be complete without the mornings you are waking up in your lover's arms after a hot passionate night?

So if you talk about HER to YOUR friends all the time and you are already dreaming about her and you didn't even touched her is a good point, this relationship can have a future, a good one :)

4. Do you think, honestly, that she likes you?

You can ask for an outside opinion to your best friend or test her. Yes I know that is unfair but everything is fair in love and war. Doesn't it? So ask her to do some things for you. But what she can do if she is miles away from you, you'll ask. A lot of things:

- read a book than talk about that book to see how carefully she read it;
- make some photo especially for you... in special places;
- buy a CD with some music you like; etc

When you are asking her these things you have to be careful not to ask something too expensive, or something what she couldn't do even she want to. But be specific about the things you are asking and ask it in a polite way. If you see that she is trying as hard as she can to do what you are asking her then

she is yours :)

It means that she appreciates you and is curious about what you like, and she is interested in you.

5. If she would win a large sum of money, what would she do with it?

Just ask her. You have all the chances to be surprised by the answers. :)

It could be: buy new designer clothes, buying everything for herself and/or her purse dog, probably give the money to charity, and quit her job mid-shift. You can discover a lot about a person from the answers to this question. But if somewhere in the answer is your name involved you can smile – she is thinking about you like you are there in her daily life.

6. Do you have a lot in common?

Maybe she is hot and you like her, but a long term relationship involves more than sex. You know that, don't you?

So what hobbies do you have in common, where do you both enjoy going on vacations or weekends? What passions do you have those are interesting for her too?

These are some important things to consider when you are thinking to spend a little fortune on a plane ticket.

7. Is she the best you can get?

Don't compromise! We compromise in love because we are so desperate to be loved. But compromising does not lead to feeling loved.

Finding real love has nothing to do with chance, looks, location, or timing. Finding your perfect love-mate has to do with your thinking, your qualities, your affirmations, your spirituality, and your commitment to being with a woman who can love you as equally as you will love her.

So if you considered these few issues and you still are eager to meet her face to face, buy that ticket, it could change your life.

Dating: Co-Worker

Dating a Co-worker – Good or Bad?

In our days more and more people decide to start a relationship with a co-worker. The reason why this happens is that many young professional men and women are spending almost all their time at the office, so they have less time to go out and meet new people. So, it is natural to seek friendship and companionship from colleagues.

But for many times, this friendship transforms into a relationship that in most of the cases fails. There are many risks that make this very difficult to maintain. But not many people know about this before they start a relationship. So, if you are a very busy man too and spend all your time in an office, and decided to date with a co-worker, you should take a closer look at all the potential benefits and disasters that could be associated with this new career move.

There are some aspects that you should take in consideration:

- Before you ask your co-worker for a possible date, check if your company has an employee dating policy; the company may have strict rules about any relationship that form between you two; also think about how much you are willing to risk your career for this relationship from the beginning

- If you didn't ask her for a date already, and don't know how to do it, you may organize a group outing or event and invite her; but if she refuse, you have to think at something else; suggest something casual like dinner or movie

- Before ask her for a date, make sure that you know as much as you can about her; so develop an office relationship before you develop a romantic one

- You must think about what happens if your relationship doesn't work; will you be able to handle the situation to see your co-worker every day, to interact her daily? It may be very difficult to re-establish a professional demeanor with a person

- At final one of you have to leave this job because thing's don't work out or because it's against the company policy to date fellow employees

- Or worst, you don't know what your partner is capable to do if things don't work between you two, it may be ruining your career

- Dating a co-worker can affect your work, if you are unable to differentiate between work and pleasure; so agree to not flirt at work, you have to set up relationship rules for the workplace

- Avoid signs of affection in public such as hand holding, kisses, flirting; you'd better meet off-site for lunch or after program hours

- It is true that you have a lot in common, that you will go with pleasure every morning at the office anxious to see her, and it is a person with who you will always have what to speak about;

- You have someone to confide in concerning your work problems; she may be a great help; but, there are more negatives aspects about this kinds of relationships

- Remember that you have to maintain a professional image, so don't let your relationship affect your performance; if your romance is affecting your work, you may be asked to end your relationship or to find another job

- A relationship like this can create problems in your promotion; the boss may see that you are more preoccupied by your partner than your work

- Develop open communication, if you are dating with a co-worker think about the fact that you have to have two different types of relationships, business and romantic, with the same person;

- Never date with a subordinate because you may be accused for favoritism by the others employers; the others co-workers will exclude you now from certain conversations, will not discuss anymore with you about privacy

-If you spend more and more time with her during the office hours, the more and more you will distance yourself from your associates, those you've developed personal relationships with;

-If you start a relationship with a co-worker it is better to keep it secret; it will need a lot of discretion, energy and effort to keep your office romance just between you two; so don't tell your colleagues about your romance because your both work will be definitely affected

-Also avoid sending electronic love messages or letters because some companies prohibit the use of company e-mails system for personal use, others reserves the right to access or disclose electronic messages or files of an employee

-As a benefit, you get to have lunch together; so from a usual boring office lunch, you can have part of one full of flirting

As you see there are some benefits but most of them are downsides. I suggest you to think very well if you really want to get into a relationship that may affect your career and if you are ready to do this. As I said, it may be very difficult to make it work. But, it remains at your choice what you are going to do.
Dating: Attract Women With Your Attitude

How To Attract Women With Your Attitude

If there was one magic pill that you could pop to make yourself more attractive to women, would you take it?

Chances are, most men would give answer with a resounding yes. After all, who has the time to keep up with the countless dating advice and tips handed out by dating gurus who promise that by doing what they tell you to do, women would come in droves begging you to let them bear your children?

But since reality bites, no such pill exists. And the male species, since the beginning of civilization, has been working on making himself the object of interest and attention of his female counterparts. Even now, in this age of dating websites and speed dating the objective has not changed.

So why is it that some guys seem to get it right all the time while the rest seem to remain luckless no matter what they do? Some would say that looks and appearances had everything to do about it. But that's not entirely true.

While it may be so that how a guy looks like matters in order to catch a woman's attention, that alone will not make him totally attractive. What makes the guy go from "Hi there. You alone?" to "Good morning, doll." is his attitude.

Attitude by definition is your outlook and mindset towards any given situation. In the dating scenario, it would mean how you behave and think when it comes to approaching a woman, chatting up a conversation with her and treating her just a tad more special than the rest of the women in the room.

So what kind of attitude should you have?

A lot of guys think that they need to impress women to make themselves attractive. While making an impression is important, you need to make sure that that impression is really you. Otherwise, your

attitude towards dating shows that you would rather make false impressions and basically lie, just so that you can get what you want. Not exactly an attractive trait, isn't it?

Instead, develop the "just as I am" attitude. No pretenses, no airs – just what you really are. Very little anything else makes one more attractive to women than to see a guy that's totally honest about who and what he is.

But hold on, that is not to say that you should totally let yourself go. The "just as I am" attitude does not mean not bothering to dress up in nice clothes just because you are more of a shorts-and-flip-flops kind of guy.

Not in the least. In fact, the "as is" attitude should stay in the backstage. The main idea is that you don't need to pretend to be the sensitive writer type when you're more of a Monday night football kind of guy. But at the same time, you need to make an effort to put your best foot forward.

Do this by taking the time to look your best. You don't need to look like Hugh Jackman's long lost twin, but don't look (and smell) like a bum either. Take the time to choose clothes that fit well on you. Pay attention to body hygiene, especially if you tend to sweat and don't forget to check your breath as well. But more importantly, work on making this a habit rather than a once-in-a-while thing. That alone increases your attractive points by a whole lot.

Now that you've cleaned and dressed up, it's time to work that attitude. For example, as you approach someone, tell yourself that all you need to do to get her interested is for you to be friendly and to treat her well. You don't need to impress her with things that aren't true about you. Remember, you are to come as you are and not someone else.

If she responds, then good for you. If she doesn't seem to be interested regardless of how nice you are, that's still OK. If this happens, tell yourself that you and her don't fit and then walk away. At the very least, the woman you just approached will notice that you knew when to stop. Surprisingly, on a second encounter, she just might give you a better chance, just because you showed restraint the first time you met.

Now this isn't a foolproof plan that can help you score with the ladies. But it is a lot better than pretending to be something that isn't you. Developing a healthy confident attitude about yourself will not only make you more attractive to the right women around you, but will also help you personally as you begin to see yourself in a better light.

Dating: Healing A Broken Soul

Online Dating – The Best Healing Medicine For a Broken Soul

The best medicine for a broken soul is the attention and appreciation of someone else. All of us need to feel that we are important for someone, no matter if that person is miles away, no matter if we never have met that person or if we already met him/her in our life.

There are many articles on the Internet about online dating. Some are pro others are against it. You can all kind of discussions on this matter in various forums. But most of them are referring to online dating finality and not to online dating process benefits.

It is true that most of people which are spending their time on online dating sites are singles looking for

a real relationship, looking for someone special. All of them are interested into the finality of online dating. But there are a lot of people which are just out from a long term relationship that are not yet prepared to go back into the real dating scene.

There are married people, with families but unhappy which have decided not to divorce for the children's sake or for other important personal reasons. Online dating can be a miracle medicine for all kind of unhappy, disappointed, solely souls. So if your soul is crying just try the online dating medicine, it can make a big difference in your life. Beside the fact that you might even find a partner for life – if that is what you're looking for, you can also enjoy many benefits for your soul. The best medicine for a broken soul is the attention and appreciation of someone else.

All of us need to feel that we are important for someone, no matter if that person is miles away, no matter if we never have met that person or if we already met him/her in our life. One of my beliefs is that the most important for our happiness is not our material situation, not our health but our peace of soul. If you are ill you can still smile, if you have no money in your pocket you can smile, but if your soul is empty your smile will look mostly like a grimace. Human mind and imagination have no limits, and if we are learning to express our thoughts, our feelings, our wishes, online dating can fill a big gap in our life.

There are thousands of lonely people that are looking just for someone's presence, for someone to talk and spend some good time together (maybe a little online romance). To be sure that you are not going to be disappointed, when you are filling your online profile do not forget to mention that you are up to find someone to talk to, or the type of relationship you are looking for.

Be sincere from the very beginning. Another thing you must consider is that you are not compatible with all people, so don't give up after you have talk to three or four people. Keep searching till you find someone right for you, someone that is matching your intellect level, your style, and your hobbies.

What's next? Just enjoy Online Dating benefits and after a while you will be smiling again thinking: "LIFE IS GOOD!" You'll see :)

Dating: Is He Interested?

How Girls Can Tell He's Interested

Around 85 per cent of couples who just had their first dates remarked that before they were even introduced they were already sending signs of attention and interest to each other. These are couples that did not come from first dates, rather, tried to communicate first and see if they click. It usually begins when either one of them making contact with the eyes, a hint of interest floating in the air.

The big question is: How does a girl find out if a guy is showing interest in her? Basically, that question is also answered by a set of questions. Is the guy responding when there is an attempt for conversation? Does he return back the smiles? Is he showing any flirtatious signs? Enough imagining the past girl, there are tell tale signs to look for to know if a guy has really the hots for a girl. A guy is interested in a girl if:

He gazes at the girl's eyes longer and more intently than he would when talking to others. The trick is to make eye contact for a short time, then he looks back again and this time longer, lastly, he turns his head to the girl's direction but not looking at her directly. From the side of his eyes, he's actually checking if the girl is still looking back or waiting for him to gaze at her again.

He is showing more engaged actions when just trying to show or reach for something; he leans forward when he talks to girl or just when listening for her to say something. He touches the girl's hand when stressing a point while talking. Even imitates the girls actions and gestures while making a conversation and perhaps to lessen edginess he amuses himself with touching his earring, blending his coffee, playing with a part of his clothing, fixing the hair, etc. He makes sure he looks his best when the girl approaches

He uses flattering comments and mixes humor to everything he says just to see the girl's smile with a beam whenever he talks to the girl, well, appreciates even the girl's silly jokes.

He asks detailed questions, as these exhibits curiosity specifically with the girl. Even when he's not present, his friends often pay attention to the girl's moves and whatever she says. This is a sign that the guy has already talked about the girl too many times with his friends, arousing their interest in the girl too. Shows himself off by helping others with carrying extra bags for other persons. Take note: this is done when he knows that the girl can see him.

It is kind of hard to read all the signs, so here's a summary for girls who do not have all the time to be keen with the signs:

1. Lifting of Eyebrows. A guy's eyebrows rise and fall quickly upon seeing an interesting girl for the first time. (Hey girl, lift a brow if you're interested too.)
2. Slight jaw drop. It may not be a nice sight, but the mouth slightly opens during first acquaintance.
3. Seeks attention. Guys have the tendency to be over acting just to stand out and get the girl's attention.
4. The nose. Take a closer look girl; notice that as his face beams, the nostrils get big.
5. Strikes a pose. After gaining composure he budes into the typical machismo guy position with parted legs, one hand on the side and probably the other in a pocket.
6. He becomes self-conscious. This will be touching his forehead, pinching an ear, or rubbing the chin.
7. Fashion conscious. It starts with smoothing the shirt or pants along with the collar and the belt. On more formal occasions, it will be fixing the tie.
8. Secret friend. He would use the starting statement "one of my buddies want to know if you..." Oh, he's just trying to play secret admirer dear.
9. Aside from the raised brows during first meeting, a guy exaggerates arching both eyebrows while saying something.
10. Lastly, the killer sock fiddling. Not familiar? Believe or not 99.9 per cent of psychological studies confirmed that if a guy adjusts his socks in front of a girl, he is so interested with her.

Please note that the effectiveness of these acts differ from person to person. That is because each individual may come from communities with a more traditional or contemporary views. Final word,

just enjoy and see if someday, real love may be derived from first signs.

Dating: Asking Someone On A Date

How To Ask Someone On A Date

No more hesitations, this is the moment you have been dreaming of and only you could push it to reality. But, how could you have that dream date? Of course, you have to start from the top. And, that is to ask the person you are interested out on a date. Well, how could you invite a person out? Do you need to be aggressive? Do you need to play safe? Tips to ask someone out would surely be a great help for you.

The following are simple but very essential tips you could lean on in times that you seem to find it hard asking a person for a date. For men, these tips are really great help for you invite that person in your mind.

- Know the right reason or reasons for asking a person out. When you know your purpose, it would surely have the idea of how to express it in a medium that you are most comfortable with.
- What if the person says no? Save that part of you and prepare to whatever the answer of the other person is. Do not take the “no” so heavily. Learn the beauty of grace in such times.
- In order to say well the words you want to express, you may try to do some practicing in order for you to get conditioned of how to say such lines you needed to tell the person you want to be with.
- Be sure that you have the most important details you have for the date in mind. The person might say “yes” and you just do not know where to go, that would be a real “turn off”. As much as possible, be ready with ideas.
- See to it that you know how to answer whenever the person asks you why you are asking her out. You do not have to be a very huge flatterer but you have to make sure that you make the person feel good. This way of showing how much thoughtful you are.
- Never pressure a person to go out with you. This is not healthy and it would even branch out to negative outcomes. Remember not to pressure a person to tell you why it is a “no”.
- Do not stand people up. This means that when you ask a person out, you mean it and you do not leave her just expecting for nothing at all.
- If the person says no, do not be bitter about it. You just have to move on and never treat the person unwell.
- Having some beer just to boost your confidence is a no. It may just push you to worse situations. You have to be naturally confident.
- The more, the merrier but not for a first date. When you are out to ask a person for a date, do not do it when she is with a circle of friends.

These are really useful tips and you have to take note of them, they would surely help you out in maximizing the time you spend with that special person.

Dating: Big Date

How To Prepare For A Big Date

In Preparation for the Big Date . . .

After the invitation to have a date with you, yes you could rejoice a bit but this must not take you for so long, you need to prepare for the day, the real day that you have been wishing for to arrive. Your preparation matters most. When you do not know what exactly to do, let us lend you our guides.

These are the tips that would surely let you walk the right path for the date you have pictured out:

- * Set an early date for that date.

When you set such a date weeks after, it could just make your patience brittle and it would just pile up stress unto you. At first, you may feel that excitement inside you but as the days grow longer, you may get more and more impatient.

- * Choose a less formal venue

For the first date, it would not be too comfortable if you choose a place where you would feel stuffy. Better have in mind a venue that is less formal but more fun. The too much formality thing may just stop you from getting to know each other well.

- * Lunch time for the first time.

To all those who are having a “get to know each other date”, it is advisable to have an early date so that rushing plans to make the time special may not happen. There could still be that romantic touch though the sun is out. Evening dates may come after the first date.

- * Think more of the person not the place.

Pressures about the venue, the food to order and the clothes you would wear. These are just secondary and they do not have to put so much pressure on you. If you allow this to happen, you would surely get carried away with the pressures and forget the real purpose of the date.

- * Informal but not scruffy

As mentioned above, you have to choose a venue that is less formal but it does not mean that it has to be scruffy and you do not have to look as one scruffy thing as well. Look presentable though not that very formal.

- * Your wealth is not the topic

There are a lot of fun and light things to talk about, do not brag about what you or your parents have. This would not be so nice for a topic that may just spoil the rest of the time. Humility would surely be a ticket to more dates.

These are just some of the many tips you need to have in your heart so that you would also have those good memories to be brought about by the great date you have. Of course, you have your own way of making this day special too.

Dating: Online

Online dating has transformed the lives of millions of people. But why has this phenomenon become so addictive for single people the world over?

With two out of every five singletons in Europe and the USA now turning to the internet to find a partner, it would be safe to say that the phenomenon of online dating has changed the social and dating habits of tens of millions of people from Newcastle to New York. But why has an activity that could only be classed as an amusing diversion five years ago become such an addictive and central part of so many people's everyday lives? The answer to this question can be encapsulated in the ten short paragraphs:-

1. No more smokey bars and clubs. In the bad old days, single people on the prowl would trawl the local hostelrys in their towns and cities looking for that special connection with someone who takes their fancy. Well, now you can prowl the internet from the comfort of your armchair or office and if you happen to be having a bad hair day, who cares?

2. You don't have to be a teccy. Most online dating sites are simple to navigate and deliberately don't incorporate features which are difficult to understand. Even your average internet virgin can master the art of using a dating site.

3. There's a site that's just right for you. There are global sites, country specific sites, city specific sites and niche sites for seniors, bikers, single parents, gay guys and girls and just about everything else you can think of. If you can't find an online service that exactly suits your location and lifestyle, you're not looking hard enough.

4. A choice of thousands. Most successful sites have thousands of active members on their databases. When you walk into a party or a club, how many single people will you see who might be right for you? Probably only a handful. Well now you can switch on your computer and be completely spoilt for choice.

5. Find just your type. A good dating site will present you with a series of options when you start browsing through the profiles of other members. As well as finding people who you'll find physically attractive, you'll also be able to refine your search to people who you'll also find compatible in terms of personality and lifestyle choices.

6. Instant gratification. Now you don't have to stand in the corner nursing your beer or glass of wine vainly hoping that the good-looking guy or girl across the room will come over and talk to you. When you spot someone you like on an online dating site – you can just send them a message and introduce yourself. And when you do so, your real email address is never revealed so you don't have to worry about giving out personal contact details to complete strangers.

7. You control the pace. You can message people as and when you want to and respond to other people's mails at your leisure. It's completely up to you how frequently you use your chosen site and who you want to make contact with. Take it fast or take it slow – it's your choice to make.

8. There's always someone else. If any member you contact doesn't respond or you decide that someone you've been exchanging mails with isn't quite suitable, you can just move on to someone else. Good dating sites attract hundreds and in many cases, thousands of new members every day so why put all your eggs in one basket when you have many more baskets at your finger-tips?

9. Widen your social network. Yes, the majority of people join dating sites to put some fizz and sparkle into their love lives; but many people do so to make new friends as well. Maybe you've just arrived in a town or city to take up a new job and what better and quicker way is there to start making new friends than to join an online community of like-minded singles in your own age group?

10. It's great fun. Let's face it, we could all do with injecting a little more of the fun factor into our lives from time to time and surfing the net for attractive compatible dates is a great way to do just that. And it doesn't cost any more than a round of drinks so it isn't really much of a risk in financial terms. There's very little to lose and everything to gain.

So there you have it; the delights of online dating are available to anyone who has access to a computer screen and if you're single yourself and you've yet to take the plunge, why are you waiting? It's what the internet is for!

How To Deal With Online Dating

It is fun to date online- you get to imagine what the person you are talking to is like. There may be web cameras and headsets that would lead you to knowing the other person closer but of course, meeting in person is far different from online dating.

Just like the typical setting in our mind, it is really stressful to know that one day, you are going to meet and go out on a date with the person you used to chat with only. How would you be impressive? What would you do so that it will not be your first and last date? Confidence says it all. When that day comes, all you need to have is the reliance in your self and the thought that things will be dealt with naturally. Pretensions are never helpful.

Do not put much pressure on your self and on your date. Treat it as a night of fun no matter what your purpose is- whether you are looking for a night of excitement or hoping to meet your partner for good, you just have to deal with the date with enthusiasm and not many expectations from your date. You just have to enjoy the company of the person with you. It is only the first- so, whatever happens next depends on both of you.

Confidence could be derived from mind conditioning. When you think that you are a person of confidence, it is surely to exude. Could you imagine these people who arrive in a party with all people turning their head just to have a look at that man or woman? You do not have to be very beautiful or be very sexy just to achieve confidence. When you are confident, everything beautiful and sexy follows.

Being insecure is never good. When you feel this way, try to divert your attention. Ask your date questions about her. With that, you can somehow evade the situation where you have to answer questions.

To make a more exciting date and keep your self away from the questions you are not comfortable with, it would be wonderful if you find a similar interest between the two of you and go out. Trying the things or activities together would be very interesting. You could talk about your past experiences about those happenings.

The top most point to remember is that you are a special person who deserves to be happy. You must never be insecure because we are created with individual strengths, we must flaunt them and be gutsy. With that, we could meet people with self-esteem.

Who knows? With this confidence, you will finally meet the lifetime partner you have been waiting for.

P A R T – 2

Risks of Online Dating

Dating seems to be a very exciting term. It would mean a new phase of a person's life ahead. Whatever the purpose of dating is, one must always be responsible and by all means be cautious about being into this kind of activity. Since you are getting involved with unknown individuals, you must equip your self with the necessary protection or security whatever risks there are. Yes, there are risks...

Online dating is of course, safe from outside risks since it happens with a distance between the people involved. However, there is a consequence with the majority of those involved to meet the online

partner they have. This is when the risks start.

According to studies in the US, Dating violence is rampant among adolescent girls, especially those reporting having had the experience of coitus or sexual intercourse.

Adolescent girls who were hurt by a date on purpose in the past year are more likely to experience sexual health risks, such as having the possibility to acquire human immunodeficiency virus infection and other sexually transmitted infections, unwanted pregnancy may also happen out of the blue. Sad to say, unwanted pregnancies resort to abortion in some cases.

Women are physically weak. There are a lot of possibilities that they are being taken advantaged of by their dates. The objective of online dating is noble, but there are these people who are using it as a venue for their worldly wants. The local governments are now integrating this issue in their health programs for women as well as the local agency in responsibility for crime-related aspects must do their share.

As for the adult women who are into dating, most of them are out due to long-term relationship heartbreak and so they are there to meet anyone possible. This reason pushes them to the risks of meeting the wrong man but still believing that he is right. With that, they are prone to possible sexual abuses or other forms of abuse.

The most common risk in online dating is both financial and emotional in nature. Financial risk comes in the form of scam. You must be cautious and try to read between the lines if the person is just playing around. The emotional risks are results of having like a married date and so forth.

Dating, companionship and courtship are really good for us but some comes in disguise- they are hidden black agenda, so be careful.

Dating online has made the world a smaller place since meeting that special someone no matter how near or far is just a click away.

If one decides to try online dating, here are few advices one must remember along the way;

1. Take it slow

There are a lot of nice people online but there are also some bad people who just take advantage of others. To be sure whether the person one is corresponding with is for real or just playing games, it is best to look out for inconsistencies. If at any instance, there is a feeling of doubt or something wrong, then its best to stop and move on.

2. Don't give out personals

Since one does not have any idea who this person can be, it is best not to give out any personal information such as last name, real email address and contact numbers. If the person one is corresponding with keeps on pressuring on this issue, it is best to also stop making contact with that person.

3. Ask for a photo

Some people say it does not matter what is in the outside but what is inside the person. Physical

appearance believe it or not matters. To authenticate the person one is talking with online, it is best to ask for a photo. For security reasons, it will be best not just one picture but in various settings. If this person is not able to do this, then one should also stop making contact with this person.

4. Proceed with caution

Earning the trust of people does not happen overnight. By taking some time to know more about this person, one will be able to see if this can on any further or be better off meeting someone else.

5. Meet only when ready

Even if a certain level of trust has been established, it is best to only decide to meet when one is ready. Just like meeting someone for the first time, one should take it slow.

6. Choose a public area

Before meeting this person, it is best to tell people like friends and family where one is going. In the interest of safety and security, it is also best to meet in a public place. If there are many people that are around, the safer it will be in case the date does not workout.

Meeting people online may be a little different from meeting someone new through friends. The similarities in both situations are; it takes time to know a person and there is nothing wrong being too careful especially with matters of the heart.

Dating: First Time

How To Go For That Date

Firsts, these are very memorable events you could not deny. They may come in very varied ways but they share that common effect which is something that stays within the person. First date, what do you think about it? When the time comes that you are about to experience it or even not just the first but any romantic date for that matter, you have to carry with you tips that could make that one ordinary night or time that would let you reminisce it even years after.

- * Relax as the date starts; get a drink for both of you if you see the need of doing so. But of course it has to go with a very nice conversation for this is what really matters. A fine start would surely carry the positive vibes all throughout the moment.

- * Be attentive, and this does not involve the ears, you need to observe those unspoken words and signs from the other person. Be sensitive, it really matters a lot.

- * Do not think about the event in a very serious demeanor. It may just put you under so much pressure. Think of the fact that you are here to get to know each other, have the best time and make the most out of the special event of your lives.

- * Avoid dominating the conversation especially for men. Make it sure that your voice volume is in moderation and you talk with the person in a sincere manner. When you do this, you would be listened to not only on that very time but in more conversations to come. You have to remember that generally people love it when others listen to them.

* No discussions about ex-partners and of course about sex. This goes out both ways, no matter how the other person tempts you, be reminded that when out on a date, and you are in a conversation about such matters, less is more.

* Give the singular focus to your date. Do not be too distracted with other people around you, no matter how attractive the woman in at the next table is. Any person likes that attention from the opposite sex. Keep focused.

* Be witty. This is the most attractive point you could flaunt to your date. Nothing beats having a really fun but wholesome conversation. You have to think of the fact that the date you have this time around would be your ticket to the next date or dates. So, do well, let go of those light and gay thoughts.

These reminders would let you try to check and recheck if you are doing the right thing and you are indeed doing what is right and what is impressive for your date and for the event as a whole. The following are tips that would let you get the best scores during the very date.

And, the best reminder you could give yourself is “I am confident, I am going to have fun and I am going to meet the one.”

P A R T – 2

Three Keys to the most unforgettable date

Dating is such a fun experience for whatever age it is, there is that different feeling of fulfillment and sheer joy as you meet a person you seem to have interest with. This is a means of finding your future life partner. It could also be a way of getting to know you better for through dating, the side of yourself that you are less familiar with is being unraveled.

When one is out on a date, what must he do in order to make the date worth a memory to cherish? Are there strict guidelines to follow? There are actually none, but there could be helpful tips in order for you to make the most out of your date. These tips are really important so that you would be able to act well and enjoy the rest of the time you have with that special person.

* Observe punctuality.

Time matters in almost any meeting or activity, it matters most in a date especially if it is the first date. Cliché as it may seem but first impressions last and you have to take good care of your date's impression of you. It may mean something negative if you fail to arrive on time. You may have all the excuses, but you have to show the best efforts in order not to be late.

* Remind yourself that you are just excited and not nervous

That strange pump of your heart is just going to distract you from doing well and enjoying your time. Well, it is but normal to feel that way but do not allow it to swallow you and stop you from doing the things you wanted to do. If you cannot stand the feeling, see to it that you divert that emotion to something that is more positive. Instead of feeling nervous, you have to remind yourself that you are just excited. This could really help you ease the burden of being worried or pressured. Being nervous does not help out, drop it off.

* Honesty is still the best policy

You do not have to impress your date by telling tall tales. Sincerity and honesty would always lead you to that acceptance from others. With your honest way of opening yourself to that person you choose to go out with, you would surely reap a warm and honest treatment as well. You could appear impressive without being dishonest. When you are true to what you say and feel, it exudes.

These are just three of the most helpful tips that could make heaven out of your date. Remember, it is the first step to find that lifetime partner you have been waiting for. For more tips, you could find them online. But for the best three tips, stick with our advice.

Dating: Enjoyable Dates

How To Make Dates More Enjoyable

Making Dates More Enjoyable and Fun

Most people are usually nervous when it comes to their first dates. This can make you look like someone who had taken gallons of coffee before the date.

Long silence is always between your conversations with your date, and you are hoping to come up with a few funny lines that can crack the ice.

But sometimes, you're too late because your date has decided to spend her time with someone else.

Usually, first dates are spent in places where you can sit and talk with your date in order to know each other better.

Some go to the movies, have some coffee at the local coffee house, or dine in an expensive restaurant so as to impress their dates.

Dates like these just need a little jump-start to be more effective. Try adding some adventure or do a set of enjoyable activities together in order to have fun with your dates.

Some men take their dates to an adventurous place. They go to a few local destinations or historical places within the area. They go around these places whilst having so much to see and many things to talk about. These are times when you don't need a funny line to break the silence.

In case of rain, you can't go out and have a walk at the local park or other outdoor spots conducive for talking and knowing each other better.

On the brighter side of things, you can go indoors. Try some shopping malls. There, you can find a wide variety of places to have some coffee.

Drinking coffee doesn't take four hours or so of sitting and doing nothing since you can talk to your date and get to know her better.

After some time, try inviting your date for a walk at the mall. Go shop for small things with her such as clothes and CDs.

Save some time to go bowling, play video games, or find a bookstore to share your interests with her. The main idea is to interact with your date in order to know her better.

This will surely provide you with a means to bolster your chances of landing a date that can lead to love and romance in the long run.

With this in mind, go and check out places near you for fun-activities you and your date will surely enjoy.

Dating Etiquette

When you go on a date there are certain things and ways you should behave. Of course you want the person to get to know you so you shouldn't try and be someone that you are not.

When you go out on a date you should look and dress nice. This will show the other person you care about your appearance but you also care about what they think about you. If you don't care about what the other person thinks then you probably shouldn't be going out on a date with them.

Depending on the person you are taking out you should also remember to open the car doors and all doors for your date.

If the woman you are going out with is a feminist, then let her open the doors and do things for herself or it will bother her. She also will want to pay for her own meal.

If you are not going on a date with an independent woman who is a feminist then you should open the doors, be on time when you pick her up, and be prepared to pay for the entire date.

Don't take your date somewhere you cannot afford and never find yourself asking your date for money to cover the bill.

Dating etiquette also includes not making the other person feel as if they are on an interview. It is common for people on a date to ask many questions and they just want to get to know the other person.

However, don't make them feel as if they are on an interview or you might scare them off. Be sure to create a comfortable atmosphere.

Key is to energize the other. Do something to get the limbs moving! It is sexy, a body in movement, and very relaxing. But don't sit there leaning with your elbows on the coffee table!

Dating: Go for it

How To Go Dating

Double Dating

Double dating is a fun way to go out and have a good time with your significant other. It gives your date the opportunity to meet your friends and it also can provide a comfortable experience for someone who might be a little nervous to go out on a one-on-one date quite yet.

Double dating is an excellent idea if you want to meet someone new and you aren't quite comfortable

with being alone with them yet. You can invite a couple you know to come along too.

This allows for you to be around people you are comfortable with while you are getting to know your date. Some people like to go on a double date first so they are not so nervous on the first date.

Going on a double date also gives your date the opportunity to get to know you through your friends.

It might be a good idea to invite a couple that will say good things about you if you really like your date and you want to see them again.

Your date can get a good idea with the type of person you are by who you are hanging out with and the things they say about you.

It is a really good way to get another perspective on the person you are going out with or if you want your date to know more about you.

Double dating provides a comfortable experience when you don't want to go out with your date alone but you do want to get to know them.

In addition, double dating provides an excellent way for you or your date to see how both of you interact with your friends and get a different perspective.

Kissing Tips on a Date

Usually, you shouldn't go all out with a kiss at the end of a first date. First date kisses mostly involve light pecks at the cheeks or even on the lips. These kisses should only be allowed once you feel comfortable enough with your date.

The right time to kiss is usually the most romantic moments of the date. When you feel that you're close enough to your date while having fun doing a set of adventurous activities, this might be the right time to kiss.

If you're talking while having a quiet walk at the park and you notice that he's looking directly at your eyes, this is usually another one of those right kissing moments.

Try to look at his eyes and see if he's sincere enough to give you a light kiss on the lips. You'll usually feel if it's just the right time to kiss.

Sharing moments are usually the best times to kiss on a date, especially if you're talking about something personal.

The situation doesn't need to be dramatic and serious to kiss. The right moment to kiss during these sharing moments is when you feel comfortable sharing your personal perceptions and experiences with your date.

At the end of the date, you can give him a light peck at the cheeks if you had fun with him on your first date after he has taken you home safe and sound.

You can give him a friendly kiss on the lips if you happen to have fun with him again on your second

date. Afterward, a fertile imagination is all you need when it comes to the kisses you'll be having on your succeeding dates.

Dutch Dating

Dutch dating means that each person will pay for themselves when they go out on a date. This method of dating is often the best when both parties are new to each other, independent, or just friends.

Many people often like to go Dutch because they are not comfortable with someone else paying for them. This is common with women who are liberal or independent in their thinking.

It is also common if funds are low for both parties. Both people will split the costs of dinner and any other activities chosen to do on the date.

They also might meet at the locations or drive themselves so the other party isn't responsible for their transportation.

Dutch dating can be extremely casual and creates a comfortable atmosphere many people are happy with when a relationship is new.

Some people just aren't comfortable with someone else paying for anything for them until they get to know them better. In addition, they don't want to feel as if they owe them for anything later.

Dutch allows the date to go in a successful manner without the feelings of being 'owed'. In addition, many women understand the expenses associated with dating and don't believe it is fair that they guy should pay for everything, especially if the two go to an expensive restaurant and do something even more expensive later.

Dutch dating is common for people who are not comfortable with someone else spending money on them.

There are many liberal and independent women who are very proud who prefer to pay their own way also. This creates a comfortable atmosphere because no one feels like they owe them for anything later.

Dating: Internet

How To Date Online

Online Dating

Online dating is very popular today with the advances of technology and the increase of people who use computers. Online dating is a system for organizing a date and can be an excellent way to meet that special someone.

Today, online dating is one of the most popular systems for meeting someone new to go on a date with.

There are many online dating websites you can visit and see people who are looking to meet someone new. You can post your picture and create a profile on one of them too.

This will allow you to tell everything about yourself. This way, people can see if you enjoy the same

types of activities they do and you can see if certain people look to be like someone you might be interested in.

Online dating has proven to be a successful method for meeting people and setting up dates. Many people have continued their relationships and even been married through online dating methods.

All relationships through online dating aren't successful but you may meet a new friend if you are not compatible for dating.

When you consider online dating, it is important to remember you need to be safe. The Internet is not always what it seems and people are not always honest with everything about themselves.

You should be sure when you go on your first online date you are somewhere you feel comfortable with and be sure to protect yourself at all times.

You can have a fantastic experience and meet your perfect match but you don't want to be a statistic because you believed everything the other person said on the Internet.

Online Dating Tips for Men

So you've just joined an online dating community. Do not be discouraged when your prospect dates have not yet responded to your queries.

Women members of online dating portals receive an average of fifty to 200 queries from other members of the opposite sex. This means she's just taking time going through all the queries she had received. You need to be a bit more patient.

Have a proactive approach when it comes to online dating. Focusing on one woman would reduce your chances of landing a response.

Try sending messages to different women in order to bolster the probabilities of getting a good response.

Carefully choosing your would-be dates is a good thing to do since this would help you land the dates who have the same interests as yours. However, don't be too selective.

You have to try creating a unique profile when sending messages. Make it stand out because there will be a lot of messages for one woman from other members of the online dating community.

Starting out with an interesting user-name is favorable. In addition, read through the profiles of your intended partners in order to incorporate a few things they like on your own profile, but keep in mind to include just the things you are actually interested in.

By doing so, your prospective partners will read through your profile after receiving a query from you and end up remembering you because of the stuff that's on your profile.

She may even feel that you took the time to read through her profile and subsequently establish a connection with her.

Be truthful about the things you put on your profile. Lying about stuff will just ruin your entire reputation in the online dating community.

In addition, it will be harder to correct lies whenever you and your dates have known each other better. It would also prevent you from enjoying while you're on a date with the other members of the online dating community because you'll be too careful to cover up all the lies you've told your dates before you got to go out on a date with them.

Online Dating Tips for Women

Women in search for a knight in shining armor in real life dating should not lower her standards while searching online.

She should keep her dream of having a prince charming to the rescue. But having big dreams does not mean being too selective.

Women should be selective but they should not limit their options exactly to their ideal man. Limiting your options will decrease the possibility of having a good catch.

Create an interesting profile. This is one way to attract your prince charming. The content of your profile should be honest and true if you are looking for someone who'll be your partner for a long and intimate relationship.

Thus, put something on your profile that can make a good first impression. This impression should also last a lifetime. Keep in mind to upload a photo with your most attractive smile.

Avoid overly sexual photos – upload sexy photos, but limit it to PG13 viewing.

Let's include your safety. Make sure your common sense is working well. Do not give your personal home address to your online date. If you plan to meet up somewhere, have someone to accompany you or know about your plans.

If uneasiness is felt while being with your date, you have the right to stop and cut all contact off between the both of you. It is better to be safe than sorry.

Online dating is a rapidly growing activity. Better hurry and carry on these tips to start your wonderful search for your partner.

Long Distance Dating

Long distance relationships and dating occur when two people live far apart from each other and are unable to see each other but on holidays, weekends, or on vacation.

Long distance dating can be very difficult for some relationships if the people want to be together more often. Some people enjoy long distance relationships because it gives them the time apart from each other to fully appreciate each other when they are able to be together.

Some long-distance dating may not last a long because they are too difficult or one of the people in the relationship may end up moving closer so they can be together.

When couples experience long distance dating they are usually able to see each other on the weekends if the distance isn't too far apart.

If the couple is too far away to be able to see each other on the weekends then they will use their vacation time from work and see each other on the holidays. Whenever they can get the time available they will see each other.

Many people take advantage of airline miles and earn free tickets to fly and see their significant other when they are long-distance dating.

The couples are able to communicate by phone, email, and other methods, but they can only see each other when one of them are capable of traveling.

Long-distance dating can be difficult for some people if they find they want to see more of the other person and the distance is just too far.

However, it can be good for a relationship to have the time apart because when they do see each other the two are extremely happy to be together and they don't take each other's time for granted.

Dating: Get Dozens Dates Online

5 Tips for getting Dozens of Dates Online

Are you tired of not getting any dates? The club and bar scene has dried up and isn't the best place to meet women. People have the tendency to lie and drink too much in clubs. Make no mistake about it, right now online dating is where the dating world is. Meeting dates online have a lot of benefits.

- It's easy practice, even if you are shy
- Instead of being judged by your looks, you will be judged by your profile and personality
- If you meet someone who is annoying, you can just log off
- You can check up to 200 profiles in a half hour, all possibilities
- It's a lot easier to get to know people when you can't see them

Don't worry, the online dating scene isn't just for losers and middle aged men anymore. In fact, recent reports have shown that the major dating sites are approximately 60-70% women. [Click here](#)

So is it possible to meet an attractive mate online? Absolutely but you have to follow the right steps or you will just end up wasting your money on web. Here are some tips to land yourself a date tonight.

1.Pick the right website – To pay for a site or not? There are a lot of great free websites out there like Plenty Of Fish and Just Say Hi. The fact of the matter is, most pay websites will usually yield better results though.

2.Write an effective personal ad – No matter how you look, how old you are, or how much hair you have, THE most important part of online dating is your personal ad. If you can make a profile that is

attractive you will have no problems meeting new people in no time. An effective profile will multiply the response you get. Keep it light and funny. Don't be negative or mention how desperate you are.

3. Give compliments sparingly – One thing that will turn people off quicker than anything else is if they feel that you are not being honest with them. If you give too many compliments, too quickly people will think that you have an ulterior motive. Don't make that mistake!

4. Don't rush to meet up – The great part about meeting people online is that you have the opportunity to get to know them before you meet them. The reality is that this is a dangerous world and while it isn't likely that you will meet a psycho, it is always a possibility. Take your time and get to know your new love interest before you meet them, it will also make you look less desperate.

5. Don't Send too many messages – If you send too many messages too soon you will come off as needy. No one wants someone who is too needy. When chatting online, you have the opportunity to take your time and think out your messages.

Good luck with all your new dates. Have fun with it.
Dating: Promises Of Free Personals Sites

Can You Trust the Promises of Free Personals Sites?

It seems like almost every day there's a new website advertising free personal ads. With all these companies approaching us all the time, how do we differentiate between those who are truly able to deliver their promise of "free" personals from those who are using it as little more than a not-so-clever marketing ploy?

When signing up for an online dating service for the first time, the number of options out there can be staggering. Testing the waters by signing up for a few free personals sites can be a good first step into the online dating world without committing to paying for memberships. But, how do you protect yourself from being burned by a bad first experience with sneaky companies who lure customers in with promises of 'free personals', but rarely deliver?

One easy way to find out is by signing up for a free personals service. Start the sign up process, and if at any point your credit card is asked for, quit. There are few reasons for an online company to ask for your credit card unless they plan on taking money from you. But, read the fine print. If there are reasonable motivations for asking for credit card numbers, you might be able to reconsider. Trust your own judgment because ultimately, it's your money and your decision.

Another way to gauge whether or not a free personals service will deliver their promise, browse around the site. If it looks reputable and nice, and if there are a lot of members, this could be a good sign. If other members have already signed up and stayed (check for 'last online' dates or recent activity on message boards, forums, etc.) it probably means that the site has a few satisfied customers.

To sum up, be wary of online dating services offering free services. Though there certainly are excellent sites who offer their services for free, there are also a few who use the 'free personals' promise as a lure to trap unsuspecting singles.

Dating: Creating Sexual Tension

Dating Tips: Creating Sexual Tension

Sexual tension is paramount in any interaction with a woman.

It is the energy, or charge of the interaction. Its application is subtle, but powerful.

There are many different conceptualizations of sexual tension floating around in the seduction community.

Some examples of these are cocky bantering and flirting, explicit sexual interest paired with false barriers, using the word “sexy” to convey a sexual intent, and of course the old Speed Seduction route – complex language patterns intended to implant sexual thoughts in a woman’s mind.

Some of these techniques are better than others, and can definitely improve the quality and success of your pickups. I prefer a very pure definition of sexual tension because it is grounded in real sexual desire, and a very natural way of magnifying the tension felt by the woman.

Sexual tension is the presence of a controlled arousal state, in the absence of overt sexual interest.

When the time is right, I create sexual tension by focusing my sexual desire on my woman, but not making any overt sexual advances. I maintain intrigue, a sense of ambiguity, which keeps her focused on me, and directs her mind toward sexual thoughts. My state is transferred to her, and she is now aroused. It is then only a matter of handling logistics through leadership and compliance techniques.

Controlled Sexual Arousal State

There are two reasons why a sexually aroused state is so important. First, women love sex. A sexual man is valuable to a woman because he can give her pleasure. Women are attracted to men who are attracted to women.

The second reason is more subtle. There is a phenomenon I call “state-transfer.” Have you ever been in a bad mood, and a friend came by in a really great, excited mood?

Your mood probably changed, and you found yourself smiling and cheering up in spite of yourself.

How do you feel around someone when they are nervous?

You feel nervous too! Think of a time you were with a woman, say a girlfriend, and she was obviously very horny and sexually aroused, but you weren’t doing anything sexual. You probably got excited because she was excited. This is how humans hypnotize each other in every day life – we transfer our states to each other.

Can you see where this is going?

State transfer may occur on a metaphysical, psychic energy level. But more so, a state is transferred with non-verbal sub communication. When you are turned on, your voice subtly (or not so subtly) reflects your state, as do your facial expressions, eye contact, manner of touching, body language, and a million other little things to numerous to try to micromanage.

How to have a controlled arousal state

It's not as simple as just being turned on, although that's part of it. State control is vital – if you are nervous or uncomfortable, you won't be able to get sexually aroused. (State control is not only vital in seduction, but in life. It allows you to stay calm, generally happy, and more productive. In spiritual terms, it is sometimes called “staying centered” or having “peace of mind.”)

The best way to stay calm and comfortable in social situations is experience. Socialize more, go out (sober), get experience talking to women.

Meditation, good diet, avoidance of harmful indulgences like drug use, television, internet (porn), and regular exercise all help.

For the “getting turned on” part, raising your testosterone level will have an incredible effect. Natural ways to increase testosterone include heavy weight training (squats, dead-lifts, bench press, etc.) zinc supplementation, eating lots of animal protein, and if possible, regular sex.

You already know how to get aroused. During your interactions with women, simply focus on what she'd look like naked, or imagine having sex with her, or whatever fun little thoughts you want to entertain.

Creating Tension

The tension component is really an extension of the second level of the Attraction Hierarchy – Intrigue. Intrigue can be described in two ways. It can be seen as a lack of over-validating a woman, or getting her attention fixated on you by being ambiguous and holding back information.

These are flip sides of the same coin. Applied to sexual tension, we enter a sexual state, but don't verbalize our desire.

If we did, she may like it, or not like it, but at now she knows where she stands – she is validated.

That isn't bad, but it's not optimal. She has you figured out, and knows you want her, which gives her the option of forgetting about you and focusing elsewhere. You are “solved.”

Another key point about verbalizing sexual interest is that it puts her in a position where she has to agree to it. She must consciously admit that this is leading to sex. Again, that's not bad, but is not optimal, and sometimes can create a mental block in her mind for getting isolated with you.

Imagine sitting in a room with a closed treasure chest in front of you. Then you open it and find gold coins. When is the chest more interesting?

True, the gold coins are great, but there's no longer a mystery. You can even forget about the gold coins for a while to go watch TV or call a friend, because those coins aren't going anywhere.

But before you know what's in there, that chest preoccupies your mind and keeps your attention.

Once you have mastered that concept, you're well on your way.

Dating: The Waitress

How To Ask The Waitress Out

If a person is attracted to a waitress and would like to ask her if she would like to go out on a date, be sure that the manager is not around. It is all up to the person on how he will approach the waitress. There are instances where the waitress can be busy on her work. Those persons that would want to date a waitress can find it hard to convince the girl because of the hectic schedule that a waitress has.

Asking the waitress out for a date can give the person a hard time. She may want to come but she might not have the time for dates. Here are some ways that can lessen the pressure in asking out the waitress out for a date:

1. A person can get the telephone number of the waitress. Ask for her home telephone number or get the restaurant's number. The option of calling her first, than inviting her personally can be a good alternative in asking her out. Before leaving the restaurant be sure to ask her on what time she will be at home, this will give the person the idea on what is the perfect time to call the waitress.
2. The person may try to call the number given by the waitress. He must be sure that the waitress would be at her house before calling her. Stay calm and be composed. She might be a little tensed too if she will notice that the person calling her feels some pressure. Ask her on the telephone if she would like to go out with him for a date. If she reject the invitation, do not feel bad there could be other reasons why she could not come on the date.
3. Ask her again if she would be available on a different time. He should have a plan set, once the waitress have agreed to come on a different schedule. The person should tell the waitress what his plans are for the date. He should inform her on what time she will be picked up and ask her on how much time she will be lending on the date so that he may have the idea on how he will maximize his time on the date.
4. If phone tactics does not work, it is more advisable that the person should have the courage to invite the waitress personally. It is a better approach to ask the waitress face to face. It is recommended that the person introduces himself first. He may tell the waitress that he is a regular customer on the restaurant she is serving. The waitress should have an idea on the person asking her out.
5. He should approach the waitress with confidence. He must be sure of himself that he looks presentable and gorgeous when he asks the girl for a date with him. A nice and decent approach with a proper attire would just be enough to convince her. He could make the waitress be impressed on the way he approached her and that might make her say "Yes" on the invitation.
6. If the schedule of the date is already set, he need to make sure that he calls her back to confirm if she will come for the date. If everything is already clear between both of them, the man should come on time for the date.
7. The man should observe chivalrous behavior while dating. Be a gentleman and observe good behavior towards a girl on a date. Even without prompting, the person should be aware of the needs of her date. He should take the initiative to open the doors for her and slide the chair before she sits.
8. A man should also take the chance to know her better. He can ask questions about anything that he would like to know. Girls love to tell stories about themselves. He should take the time to listen and assess if the waitress' personality is compatible with his. He can try to evaluate the personality of the

waitress if he would invite her again. If there is chemistry between the two, they may just end up being lovers after their second date.

Ask a waitress out for dinner is not hard as long as she is free with her schedule. There is nothing wrong in trying to convince a girl out on a date. A waitress, just like any other girl, would like to be treated fairly. It is only right that they should be given the right treatment and attention.

Dating: Check Your Web Date's Honesty

How To Check Your Online Date's Honesty

Online dating can prove to be a wonderful experience but you have to remember certain precautions in dating people over the Net.

How would you know that the person you will be meeting for the first time is honest and is not deceiving you? Here are some tips to guide you.

1. Listen to what your gut is saying. If something does not feel right when talking to the person, then most likely, something may indeed be wrong and that he or she is not saying the truth. If something does not feel right when communicating with him or her, it is probably an indication to move on. Trust on your instincts.

2. Do not give out your personal home information too early. If he or she is an honest person, he or she would understand this. He or she knows the danger that lurks in online dating, so it is just understandable that you take enough measures to protect yourself. In fact, he or she might admire you for that. It just shows that you are not that cheap and desperate in hooking up with dates.

If you want to meet that person again on a second date, arrange for another one. From there, assess if you can give him or her your contact information.

3. To maximize your safety, make an anonymous electronic mail account in services like Yahoo or Hotmail. Try not to give your complete name. This would increase your privacy information. If you think someone is trustworthy enough to give out your main email address and other information, then you can give him or her the information.

4. If you think you have gathered enough information about your date, then you could try doing a background information check of that person. If your date knew that you are giving him or her a background check, he or she won't give a big deal about it. After all, honest persons don't have something to hide, do they?

Keep in mind that there are people out there who lie about their profile and lie on the things they are saying over the Internet. Some lie about their marital status, some over their physical appearances, and some about their intentions. Be alert at all times. Not all people in online dating services are good people. Trust your instincts. Hopefully, you find one over the Internet that is honest and has good intentions for you. He or she might be your destiny.

Dating: Get A Girlfriend Easily

How To Get A Girlfriend Easily

Ever wondered why it is easier for some guys to get a girlfriend and harder for others to get one? With

all things equal, looks, status, intelligence, attitude and personality make the difference. In fact, most girls even go for the personality than for anything else.

It is actually quite easy if you just overcome the initial fear and anxiety. Here are some tips on how to get a girlfriend in the easiest, most pain-free way possible.

Get out there

One of the most basic tips on how to get a girlfriend is to go out there and make yourself available. You will not get a girlfriend sitting around in front of the television set on Saturday nights or burying your head in a book when you should be going out with your friends or joining organizations. The more people you meet, the more likely you will meet someone who you like and who likes you.

Be approachable

Walking around with a forbidding expression on your face will not get you a girlfriend anytime soon. Nor will constantly wearing a frown on your face. Smile, experts say, is the number one rule in how to get a girlfriend. Look approachable. Talk to people. Of course, do not overdo it. There is a difference between being friendly and being a psycho. Trust me, the latter will not get you a girlfriend.

Be yourself and like what you are

The term “be yourself” may be so clichéd, it wouldn’t be cool to even think it but it is a sound advice. To get a girlfriend who will like you for who you are, make sure that you do not pretend to be someone you are not. Put your best qualities into the forefront. If you are good in the Arts, develop your talent. Girls like guys who have their things going on.

Fix the body language

Whether you believe it or not, communication is 25 percent verbal and 75 percent nonverbal. Your body talks more than your mouth does. This can help you get a girlfriend, that is if you have your signals right. Sometimes, you might be saying one thing but your body is showing another. On how to get a girlfriend, guys should know how their bodies talk.

Know the body language

Just as you are sending body signals, so does your potential girlfriend. One of the few things that you should master in how to get a girlfriend is a woman’s body language. Know when a girl is interested or not. Study their body language, how their eyes meet yours and how they lean towards you.

Talk

You will never get to know the person and will never get a girlfriend if you open that mouth and strike a conversation. Make an effort to talk to her. One good conversation starter is probably an assignment in your class or a book review that you both have.

Find a common ground

Getting along with another person will be easier if you two share something in common, be it a TV

show or something that you enjoy doing. At the risk of being a stalker, observe what she likes doing. Is she into sports? What kind of books does she read? What does she do with her free time?

Dating: Facing Rejection

Facing Rejection In Online Dating

You've chosen several photos from your online dating service and sent out your personal online profile. Now you are just waiting for the replies. You wait for a few days, and nothing. You start to feel as though you should go back to the bars, at least the rejection there is face to face. What went wrong?

First of all, these people don't know you, so you can't realistically take a non answer personally. Very often users of online dating services have a stack of profiles next to their PC and take their time returning emails, so don't get discouraged.

The worst mistake you can make is contacting people over and over. This can turn them off and give the impression that you are a stalker, some dating services online will cancel your membership or censure you if they receive reports of continuous attempts to contact (as well they should. Remember, they don't know your motives any more than you know anyone else's when online.)

Another online dating tip is to contact as many people that have an interesting profile as possible. If you only contact two or three, and then wait weeks for a reply, of course you're going to get frustrated, but if you send contact emails to 20 different people, chances are you will receive several replies. Again, do not take it personally! There are over 100 free online dating sites to choose from, and those are just the free ones.

If you are continuously getting rejection emails (I do not mean no replies, but rather actual rejections) maybe the problem is your profile. Recheck it and see what it says about you. Is it honest and sincere? Did you send your best picture? Does it sound too needy or too non committal? Many dating services online provide help with putting together the perfect profile, and this service is usually free, so take advantage of the sites help windows, and keep trying!

Dating: Signs Of Attraction

Four Hot Signs Of Attraction

In today's society, beauty, physical attraction, and sexuality are all commonly misunderstood as some transcendent inevitable fact; falsely interlocking the three makes it seem doubly true that in order to initiate attraction between a man and a woman, both sexes should be beautiful to be sexual.

That of course is not true at all. The definitions of beautiful, attraction, and sexual constantly change to serve the social order, and the connection between the three ideas is a recent invention.

Some psychologists contend that the disparity among the concepts of beauty, attractions, and sexuality is based on the premise that both sexes are inclined to physical or sexual attraction because women are able to view men just as men view women, as subjects for sexual and aesthetic evaluation.

In a survey conducted by an "evolutionary psychologist," from 10,000 individuals who were interviewed, it was found out that men have high-regards to physical attraction in their budding sexual mates, while women attach importance to prominence, goals, and monetary sources.

No wonder why most cases of attraction are all based on sexuality and physical attributes. This is because men and women would rather have their significant others physically and sexually capable of giving them their necessities.

For instance, men are attracted to women who look good because this indicates excellent vigor and the capacity to produce offspring babies. On the other hand, women are attracted to men who look good because this indicates abundance in financial resources, in which, the ability to provide the basic necessities to their children is generated.

The point here is that both men and women may have their own basis for attraction but everything is generally focused on the physical and material aspects. This is because attraction is associated with the fact that the physical attributes motivate that part of the brain known as the “hypothalamus” that will produce different kinds of reactions from the body such as sexual arousal, increased heart rate, and perspiration.

So the question now is: How can the individual identify the clear signs of attraction?

There are many probable actions that might suggest attraction. However, the real signs include but not limited to the following:

1. Visual contact

This is when both a man and a woman gazed upon each other and instantly prolonged the moment as they look at each other longer than the typical glance.

Both are completely immersed on each other's anecdote, and every word will impress them both. All eyes are glued to each other that send a message that they are drawn to each other.

2. Preen

Preening means to adorn oneself carefully or to groom oneself with particular attention to details. Hence, attraction sets in when both would try to instantly make a quick fix and conquer each other's space.

3. Flirting

Teasing could have been the more appropriate term for it. This is when both sexes converse in a relaxed manner, with bodily actions associated to their thoughts and feelings, where, most often than not, sexual tensions and arousal are the primary upshots.

4. Physical contact

This is when a woman leans towards the man and places a modest hand on his hand or arm. In this way, the woman is trying to tell the other person that she is attracted to him and that she is open to possibilities that involve the concerned person.

All of these things are boiled down to the fact that the asymmetry of the correlation among beauty, attraction, and sexuality that tells both men and women lies on how they both perceive each other's physical attributes. This is inevitable because the lack of it will definitely keep them sexually estranged.

Attraction is generally focused on imagery that is exclusively on the physical attributes of both men and women, where the society has created a very important role. This goes to show that the signs of attraction indicate the clear identification of desirability.

Given all that, both men and women should make the choice, by and large, to take each other as human beings first and not just mere sexual objects.

It should be well noted that these signs of attraction may be well confined on the premise that both men and women send out these signs as a ticket to conquer each other's space so as to start the "getting-to-know-each-other" stage.

Dating: Kissing Tips

Learn The Kissing Signs On A Date

Discover the key body signs to determine when the time is right for the first true kiss in a date.

First dates are always loaded with pressure. It is with no small wonder having the first kiss can be as over whelming. Gabby Love at offer key signs to identify the signs that he or she is ready to take the relationship to the next level.

The sign the woman is interested in a kiss are as follows:

- A. She is facing you with her arms down and body is relaxed.
- B. She tilts her head upward toward you.
- C. She appears not to be in a hurry to end the date.
- D. She has her mouth parted.
- E. She is gazing into your eyes.

The sign that she is not interested in a kiss are as follows:

- 1. Her jaws are clamped shut.
- 2. She is messing around with her keys.
- 3. She won't look you in the eyes.
- 4. She shakes your hand and says "Good Night."
- 5. Her chin looks like it is glued to her chest.

The signs that he is interested are as follows:

- A. He has positioned himself between the woman and the door.
- B. He appears to be acting nervous.
- C. He doesn't appear to be interested in leaving.
- D. He has his head tilted upward.
- E. He continually licks his lips.

The signs that he isn't interested are as follows:

- 1. He walks the woman straight to the car or door without hesitation.
- 2. He keeps his hands in his pockets.

3. He continually looks at his feet.
4. He avoids eye contact at all times.

Gabby love feel that by observing the above signs will assist one in not having an embarrassing situation while on a date. Just relax and pay attention at all times.

Kissing Tips – Make a Kiss More Passionate

Stop being an ordinary kisser and start stoking your partner's fire with a single kiss. This advice can dramatically help you add spice to an ordinary kiss.

Kissing is something that most couples do. Kissing well and with passion, however, is far less common. All too often, people fall into boring ruts and monotonous techniques that make kissing an undesirable prelude of more exciting activities to come. This is especially true for couples who have been together for awhile. To keep kissing fun or to rekindle the flame that was once there, observe the guidelines below.

- 1) What you do right before a kiss will set the mood. Gaze into their eyes and pay your sweetie a romantic compliment.
- 2) Hold your partner firmly, but gently in your arms. Put one arm around their back and put the other around the base of their head.
- 3) Occasionally, put both of your hands on your partner's cheeks to intensify the moment.
- 4) Kiss other places than the mouth. Add variety and intimacy by breaking away to kiss the cheek, forehead, neck, or anywhere else you feel is appropriate.
- 5) While maintaining a slow rhythm is essential to establishing intimacy, occasional bursts of intensified and quick movements (with tongue and hands) lasting several seconds will increase the passion.
- 6) Break the lip lock every few minutes to make a compliment about your partner's kissing ability, passion, or how sexy they are.
- 7) Location will determine the intimacy of the moment. Don Juan, himself, would have trouble creating a sensual moment in a busy school hallway with people walking by. Isolated areas are the best place to unleash your passion.
- 8) Use your hands to freely caress your partner's body. You can caress the hair, stroke their back, etc.

Learn to know how and when to kiss

We've all had those moments where we were with someone we liked and somewhere on the back of our mind we kept wondering how do we kiss that person? Do we ask them? Do we just go for the kiss? Do we wait? If so, how long?

These questions can be quite discouraging due to not knowing exactly what to do next to bring yourself closer to that special someone.

There are, however, a few key steps and signs that we can watch out for and do to increase the probability of bringing ourselves closer to that special someone.

For guys:

When you're out with a girl on a date and you and her walking around or just talking, you have to understand that you're the one who has to make a move! Girls are told by society that they have to be passive and receptive (not as much after shows such as Sex and the City). Thus, she is expecting you to take charge in escalating the touching that will eventually lead to a kiss.

When you're out with her, be the first one to take her hand! Taking her hand is the first step towards bringing yourself closer to her. If she's comfortable, you can escalate non-intrusive touching a little later, such as touching her shoulders or hugging her. As you progress doing this and watch her grow more and more comfortable with your touch, you have much better chance of kissing her successfully, rather than just going for the kiss out of the blue. When you built this kind of touching comfort, get her and yourself into some sort location where two of you could either sit or stand and talk comfortably. As two of you talk, start stroking her hair softly and look into her eyes. If you feel that she's comfortable with that, move in closer and closer. If she doesn't withdraw, go for the kiss, since if she's comfortable with you touching her hair and standing so closely, most likely at that point she already wants to kiss you anyway. If she withdraws or acts weirded out, relax for a bit and continue building comfort with her. Resume normal conversation and try again later.

For girls:

Usually girls are viewed as the ones who are kissed, rather than the ones that kiss. It's really a matter of personal preference and personal set of beliefs as to how you want to go about this.

Most guys are very shy about kissing a girl for the first time, so you might try to make him feel comfortable by accepting his touch or even initiating non-intrusive touching yourself, such as holding his hand or hugging him and being close to him. If he feels like you're accepting him and enjoy his company and being close to him, he'll most likely go for the kiss.

If you want to kiss him, it's going to be rather tricky, since some guys might feel you're too aggressive to hang out with. If he's super shy, you can simply tell him you want to kiss him, and let him kiss you. This way you preserve his male ego and still get kissed :)

For both:

Kissing should be light and bring pleasure to both partners. Don't rush too fast and start shoving your tongue down his or her throat. Just relax your tongue and softly touch your partner's lips and tongue. Just barely touching, almost sliding. The kiss should feel light, yet passionate. As two of you get comfortable kissing, you can progress to more aggressive and deep kind of kissing, such as French kissing. French kissing is essentially the kind of kiss where there is lots of tongue and sucking action.

Conclusion: Just let it flow and let it come to you naturally. Build touch comfort over time and when the time is right, try to move closer to your partner so that the kiss can naturally happen.

Dating: Man Increase Your Appearance

Ten Things You Can Do To Increase Your Appearance By At Least Two Points

Maybe you are a simple shy person who did not already have a date because you do not know how to approach woman. This does not necessary mean that you are too ugly and you will spend all your life alone. You just have to make some changes.

Maybe you are a simple shy person who did not already have a date because you do not know how to approach woman. This does not necessary mean that you are too ugly and you will spend all your life alone. You just have to make some changes. Do you want to increase your success in attracting women? Here are some important tips that you should know.

BODY

- first and the most important don't sweat and don't smell; it is very important to be clean all the time because if you smell nobody will ever approach you; so you've better use deodorants and aftershaves – a hairless body shows a lot more definition
- if a man chest is really hairy, it can be hot, but also itchy and irritating
- the best shaving strategy is to sit in a hot bath with a moisturizing oil, and then shave against the grain with a combination of hair conditioner and shaving cream
- also nose and ear hair isn't too sexy, so you could use a pair of safety scissors with dulled ends
- be fit; do some sport and this will make you look better, will increase your self-esteem
- if your skin looks tired, grey and out of condition, you should start to drink minimum two liters of water a day, and also try a soap
- free cleansing wash
- an exfoliating scrub used once a week gets sluggish circulation on the move
- make sure you have a shaved face
- women love this
- shaving foam dry the skin so you better use oil, gel or cream for the best results; use a good sharp razor
- apply moisturizer
- it can really improve the look of your skin, use after shaving and your skin will feel smoother
- also it's important to have a manicure to deal with thick cuticles or hang nails
- hair care it is very important
- cleansing, conditioning, nourishing

- wash your hair frequently
 - you may use an anti-dandruff shampoo if it's necessary
 - the right hair style can give you self confidence and satisfaction – a nice clean cut can make a man look mature and sophisticated, while the others it may do just the opposite
 - so take a walk to a hair designer to make you the hair style that is the best for you and you will see a big positive change – use styling, gel or wax if it's necessary
- CLOTHES – dress nicely, wear good clothes according to the event that takes place
- for example, buy a suit; man fashion suit is a piece of wardrobe that can should found in every man's cupboard; it's an elegantly dress which you may wear from business meetings to cocktails and wedding parties
 - make sure that the clothes you wear fit you
 - watch out because a lot of women pay attention to shoes

ACCESORIES

- belts
- these are available in many styles and colors, and are some of the most fashionable accessory
- perfume – when it comes to creating long lasting impression on women, the first thing men should care is the perfume they choose – eye care
- men can choose from a big list, like fashionable man sunglasses, eyeglass frames and even contact lens

SMILE

- women are smile-addicts and don't like the men which are boring and don't have with whom to laugh
- so smile it is very important but to have success with your smile in front of a woman you have to have beautiful, healthy and clean teeth for a perfect smile Men always want to know what to do to look their best, but do not know how to do this. I hope that these tips will help you to approach easily to woman and get the one you like.

Dating: Bad Boys Or Nice Guys

Bad Boys vs. Nice Guys: Which Do You Prefer?

Let us go straight to the point to all these small talks and focus on the question that slices into the very hub of man's survival.

Bad boys or nice guys?

This is truly a matter of personality choice. Each has its own crowd of admirers, where every woman is

ready to defend their dearly beloved partners.

However, the debates seemed to never cease. This is because women never have clear distinction as to what type of mate would they rather prefer. And after a long scurrilous deliberation and poll voting, it seems that the choice between bad boys and nice guys are endless discussions.

Sounds impossible? Read on.

According to survey polls online, nearly 30% of the women respondents have stated that the personality matters most. Though, it was not clearly identified what kind of personality that these women would want from the guys.

But there are some reports that the nice guys are apparently unappealing to most women. Why is this so? What could possibly cause this evident weakening magnet of the nice guys? Does that account for the reason why more men are “behaving badly” these days?

There are so many speculations why these things happen. But there are just as many instances that could attest that women seem to like bad boys rather than the nice guys. For instance, there are those cases wherein the more a nice guy gets “nicer” to women; the more they will not opt to be romantically involve with those guys. Instead, they outwardly become attracted to men who deal with them harshly.

However, this does not necessarily mean that women would literally choose bad boys, as in the really mean ones, over the nice guys. The only reason why some women opt to date those who are not under the category of nice guys is that the nice ones create an impression of not being romantic. They appear to be less appealing as far as sexual attraction is concerned.

In fact, some women contend that those who are really nice seem to offer friendship instead of romance. So what is the point of being romantically involved with them if this is what women think of them?

The point here is that women do not literally prefer bad boys that are really bad as in those who commit crimes or whatsoever. They just have the tendency to be physically attracted to men who treat them a little harsh, those who do not pay attention to them, those who seem not to care for them, and those who do not give them 100% attention.

These are all boiled down to the fact that women are actually adventurous people. They would rather love men who start taking actions instead of trying to act “nice.”

Moreover, in order to understand why women are more physically attracted to the bad-boy image is to focus on the very core of attraction. It is merely based on attraction that women are paying more attention to the nasty ones. But this does not necessarily mean that women would prefer to have bad boys as their lifetime partner rather than the nice guys.

In fact, according to some recent surveys, almost 38% of women that were included in the respondents would still prefer nice guys, while only 15% want the bad ones. Consequently, nearly 34% would rather have a combination of both personalities.

So what do these figures show? It just means that women are still not insane who would literally choose the bad guys. They are only attracted to those who seem to carry a bad boy image but for a

more serious relationship, the nice guys, or a combination of both personalities are much preferred.

Given all that, the choice between the two kinds of personality is not a matter of who is the most preferred type of guy, rather, it is a matter of attraction. As long as the nice guys have what it takes to attract women, chances are they would be able to date women.

The bottom line is that women can be very fussy and may not make sense whenever they choose the kind of guy they would be interested in. In fact, they can go from one type to another type in just a short span.

But what makes women fall in love deeply is to have a personality that is not so straight and, yet, not that crooked. This pertains to those who are funny, confident, and has an air of mystery on the side.

After all, who would rather choose a boring man whom women were supposed to live with for the rest of their lives? Certainly not those-goody-two-shoes, right?

Dating: Men's Essentials

Dating Advice For Men – Essential Guide

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Men in particular are under a lot of pressure on the first few dates simply because they are expected to take the lead. My Dating Advice For Men article will help you with these matters.

When it comes to dating, it's not just the women who worry about, will he like me, will we get on, what shall I wear etc etc. In actual fact, most man go through all the above fears just like women do. It would be nice if we could read just one book or article and know everything we need to know about women, relationships and dating. Unfortunately it doesn't work that way.

The best dating advice often seems to come from people who have been in the same situations as ourselves and have gained some comforting wisdom that we can relate to.

When dating, the thing we should always remember is that advice is simply what someone else thinks might assist you. The person giving this advice may not necessarily have any idea of your true state of mind or your particular circumstances, therefore it is always important to take note of what advice you have been given, others opinions are valuable, as it may help you to form your own opinion on what's right for you.

Below are some helpful hints and advice, some may suit you and others may not. Remember these hints are not set in stone, you may want to adjust some to suit your own personal goals.

1. The worst thing you could do when going on a date is to turn up unshaven and looking dirty. You would be appalled if she turned up in the same state. It may be fickle but unfortunately it's true appearances count for a lot.
2. Whatever you do, don't turn up late, you will definitely give her the wrong impression. Not only will she think you've stood her up, she will also think you're unreliable.
3. Be a gentleman, open the door for her, pull out her chair in the restaurant. Women like to feel special, treat her like a lady and you'll do well.

4. Compliment her. A woman loves to be complimented, even if she doesn't show it. Don't go overboard though, but let her feel you are attracted to her.
5. Ask questions and genuinely listen to her answers. After all you are going on a date to get to know her. There is nothing more that a woman likes than when someone is interested in what they have to say.
6. Prepare yourself for the date. Think about what it is you would like to find out about her. Also think about what she might ask you. The last thing you want is for the conversation to dry up half way into the date.
7. It is advisable that you don't bring up adult matters or sex toys for example on at least the first 3 dates. In the long run this can only do you good and she will certainly be more interested in you if you hold back.
8. When it comes to paying the bill, offer to pay. If she insists on paying, then offer to go halves and split the bill.
9. What about the goodnight kiss? Some women prefer not to kiss after a first date, while others will be disappointed if you don't. Judge the situation for yourself, her body language will give you a good idea of what's right.
10. When leaving, only ask for her number or tell her you will call if you really mean it. In the long run this will be best for both of you. If you do like her and are interested, then don't be afraid to let her know.

Dating: For The Rich And Beautiful

Dating Guide For The Rich And Beautiful Singles

Being rich and successful singles do not come with a lot of free time even with dating, unless of course you managed to win the lottery. Therefore, a large portion of your time is devoted to work and building a successful career. Luckily, there are guides for the rich and beautiful singles to match up at last. By the use of top rated online dating service you can speed up the process of having a high caliber dating you deserve.

Having a successful career can lead you in the way of having a lot of chances to have a high caliber dating you deserve. However, being rich does not come with free time, unless of course you managed to win the lottery. Therefore, a large portion of your time is devoted to work and building a successful career. Luckily, there are guides for the rich and beautiful singles to match up at last.

There is a lot of websites on the internet that can help you meet a wealthy man or woman quickly. A majority of these sites are free to join and have chat rooms for you to meet your desired dating partner. You can begin by filling out a profile for others to see. This allows you to tell about your self and show what you are made of.

After you have filled out the online profile, you can also upload pictures to show off. The more pictures you place, the more variety you can show your potential dating partner to look at. Once you have updated your profile and pictures, you will have access to all of the features the site has to offer.

From there, it is time to begin casual dating. You can search other people's profiles, add favorites, and most importantly initiate contact through email. Casual dating does not start on its own. You have to be willing to talk with rich men and women confidently to have any kind of success.

It can be difficult to decipher a quality dating website from just another bust. There are so many to choose from, but there are certain sites that have everything you could want. When looking for rich dating, you want to find a site that has wealth and beauty. The accommodation of these two facets will lead you to the time of your life.

Finding a website that focuses specifically on what you are looking for will help you avoid wasting time. It is a waste of time to talk to someone that is looking for something different than what you want. But having other millionaires and wealthy men, sexy and beautiful women on the same site can give you a plenty of chance to find the qualities in a partner that you have been looking for.

Not every person you talk to is going to be a connection, but looking at online dating sites can speed up the process of rich dating. You can narrow down your selection and finally talk to the people that have the qualities you want in your life... and with the help of the top rated online dating sites, in a short amount of time you will meet the woman or the man of your dreams.

Dating: Dressing Tips For College Guys

Dressing Tips For College Guys

What does one need in order to fit into a certain college group? Is dressing that important to a college guy? Will an ugly or fair looking guy be popular if he dresses up nicely? Well, the fact is that there are so many things that can affect your status in a certain college or university. The way you look and the way you dress are among these factors that can affect your value in college society.

If you're not that good looking but you want to attract attention, here are some dressing tips for college guys. First, dressing up is like an art, you have got to have a bit of imagination and try to go along with them. Imagine yourself or visualize yourself wearing a backstreet boy kind of look and once you think that it suits you. Or you may visualize yourself to an even more mature look like wearing polo shirts or long sleeves with slacks. This type of dressing tips for college guys is among the most basic of all the dressing tips.

Another of these dressing tips for college guys has something to do with color matching. When you buy the clothes that fit you, try to match their colors, like light blue shirt and dark blue or dark pants except brown pants. Among the major dressing tips for college guys is that brown shirts and pants are hard to suit with other types of colors except black and white. You can also experiment on your color combination, meaning; to try to fit the colors of your shirt and pants.

Included in the dressing tips for college guys are the shoes. Shoes are the most neglected part of a college guy's fashion. Your shoes must be able to suit your shirt and pants. For example, your upper body attire is fit for formal functions and so were your pants; wearing rubber shoes will be a major effect in clashing your style.

One of these dressing tips for college guys has a connection with the weather. You must try to wear clothes appropriately, in terms of the weather. For example, during summer, it is not appropriate to wear clothes that are long like jackets, and clothes that are too thick. These things even though they are basic can have a lot of effect on your social status in your school.

But the best among these dressing tips for college guys is for you to wear clothes that you're most comfortable of. Being comfortable with what you are wearing can have effects on the way people see you and also the way people treat you.

So far, the dressing tips for college guys that you have read were only the basics. To be able to be aware of some of the dressing tips for college guys, you must try reading fashion magazines which can give you the latest trends and styles.

The television can also give some dressing tips for college guys. In the cable or television, you can see a lot of college students with different looks and styles. There are also some channels that directly give dressing tips for college guys. Whenever you're watching the television, try visualizing that you are wearing the same clothes as the guys you saw in the TV. See if it suits you.

Dating: What a Woman Wants

What a Woman Wants in a Man

What is the ONE thing women want from a guy the most?"

Many people might think it may be money, security, looks, humor or any of that other stuff that most guys tend to think of. Yet its Being a Real Man that's the one thing women want; it's a man whose real and knows what he i about and where he is going ...

Put in another way a woman is a woman and a man is a man and a man needs a woman and a woman needs a man, makes sense right?

To attract a woman you Do NOT need to "entertain her by "being funny".

You Do NOT need to impress her by bragging.

You Do NOT need to try and please her with attention and compliments.

Instead Attract a woman by giving her the full synesthesia of a "Real Man."

The Main reason a woman wants you is because you are a MAN. If you begin to act like a women or her own personal Court Jester, women will NOT be attracted to you. A women who doesn't need a man is called a Lesbian and not surprisingly even with these women acting like a women won't get you anywhere as well.

Here are 7 Ways of the "Real Man

- 1.Maintain control during the date.
- 2.Never let her walk all over you.
- 3.Never complain or whine.
- 4.Learn how to say "no" to a woman and say it often.
- 5.Set clear goals in your life.
- 6.Be comfortable with yourself.
- 7.Be comfortable with all your desires,

A BIG part of becoming a Real MAN is to take matters into YOUR OWN HAND. Read this part VERY carefully, no one is going to live your life for you. You can't just sit there and expect attractive women to come to you.

You need to take control of your own life, and meet the kinds of women you've always wanted to meet.

It has been a well accepted fact that men are basically clueless to whatever it is that attracts women. In fact, some reports contend that women are so hard to comprehend that even if men master how to decode their body language, still, they just could not understand women, in one way or another.

According to some studies, 3 out of 10 men can attest that they really understand women.

The remaining 7, you ask? They are out in the haystack finding needles. This means that almost 70% of the men population in the U.S. contends that whatever they do, they still could not figure out how to understand women.

For this reason, men are having a hard time to figure out what attract women sexually and romantically in a relationship. 6 out of ten men attest that women are so unpredictable that what they thought women are attracted to, they suddenly realize in the end that it is not the right things after all.

So for those who are still confused, dazed, and perplexed on what attracts women, here is a list that could serve as your guide if you want to know how to catch your girl's attention:

1. Women are not attracted to "nice guys"

There are instances wherein some guys thought that in order to attract women, they must be good looking, smells really good, dress really good, and projects a goody-two-shoes image.

What these guys do not know is that, in reality, women are more attracted to men who project "bad-boy" image rather than those who are nice. This is because most women find nice guys relatively boring and uninteresting as compared to those who are funny and confident about themselves.

Surveys show that 30% of women value personality most. Though, this does not necessarily mean that women prefer nice personalities. What women would rather have are men who have lovable personalities brought about by their sense of humor and confidence.

The point is that some clinical studies done to uncover the truth about men and women revealed that men are, generally, more concerned with their looks, while women are more into the character and the way men behave around women.

2. Women are attracted to things that cannot be initially seen by the human eye

This goes to show that innate things, those that are not constrained by physical boundaries and limitations are what really attract women. Women are more concerned with what they cannot see literally. This could refer to personality traits, behavior, and attitude.

No wonder why most women would rather date a man who has good personality even if the guy is not good looking or he does not have a car.

3. Women are more attracted to men who know how to handle themselves quite well

The problem with most men is that they are very egoistic that they are more focused on what the public would see them.

On the contrary, women are not so much on what makes a man but rather on how man makes out of himself. For instance, women are not concerned on the physical attributes of a man but more on how the man takes care of his body.

Another example, if a particular man is rich and famous, it may hold some possible attraction between the man and a woman. However, this will not guarantee that women will opt to have the rich and famous for a relationship. If the woman will be able to perceive how this man manages his finances well, then, that is the only time the woman will pay attention to the guy.

The point here is that material things like wealth, looks, physical attributes, education, influence, power, etc., still do matter. However, it does not necessarily mean that these things are everything that a man needs in order to be attractive to women.

The truth is that in order to attract women, men must, generally, have nice attitude and personality. It is only when men make women feel that whenever women are with them, they would feel safe and secured.

Given all that, women and men view of the concept of attraction varies considerably. This goes to show that if ever a man would like to attract a particular woman, he should set aside his own point of view and interest, and instead, try to work out in order to catch the attention of the woman.

Dating: Desperate To Date A Girl

Are You Desperate To Date A Girl?

Don't be! Finding the right girl for you to date takes a lot of confidence, honesty and time. A good place to start is visiting the places where a lot of people hang out, at the same time, places that you love so that you both have a thing in common. If you love going to coffee shops or going to clubs on Friday nights, then look for her there. It is important to meet a girl that do things similar to things that you do.

An effective and interesting way to meet a girl is through online matchmakers. These matchmaker sites will assist you so you can find the right girl for you. Here, you can read about their personalities and traits as well as you can talk to them and see their photos. Make certain that you take time in knowing the girl well before you invite and meet with her on a date.

If meeting girls online is not your "cup of tea" then you can meet girls at social gatherings, parties, clubs, disco or the gym. You can also organize a simple party and let your girl buddies to bring along their friends. The more girls that you meet, you have more chances of meeting that special girl for you. Just remember that you will not meet her just by staying at home. You have got to go out and look for her with conscious effort and a very alert mind.

And when you do find her, although it is a good thing to display your attraction and interest, never over do it; never tell her things that will make her run away from you.

Keep in mind not to ask the girl right away for a date; asking her too soon might scare her off. Instead,

be casual and friendly; get to her a step at a time, before you decide to date her. Call her so you both can have a conversation and you will find some things about her. Then when you feel that the time is right and that you like her enough to spend an evening with her, then go and ask.

Congratulations! Now you are ready for a date (in case she answered yes). Here are guidelines on what to do:

1. Spend the evening in a place you know she loves. Since you already know what her “likes” are during your phone conversations, then you will have an idea where to bring her. Also be sure you like the place; this will be of no problem, since you met her in a place that you both enjoy visiting.
2. Dress right. This means dressing for the occasion and for the place; dress that you look and feel good. Take extra effort so that you are well groomed (shaved, smells nice, freshly ironed clothes and clean shoes). Remember, this is your first date and you have to put on that good and lasting impression on her.
3. Relax and be yourself. Do not put too much thought on whether she will like you or not. The fact that she said yes for this date means she likes you. When you are relaxed, you can converse well and make her at ease as well.
4. Be courteous and polite. Be careful of the things you say and do as rude comments or anxious behavior is unpleasant and can offend her. Be considerate and respectful; when you smoke, ask her first.
5. Listen. At some point, let her do the talking and just listen attentively. By listening, your conversation will continue to flow. While it is good to ask her questions so that you can get to know her, be careful with your questions and avoid personal interrogation.
6. Be careful when selecting the food. From your phone conversations, learn what her favorites are. Likewise, carefully choose a menu that is not messy to eat.
7. Never ever get drunk. There is nothing humiliating then having a drunken date.
8. Never talk about your past relationships. Remember, the woman you like is with you now and a potential serious relationship at hand. Forget about the past.
9. End the date right, do not be overly pushy. Evaluate the situation. When you feel that you both had a good time and you like her, a hug or a brief kiss will do. Do not go beyond. This will just send out the wrong sign, signaling to her that you are either very desperate or that you are only out for sex. Do not forget to thank her and tell her that you had a wonderful.

So do not be desperate. There are a lot of women out there and if you will not find them, chances are, they will find you! Just be patient!

Dating: Bad Guy

Signs a Guy is with you for your Body

Your mother and father have probably been warning you about the “bad guy” as far back as you can remember. Well, chances are likely that you’ll encounter more than a few while in high school. Every

school has at least a few male pigs whose only goal in life is to hook up and get laid. These guys will come at you in completely different ways. Some will be obvious players, while others will masquerade under a sweet and innocent pretense. This is how you can identify them.

- 1) When the two of you are alone...he spends more time touching than talking.
 - 2) He doesn't respect your sexual limits and dating rules. He always keeps trying after you say stop... and he never cares too much if you get upset.
 - 3) He brags to his friends about what the two of you have done (or haven't done).
 - 4) He becomes an octopus the second the two of you touch lips. If all he's trying to do is cop feels, get into your pants, or go up your shirt, you're dealing with a guy who's more interested in your body than your mind.
 - 5) He never wants to go on dates with you. He prefers to come over to your house and "hang out".
 - 6) He avoids places or situations where other girls might see him with you.
 - 7) He's never taken the time to really get to know you.
 - 8) He has a reputation for being a player. If you're considering getting involved with a guy who has a habit of using girls, you need to stop and think why he would treat you any different. Because you're not like all the other girls? Please...that's just what all the other girls thought, too.
 - 9) He takes off right after sex. Does he make a habit of running out the door the second he gets laid? Does he never want to sit around and talk? If so...he's only after your body.
- Dating: Mr Right Not Found

The 8 Reasons Why You Haven't Found Your Mr. Right

By the age of 50 more than 1 in 4 women are still single. These 8 reasons explain why they haven't met their man and what you can do to discover which reasons are preventing you finding your Mr. Right

The statistics, in this case, don't lie.

By the age of 50, 27.6% of women are still single. That's more than 1 in 4.

Some of them of course, are not interested in finding a man as a life long partner – and if they're genuinely happy, that's fine. Although it does need to be a genuine wish to stay single, not a once held desire to be partnered now lost. You'll learn more about that below.

But you're reading this, so I suspect you are interested in finding your Mr. Right. So you'll need to know which of the following 8 reasons is stopping you finding him. Of course it could be more than just 1 of these reasons.

Whichever apply to you (or even if your reason isn't identified here), they all have the same effect. If you continue to hold these reasons dear to your heart, you will not find your Mr. Right. Harsh – I know. But you'll understand why by the end of this article.

However, if you are prepared to tackle the issue, then you really can find your Mr. Right.

So what are the top 8 reasons why you haven't yet find your Mr. Right?

1. You've been burnt in the past by relationships and it's just too painful to go out and look for another

Some women keep this reason so well hidden within themselves that they don't even realize that's their reason. Maybe it's years since you split up with this partner, but you felt so hurt, so damaged by the break up that you just can't bear to put yourself through it again. As a result you aren't out actively looking for, or getting, dates on a regular basis.

2. Your self esteem is low

"Who would love me? I'm not attractive. No one would want to go out with me." That's the kind of things you say to yourself if you don't have the self esteem you need to go out and get the relationship you genuinely deserve.

There are a whole host of reasons why you may not have the esteem – but the important thing is that the belief that you're not worthy of a loving, caring partner is a serious block – which you can address.

3. There aren't any decent men out there

This belief is commonly rooted in the first reason I talked about above; being burnt in the past. But there are other reasons. It could be that your standards are unattainably high – sometimes you set them that high to protect yourself from being hurt again or from being rejected. Yes, it is possible that you genuinely can't find suitable men, but there are millions out there, it's rarely solely to do with looking in the wrong places.

4. I just don't have time

If you rise before the sun and you're too exhausted when you return from work, it's understandable that you don't have time to go out and socialize. But just how important is it for you to find a life long partner? If it really isn't that important, don't worry about it, just keep going at your career.

However, if you still have that nagging feeling that you really do want to find him, you must change your routine to free up time to go out looking for and going on dates.

If you haven't managed to put those changes in place within a month, there's a bigger, hidden, secondary reason why you're not making the time for it.

5. You're concerned there's something wrong with you

Surely it's one of our biggest fears that we're not loveable. If you put yourself out there and nobody wants to be with you, isn't that what's being said? So by not putting yourself out there to be rejected, you don't run the risk of learning that message. In other words, by not taking action to find Mr. Right you can never be said to be un-loveable because you haven't really tried.

The reality of course is that you are loveable. By the way, you may have spotted that this reason is very

closely tied to self esteem again.

6. You don't like the dating scene

Maybe you don't like pubs and clubs – smoky atmospheres and drunken sleazes trying to chat you up. And what if you don't like internet dating either? Lots of time wasters, losers and geeks. I always tell my clients that dating is a numbers game. If you're chopping out all the high number options then you're definitely making it a whole lot more difficult for yourself.

There are alternatives, just as long as you're prepared to invest more time in ploughing through the numbers. And yes, you will always come across men you see as losers, geeks or sleazy wherever you go. That's why it always helps to have a clear picture of who you're planning on meeting – because when you've had another fruitless night of dating, you can always comfort yourself with the clear picture in your mind of your future Mr. Right.

7. You don't believe you need to actively search for him

It will happen naturally. Won't it? Well how's that strategy worked for you so far? If you've been waiting to find him 'naturally' for the last 10 years, how many more decades do you want to try this as a method?

Searching for him doesn't mean you're desperate or that you're breaking some hidden female rule. It simply means you get a lot more guys to pick from and you're much more likely to find someone who'll be perfect for you.

There's a lot of historical social proof to suggest that your knight should just come riding in on his white horse. But I've got news for you – the horse went out as a means of transport in the 19th century!

8. You don't believe you can significantly affect the likelihood of finding your Mr. Right

"I just haven't found him yet – it's just a case of waiting for the right man to come along."

There's a statistic published by one of the dating agencies at the moment that it takes 432 introductions to find your partner. Well you've already met more than 432 people in your life. There's something you're doing or something you believe that is affecting your ability to attract your Mr. Right. If you don't change it, you won't find him. Not because he isn't out there, but because your actions keep him away from you. You may not know what it is that you're doing, but be reassured that you can change it if you a) work out what it is, and b) decide that you are committed to changing it.

So those are the 8 top reasons. There are more. But they all have one thing in common. They are beliefs that affect your ability to attract the right man. If you really want to find your Mr. Right all you need to do is work out which ones are preventing you finding him and take action to change them.

Dating: No Immediate Results

Dating – Not Asking For Immediate Results Is Better

Today, most of the daters want immediate results after a date. They want to meet their dream date immediately. They want to fall in love immediately. They want to like each other immediately. There is hurry in dating. There is a demand that we must get good date immediately. This is like interviewing

candidates for a position in your organization. You wish to get the best candidate as the first candidate and get frustrated if you don't get one after interviewing many. That frustration either makes you drop the idea of searching or you try to fit at least one candidate in the slot. But that will fail with disastrous results.

Are you doing something similar in dating? Do you not accept disappointments easily? Do you want your candy immediately like a child? That can lead to complications. You have to define your requirements and if you find that your date and you don't match, you have to drop him/her. You don't have to create excuses and fit him/her with you. That may lead to long-term pain.

Let us be sure. You are looking for a life partner. You have only one life and you must try and get the best partner you can to have happiness and satisfaction. Give dating enough time. Date few people before you decide about one. Make sure that your head is ruling you and not heart. Don't ask for immediate results. That can be painful over time.

Dating: Your Boss

Dating Your Coworker Or Boss, Is This A Good Idea?

Provides tips and information on whether or not you should date your coworker or boss.

That's a million dollar question! Dating your coworker or boss, someone you see at least five days a week, eight hours or more a day, why not? Well, that depends if dating your coworker will create problems in the workplace for you. Probably not a good idea to date your boss, this could cause problems for you down the line.

Imagine, you're in the company cafeteria talking to your coworker that you date. Sally and John just walked into the cafeteria and they immediately start staring and whispering to themselves about the both of you. You know they're talking about you because they look in your direction continuously while they whisper.

You and the coworker you date, feel very uncomfortable with Sally and John's reaction to you having lunch together. You think to yourselves that it may have been a mistake for you to have lunch together in the cafeteria where you work.

You're now going to be the topic of your other coworkers conversation you believe, thanks to Sally and John who are known in the workplace as the king and queen of gossiping at your job. Both of you now wonder if the two of you should be dating and what were you thinking when you decided to have lunch together in the company's cafeteria.

What type of problems could dating your coworker or maybe your boss cause? Well, what if you get into an argument at home or while you are on a date, when you go back to work you have to see that person almost everyday! If that person is your boss, then you could possibly lose that promotion you worked so hard for or maybe you have to walk on eggshells while you're at work! This could make you feel very uncomfortable.

Or, if you're getting along well with the coworker or boss you're dating, your coworkers may think when they see you together that you may be getting special treatment. Especially if the boss you are dating favors you and gives you a promotion. This could cause a problem for the both of you.

If you just have to date your coworker or boss, consider keeping your personal relationship outside of the workplace! When you participate in this type of relationship, keep it professional in the office and personal outside of workplace. This is key in keeping the work place rumor mill to a minimum on having information about you and your coworker dating.

Only you will know if dating your coworker or boss will be a good idea for you. If you don't believe this will cause a problem, then go for it! There are many people that have found their soul mates in the workplace. So do what makes you happy, after all you are in control of your own destiny and love life. Dating: She Has A Child

Does She Already Have A Child? Deal With It.

You should give unconditional love without any expectation. When you love somebody unconditionally, you are ready to do anything for that person, surely, if she returns your feelings.

However, what happens if your loved one has already a child? This should not be a problem for you if you are sure that this relationship is what you want and you are ready to make all the sacrifices that perhaps.

Singles that already have a child are very concerned and choosy about their dating options. They usually avoid going out and do not accept very easy a new partner. Dating in these circumstances is not easy for both partners because it is very risky. In any moment, it might happen you find out that she is not truly sincere with you, because every mother protects her child.

Be realistic and do not pretend it will have no effect on your potential relationship; it will. While you are dating, kids will limit the time you can spend together and put your love life on a curfew. If things get more serious and long term, they will play a major role in your relationship.

If children are part of the family of someone you are dating, there are unique things you have to consider.

Dating someone with kids is a matter of compatibility and acceptance. Therefore, if you want to get into her family and to be accepted, you must win their hearts.

Meeting her child is a very important thing in establishing and maintaining functioning relationship. However, this should happen only when you are dating for a while and things become more and more serious. To extend your relationship you must form a relationship with the child. You may start by showing him that you could be his friend and your relationship will not hurt him.

So, prepare a meeting out, try to spend more and more time with the child and make him feel good with you. Spend time at their place playing games, watch cartoons. Be aware to the child feelings and wishes. Make so that some day he will accept you.

Watch out because children are very difficult, do complicated things and ask a lot of questions, that is why you should ask from the beginning about the child habits to know what to expect at.

Also, be careful at the details. Be sure that your behavior in front of the kid is appropriate. In particular, be careful about displaying physical affection when the child is around. Do not do anything in front of the kid that would embarrass you, he will report to the other parent.

Children use their parent's behavior as a model for their own lives. The examples you set for the kid will influence him over a lifetime.

If his biological parent is out of the picture due to death or divorce, he may use you to replace his parent and may act angry and hurtful towards you. Assure him that you do not want to take his parent place and you know that he is the most important in his life; you just want to be more like a friend and to give you a chance to get into his life.

Discuss with both, mother and child about what role you will play in their life, this being a good opportunity for all to express your feelings. Therefore, you will know what your place is and how to act in this relationship to make it work.

With some luck and some sacrifices from your side and not only, you may have the family that you ever dreamed with the woman you love.

Dating: Not So Casual Dating Ideas

Here Are Some Not-so Casual Date Ideas

Heterosexual attraction comes close to relationships when people started to go out on a date. That is, when a man and a woman had both decided to try seeing each other in a social context, where the primary persons involved are just the two of them.

These things comprises on the truth about dating. The only problem is that people and the emerging modern trend in the society today had established a new norm for dating. That is, to construct an outward commitment to each other.

Hence, this creates the idea of ownership, wherein, both man and woman are no longer allowed to go out on a date with other people because each belongs to their partner. In turn, it creates an air of exclusivity.

In cases like these, the general intention of the two people involved is focused on the idea of getting married after quite some time.

However, the only problem with this is that the relationship creates restrictions so stiff that one or both of them have higher chances of getting bored and weary on the relationship.

This goes to show that dating like casual dating should only constitute responsibility but not limited to being exclusive to each other.

Alternatively, more people contend that casual dating is the idyllic form of building relationships. In this aspect, an individual will have the tendency to give worth on the other person, discover the good things about him or her, and learns the true pleasure of one's self.

In casual dating, a man and a woman go out, have some burgers, or watch a movie as frequent as they would like. The only distinctive feature of casual dating is that the activity does not entail actual commitment. Here, both men and women are expected to merely enjoy the companionship of each other.

Casual dating aims to promote two important aspects of human socialization. First, the chance to meet other people is enough to boost social capacity to interact with different kinds of personalities. Second, with casual dating, the person involved is able to determine something about himself or herself that was not yet known.

The problem with most people who find their date a disaster is based on the premise that they have imagined and expected that the date would be the way to a more serious relationship. Hence, when everything turned out bad, they get frustrated and depressed.

On its actuality, casual dating entails merely as a way to enjoy each other's company. Its basic intention is to simply have fun and enjoy the time. It should never be formal.

Hence, for people who wish to go out on a casual date but do not know how to make each date unique from the others, here is a list of some remarkable casual date ideas:

1. Typical dates

For casual dates, going to the movies and stopping by for a drink afterwards is an absolute idea. Here, both the man and the woman go out on a date and enjoy watching movies that they both like and have some drinks after the movie to talk about what they have seen.

It may sound recurring and may suggest boredom. But the truth is that since both persons involve enjoy just being together is an enough condition that they take pleasure in whatever they both do.

U.S. census' reports claim that nearly 44% of adults in the U.S. are significantly single. But this figure does not necessarily mean that they do not go out on a date. In fact, some surveys supported the contention that out of this 44%, almost 60% are known to have dated other people once in a while. The important note here is that they are single because they are not committed.

2. Timeless date ideas

Traditional dating ideas like an afternoon stroll in the park, doing a particular sport together, eating out, etc., are great casual date ideas.

These timeless date concepts suggest a feeling of goodness and delight where each person takes joy in spending a good time with each other with no strings attached.

3. Special events

Great casual date ideas may involve going to a concert or an afternoon picnic together after doing a project in school. Enjoying the event together establishes a very light feeling that eliminates strain on the relationship.

The bottom line is that casual date ideas may resemble to those of the concept being used by people who are committed to each other. The only difference is that there is lesser tension because the main focus of the activity is simply to have fun and enjoy each other's company.

Dating: Should I Tell My Date About My Kids?

I Have Kids, Should I Tell My Date?

Tips and information on how you should let your date know that you have children.

Yes, yes, and yes! Let your date know you have kids on your first date. If your date can't accept the fact that you have kids then this is a red flag that you should not go on a date with this person. Your kids are part of who you are, if your date has a problem with this then they have a problem with you.

Kenneth says to himself, I really like Sharon, and I know she is single and has no kids cause I overheard her tell her trainer Irene at the gym that she doesn't. I really want to ask her out on a date, but I have four kids that I'm raising on my own and I don't think she'll like me when she finds out. I'm not sure what I should do.

Sharon says to herself, there's this guy I met at the gym his name is Kenneth. I really like him, he always seems to know the right things to say and is so polite! I'd really like to go out with him. I just don't think he'll go out with me. I'm feeling guilty because I lied to my trainer Irene the other day and told her that I don't have any kids. I actually have three children. I told Irene this out loud so Kenneth could hear what I said and maybe he might want to date me. I'm not sure what I should do now. I'd really like to go out with Kenneth. I just don't know how I should tell him about my kids.

How do I go about telling my date about my kids? You can tell your date about your kids by using some of these tips:

- 1) Invite your date to pick you up for your date at your home and introduce them to your kids.
- 2) Consider making a meal for your date at your home and have your kids take part in the meal. This is the perfect opportunity for you to introduce you date to your kids.
- 3) During your date while making conversation, let your date know you have children. Also take the opportunity to find out if your date has children as well.
- 4) If you correspond with your date via telephone or email prior to seeing each other in person, let your date know you have kids.

You say, I told my date that I have kids and they don't want to go on another date with me, what should I do? Do nothing, consider yourself lucky that you found out that your date does not like kids. You didn't need to be with that person anyway. Good riteance to them. Just move on! Date someone who will accept you and your kids, that's more important.

The sooner you let your date know you have kids the sooner you can get past this issue if it becomes a problem. The whole idea of dating is to date someone you are compatible with and who will want you for who you are no matter if you have children!

Dating: Fuss To Create A Profile

Profile 101: Why Should Somebody Go For All The Fuss Just To Create A Profile?

Online dating is so prevalent nowadays. Every year, more and more people are being hooked up to their Internet just to get online dating services. In fact, almost 40 million people in the United States were reported to have supposedly used online dating services just for the year 2003.

Membership growth is continually increasing at an unprecedented rate.

However, there are still people who complain about not getting the desired result they had been looking for in online dating services.

The reason? It's in the profiles. Many people just don't realize this, but it's their profiles that really matters.

Why? Here's a list of the reasons why profiles are important in being successful online dating users.

1. First impressions last

Even if it sounds like a cliché it is true that first impressions really matter a lot and create a lasting impression on the other person. Therefore, it's best for people to project good first impressions by creating profiles that are worth reading.

2. It's the only solid information one can get hold of.

Information stated in somebody's profiles is the only solid data the other person can get hold of in the meantime. So, it's best for a person to give them what they deserve to know.

3. Photographs can speak a thousand words but are not enough.

Contrary to most popular beliefs, pictures alone cannot reveal a portion of an individual's personality. It may denote some meaning to a certain degree but lack solid information, in which most people are trying to find.

Other people are dying to know more about other people, so, it would be better to give them what they have searched for.

4. Great profiles improve the chances of meeting somebody who is really interested with the concerned person.

It's simple. The logic goes like this: If a person likes someone based on the profiles given, chances are, they will be compatible because the searcher was able to relate to somebody who might be in the same level of interest as he or she is.

Hence, it all depends on the profile of a person if someone wants to find somebody based on compatibility.

So, for people to get positive results in online dating, it's best to maintain a profile that sounds and looks as good as the person who owns it. If this is the case, then, online dating can give a person some things more than the gratifications he or she longs to have.

Marketing: Popular Niche Misconceptions

3 Popular Niche Marketing Misconceptions

Specializing in Niche Markets has never been as crucial as it is today. Long gone are the days when you can target general, broad markets and make money from them.

To make money in today's Internet Marketing environment, one must specialize in well defined niche topics.

Lets examine a few misconceptions when it comes to niche marketing.

Misconception #1: You do not have to be an expert in the Niche field you choose!

Everyone says you should only choose a Niche that you are an expert in...nonsense!

The Internet is so impersonal that you can easily appear as an expert and not know anything about that particular niche topic. The key is to appear as an expert. How? You can outsource, build niche sites with no interaction such as blogs, purchase resale rights to an ebook in a particular niche. You see, you can choose to profit from any niche you like.

Misconception #2: Choose one niche market and stick with it.

Not true! Once you establish yourself in one niche and develop a profitable system, choose another one and run with it. You can even choose a pen name if you like, it's common practice to do so.

Niche marketing is a numbers game. Once you find a profitable niche put it on auto-pilot and choose another niche market to get into.

Misconception #3: The best way to make money in the niche game is to promote niche products as an affiliate.

Wrong again! Sure, becoming an affiliate and promoting niche products can be very profitable, but if you are doing this, you're not maximizing your income.

You need to promote your own landing or squeeze page where you collect the e-mail address of the visitor, and then sending him or her to the niche product you are promoting. You should also send out an e-mail course with informative information pertaining to that particular niche market to gain the visitors trust. Since your subscriber now trusts you, you can recommend products in that niche again and again, knowing your recommendation holds a lot of weight.

Those are three popular misconceptions when it comes to niche marketing. Follow the tips above, and you will be more likely to succeed. Remember, it is important to find a profitable niche, set it up so it is on auto-pilot, then move on to the next niche.

Not all niche markets will be a slam dunk, so don't get discouraged.

Even if one out of ten become really profitable, sit down and smile, you've hit the jackpot.

Dating: Flirting Mistakes

Flirting Mistakes – 8 Things Not To Do

Being a good flirt has as much to do with not doing the wrong things as it does with doing the right things. Flirting is difficult because there's such a fine line between being successful and crashing and burning. It's so easy to do everything right, but then ruin all of your progress by making one of the all

too common mistakes below.

1) Don't be crude

If you make obvious and nasty sexual innuendos, you aren't being a turn on, you're being a pervert... unless you're a girl (then it's OK).

2) Don't ignore body language

Over 65% of communication is non-verbal. If you aren't actively looking at the way their body is shifting or what the person's eyes are saying, you're going to miss a lot of obvious signs that say "I'm into you, keep talking."...or..."You're a freak, and I don't want you around a second longer."

3) Avoid being overtly slick

It's fine to act cool, but don't go overboard. You won't seem like yourself...and that's not attractive.

4) Don't be silly

Flirting should make your target feel sexy and wanted, not entertained. You want to be perceived in a sexual way...not as the funny guy or girl.

5) Don't be excessively cute

If you act too cute (unsexy), you'll be seen as an innocent and nice person. That's great if you want to be just a friend, but not for anything more.

6) Cut your losses if it's obvious your actions aren't appreciated

If your flirtations are clearly visible and you aren't being flirted with back, it's time to pack it up and move on.

7) Don't show fear

Insecurity is perceived as a terribly unattractive sign of weakness. If you want to get your target to take you seriously, you've got to hide your nerves. This means no...stammering, fidgeting, wandering eyes (off into the distance), wavering voice, etc.

8) Avoid being overly touchy feely...unless you're a girl

This is specifically aimed at the guys. It's not appropriate to grope or touch a woman unless you know she likes you. If you aren't sure that she's into you, it's OK to lightly touch her shoulder or graze her arm...but that's it! Do not put your arm around her waist or constantly touch her shoulder or body. This will freak her out and make her feel terribly uncomfortable around you.

Dating: Get Ready For Men

Getting Ready: For Men

It's the big night (or afternoon, or morning), and you're excited to get going. Hold on tiger, let's stop for a moment.

First things first, you need to get ready for the other couple. This isn't the time to go for a run, throw on a t-shirt and just go over to someone's house for a night of erotic pleasure.

No, no, no. There's a better way and don't worry, it's not going to take longer than a half an hour.

Cleaning Up

Although most of this information should be common sense, we're going to go over it anyways. Your excitement might have clouded over some of the finer points of personal grooming.

Take a shower or a bath. A shower is fine.

You would be surprised at how many men think that being sweaty is sexy—uh, no. Your wife or significant other might think it is okay, but if you're planning on being with anyone else, it's best to err on the side of sanitary.

Take a nice scented soap and clean every area of your body. Work your way down from your hair to your toes. This way, you've hit everything and the water washed off all the soap completely.

Nothing is less sexy than a mouth full of soap.

Focus on areas that get dirty—hands, feet, underarms, and your private region. If anything might be licked, it needs to be exquisitely clean.

And if you have any areas that are rough, just throw a little unscented lotion there. Rough hands on smooth skin equal icky feeling.

The Question Of Shaving

When it comes to shaving, you want to check with the other couple to see if there are any preferences. Of course, if you already have a full beard, this isn't the time to hack it off. But if you have some stubble, see if that's okay or even welcomed.

If in doubt, go as smooth as you can on your face.

And as for any other shaving that you might question, some women may find it attractive for a man to trim their body hair. Again, this is up to you in the end, but if you know that there is a preference, it's best to take care of that.

What To Wear

Many women or other men may not mind you showing up in casual clothing, but for the first few times, you may want to go for something a little dressier. Find a nice dress shirt or polo shirt and pair it with clean dress pants and nice shoes.

You'll be amazed how much attention you'll get for dressing it up.

Although you're kind of on a date with an obvious ending, you don't want to do anything that might change the outcome. And for beginners, you may want to show that you are respectful of another's tastes as well.

And these rules can change. Down the road, you can go more casual or dress it up in a different way (cops and robbers, anyone?).

Dating: Honesty The Best Policy

Online Dating – Honesty IS The Best Policy

If you've never dated online before than it's difficult to know where to start. Many of our members have told us that the most difficult thing to do is write a profile. It's hard to write the truth, rather than what you might think the reader wants to see. You need to be honest with yourself, about yourself, and with others. Don't short-change yourself. Don't compromise because you're lonely, or because your membership is about to run out and you still haven't met someone! I would also suggest that it's okay to analyze your past relationship(s). Think about what you liked and didn't like, and then don't change your mind! If you didn't like it when your last partner smoked in the house or swore constantly, don't accept it from someone else hoping that their other qualities will overcome these minor issues.

One of the most important things you can do while searching for online companionship is to ask questions. Gently, carefully and respectfully ask about their past, their likes and dislikes, what they want from a relationship, etc. Take your time. It's easy to get caught up in the whirlwind of romance. As well, ask to see photos of the person in their day-to-day activities. I'm not saying that looks are the most important thing, but the reality is that you want to make sure that all of the flames are lit, and that you won't be surprised when you meet them in person, except in a positive way!

I remember meeting a guy once – traveled 4 hours by train. When I saw him at the train station I was horrified! He may have been 6'1" as he stated, before he shrunk! When I looked down all I could see were these huge earlobes. Now I know that sounds superficial, but my eyes must have been saucers! Not very mature of me, but in reality it was his attitude that turned me off. The earlobes I could have accepted, over time! I'm sure that there was someone just for him.

Everyone looks different to everyone else. It doesn't mean that we're all beautiful to everyone. Chemistry is very important, so make sure that you have it before you meet, or at least a foundation to build on. It's also important that you both want the same things. You don't want to spend your life trying to convince someone that getting married or having kids, if that's what you want, would be right for them. You will just get bitter over time. If you're honest from the start, than you're sure to have a more positive and fruitful online dating experience. Last but not least, when you've met someone and you start a relationship, cancel your membership. Having a backup plan isn't fair to your new partner. After all, you met her/him online so you know what can happen, and so do they!
Dating: Mail Order Brides

Mail order brides – who are they?

Nowadays it is much easier to find the Russian bride than it has been a couple of years ago. Now there are a great many of matchmaking services and online dating websites. So, you have a great choice here – it's up to you to decide what service will change your life forever.

During recent time a number of men seeking for their bride increased greatly. Today there are a lot of online forums dedicated to Russian dating, Western men tell there either about their success in using Russian matchmaking services or fails and meeting Russian scams. A word combination «Russian scam» usually means a woman who is using the foreigners as the way to get Visa and to escape from Russia. These can be either independent girls working alone (they may have their own families and can live happily with their husbands), or a matchmaking services. There are many women who will try to take advantage of a foreigner trying to find love. They want to use their good looks to pretend to have a relationship that they only want as a tool to get out of their country. These women just want a fake marriage which will give them a chance to move to a Western country. Sometimes after they do get

their Visa they stay longer and find another man that suits them better. You should never forget about it while looking for a bride .

However, there are plenty of kind and caring girls, who want to find their true love. These ladies are dreaming about a romantic relationship and eternal love. Most reliable and trustworthy matchmaking services do their best to remove all the fake profiles. These agencies do this by requesting the women fill out very extensive questionnaires, to reveal their real age, background, some document that can assure their identity and marital status, as well as explaining their motivation in signing up for a matchmaking service to find a foreign man. This really does eliminate the women who are just trying to scam you.

The term “Mail order bride” is insulting to Russian women in general because they don’t want to be perceived like that. It is a term that is compared with shopping through a catalog and picking your product and then purchasing it. It’s not something that they are looking for. They want men to know that dating a real Russian woman is challenging. Also, they know that the promise of a better life in the United States or the U.K. is no longer the “holy grail” as they once thought it was. Russian ladies know what is going on in Western Cultures and they know that it is not as grand as they once thought.

Matchmaking services have improved over the years, and the term Russian mail order brides means more than just a few letters and picture of a woman. It means real interactive communication with the woman that you are interested in, may be even your future bride. Agents are aware and more experienced when it comes to finding the best match for you, and their goal is to do that. They know about the Russian scams and they are trying to do their best to get rid of them completely.

Before starting your bride search, you should explain to your matchmaker what you are really looking for. Specify what type of profile you are looking for and why. Men sometimes are searching for a bride in Russia just for a thrill of meeting a lady who is different than what they are used to see at home. The truth is, the women have real feelings and want someone who is interested in true love and marriage. These women are hoping you might be the one to treat them well, and respect them. Marriage is a serious step and taking on a Russian bride is not a game. If you are only looking for a temporary date or a one night stand then it is better to make this clear right from the beginning. Otherwise you can risk ending up with someone that loves you but you will never love. Russian ladies in love are very loyal and you might feel bad about eventually having to hurt her feelings. There are many examples of very successful relationships between Russian women and foreigners.

Just make sure of what you are looking for. Learn to read between the lines to see if the woman is really interested in communication with you. Get to know her well before asking her to marry you, and make sure she is the one you will truly love.

Dating: The Seduction Game

Do You Know The Rules Of The Seduction Game?

Seducing women is a game. And as any game, there are rules to be followed. But most of us don’t know how to play the rules because we don’t know them. We try to make our own rules and always succeed to fail. Its time for you to learn the real and effective rules in the seduction game. In this article i will show you some simple guidelines for you to follow that will definitely improve your game. Never quit learning.

1. Be Positive: I cant really stress the importance of this. Be the person that people enjoy being next to.

Be fun and positive and women will love to stay next to you. And by being positive you automatically being confident. And confidence is everything for man when the subject is seduction. If you are not feeling confident, observe your thoughts and you will quickly realize that you are being negative to yourself. You cant be positive and not feel confident at the same time. So be your best friend, not your worst enemy.

2. Never Quit Learning: This is very important also. If you want to become a master seducer, you must acquire all the knowledge you can get. Search through the internet and invest in books. Knowledge is power. To play this game you must know the rules, and some guys already know how to play the rules of this game so go on and acquire all the knowledge on the subject that you can get.

3. Be Prepared To Accept Rejection: Don't make a big deal about it. Even master seducers get rejected. Its just part of the game. Learn how to deal with it and move on. If you are confident enough you wont even care with rejections anymore, because there are billions of women on the planet just waiting to date with you. Shame on the women that have lost the opportunity to know you better.

4. Make A Plan: In everything in life we need a plan. If you gave a plan you a preparing to fail. Just make a simple plan and put it somewhere where you can read it everyday and motivate yourself to pursuit your goals and stick to it.

5. Be Consistent: After you have made your plan, you must follow it. You must follow your plan daily and set deadlines. Don't procrastinate. If you want to become a master seducer this is a must. Don't be like the other frustrated chumps and to your homework.

These are the guidelines that i follow when i want to date women. And i know that they work because i use them everyday in my seduction game. They may sound simple but its very effective. Stick to these guidelines and you will succeed.

Dating: How To Get A Girl To Have Sex

How To Get A Girl To Have Sex With You

Without this powerful tool, even the most attractive men won't be able to take women home – seduction. The average-looking man who knows how to seduce a woman will win every time over an extremely attractive man who doesn't know how. It is important that you know how to seduce, once you do, you'll have the luxury of asking, "My place or your?"

When attracting a woman, it is important that you bring seduction to seal the deal. Just by having great looks will not invite a woman to sleep with you; you have to show her that you are really interested and can't leave without her. It's not a good idea to beat around the bush and try tricking the woman to sleep with you. Cheesy pickup lines will send you home to an empty bed every time.

A real player is honest and straightforward without being rude. By lying everything out for full view allows you to lure her in successfully. The thrill of the hunt comes from letting women know exactly what you want; how hard the woman plays will determine how hard he has to hunt. The use of seduction is a technique that can be used to get just about any woman into bed with you. The results of seduction are much more effective than any pickup line or beating around bushes. Follow these tips:

- Physical attraction is very well needed. Be clean cut, fresh and well dressed.

- Appear harmless. When a woman sees you are friendly and not attacking her, she will let her guard down, which will be easier for you to penetrate the fortress.
- Be charming. This is done by showing her that you are genuinely interested in her and only her.
- Be intellectual. Engage in important conversations about politics or current affairs. By showing your intellect will make her value you and your opinion more.
- Seduce her emotionally. Women are emotional creatures. Give her a warm and fuzzy feeling. Show her spontaneity and excitement; that rush will addict her to you.
- Show chivalry isn't dead. Women like to be treated like their special, so show the princess you can be a prince.
- Essence. By having it means mixing all of the tips together. This will turn you into an irresistible seduction machine. You must be genuine or women will reject you for being fake or trying too hard.

After you seduce the woman you're after you will need to keep her interested by:

- Make her feel beautiful. Score major points by making her feel like the most beautiful woman that has ever entered the earth, let alone your life.
- Put her pleasures first. Don't show her that you are only interested in satisfying your own needs; cater to hers as well.
- Provide her with lots of pleasure. Giving her all the pleasure she needs will encourage her to return the favor.
- Deliver orgasms. Explore her body to see how you can do so; even if it means going downtown.

Dating: How to Say No to a Nice Guy

How to Say No to a NICE GUY?

He may be as sweet as sugar, but he's not your type. Can you ever let him down gently?

The phone is on its fourth ring. It could be your mother, or your best friend. Or it could be him – the man who boxed you into conversation at that party on Friday night. Was he sweet? Certainly. Were you attracted to him? No. So explain this – after you suppressed another yawn, he said, “I'd love to see you again. Can I take your number?” Every bone in your body whimpered, “Me? You? No, no!” but you said, “Oh, er, OK. My number is...” So here you sit, glaring at the phone, a prisoner of your own social life.

For so many women, rebuffing that nice man with the sex appeal of a warthog is the social equivalent of sticking pins under your fingernails. Why agree to see a man you don't like? “I don't want to hurt his feelings,” a role statement. So is it cowardice or compassion that makes saying no so hard?

That said, faced with rejection, many men prefer a neatly wrapped white lie to blunt reality. But isn't that deception? Who benefits when you tell a man you don't find him attractive? You don't want to say it and he certainly doesn't want to hear it.

So what do men want to hear, if not yes? “I have a boyfriend,” takes top marks in the lie department. “When a woman tells me she has a boyfriend I think, ‘Well, if she wasn’t attached she’d jump at the chance,’” says Louis, 26, a solicitor. But what if the man in question knows you’re single? Try, “I’m sorry, I’m just so incredibly busy.” However, don’t elaborate with something like, “I have to get home to watch the paint peel.” He may volley back with, “Well, that shouldn’t take long. Let’s meet for coffee later.”

You could also make it your personal policy, never ever to give out your phone number. If a man asks, respond politely with, “I’m sorry, I just don’t give out my phone number.” If he persists, say, “Why don’t I take your number?” You’re saying you’ll take it. You’re not saying you’ll use it.

Above all, the key to brushing off a man nicely is just that – to be nice. “I’m busy” can sound either sincere or agitated, depending on your tone and expression. Following tips will certainly help you:

First, look relaxed, even if you’re stunned. Smile and make eye contact. Second, keep your voice calm and say something such as, “Thanks, I’m flattered, but I’m just too busy. “Don’t speak too quickly or you’ll look awkward. Third, respond with a downward inflection at the end of your sentence, while making eye contact. A dip in your voice when you say the word “busy” connotes authority and lets him know you mean it. Your smile, however, shows him you mean it in a no-hard-feelings way.

Virtually all men agree no matter what you say and how you say it, the sooner you let him down, the better. Rest assured, when you turn him down, he’ll get over it. If he has the ego to ask you out, he has the ego to move on. Now, answer that phone!

Dating: Loneliness Scam

Loneliness As A Key Factor In Dating Scams

In the course of my interactions while researching the romance scams, a 45 year old grandmother, told me of her dating troubles and how she was scammed of well over \$3000. Her husband passed on a few years ago, and she had been living in a big house all alone.

According to her, she was very lonely and needed someone to talk to heart to heart. She said that even in the midst of friends, family and other relatives, she felt a deep void in her life, and she needed her own man to share her life with.

Given her status as a widow, she felt that the online dating scene would give her some measure of anonymity, while at the same time serving the purpose of bringing her in touch with the right man that she wanted.

That was why she signed up with an online dating service. Three months later, she had lost some thousands of dollars to a scammer.

But even with the fact that she was scammed, she has still been actively looking for a mate. According to her, she is lonely, and she would do anything to solve that problem. As such, she has continued with her search for a partner online.

Now, hers was not the only case I came across .I know of quite some women, who got into the online dating scene because of loneliness. For most of them, they preferred to date any available person,

provided he could give them the attention they so craved, than live alone by themselves.

For example, a lady, who is 44 years old, and with 3 kids, is insisting on dating a guy who is half her age, all in the name of curing her loneliness. She has persistently refused to yield to appeals to reconsider her stance. To her, she is no longer lonely, and that is all that matters.

Many women are in similar shoes, although the situations and persons involved may vary. All the same, it appears that loneliness is a key factor that is driving many thousands of people into the online dating scene.

And this loneliness factor is one of the emotional needs of people looking for dates online, that scammers prey upon to operate successfully. They do all that they can to give maximum attention to their targets, and go the extra mile to attend to them. They send flowers, clothes, chocolates and other gift items on ordinary days, and on special days too.

As a lady put it to me, given that most of her family and friends hardly remembered her even on her birthday to send gifts or call her, getting such overwhelming attention from a man she met online in this manner, even if he was largely unknown to her, meant a lot to her. It made her feel much needed and wanted again, after her recent divorce.

The problem of loneliness has caused many men and women in the United States and other Western Countries to lose millions of dollars monthly to dating scams. And the scams are still going on up till this moment.

The best way to deal with the scams is to educate yourself about it so that you can prevent it from happening to you or your loved ones.

If you are still faced with the problem of loneliness and you wish to get a partner through Internet dating, then you need to know how to solve that problem, and how to meet the right persons online.
Dating: Dangerous Assumptions

Making Dangerous Dating Assumptions

When men and women are dating, they always seem to make assumptions about what is going on in the other person's mind. They have already decided on what the other person is thinking, what the other person wants, or what they need. Assuming things like this will lead to nowhere, fast. All that you will do is create misunderstandings, guilt, and potential embarrassing moments.

Here is a little story: Stacy's sister was having a beautiful romantic wedding ceremony. Of course Stacy wanted to bring her date Michael to the wedding to share this incredibly romantic experience with. During the wedding festivities Stacy was flowing with joy and love that was in the air from the entire wedding atmosphere.

She asked for Michael's hand and wanted him to look deep into her eyes as they danced. But Michael acted cold towards her. Unfortunately for Stacy, Michael had already been bitten by the love bug for another girl just a week earlier and just went with Stacy because he thought that she just needed a friend to go to the wedding with.

The following are lessons that we can learn from Stacy's experience:

- * Do not have expectations. Whatever happens between two people is unpredictable and some people will react poorly to demands early on in the courtship. Without expectations then few feelings will be hurt if the date goes poorly and better yet if the date goes good, then it will be a 'bonus'.
 - * Make sure that you both openly agree on exactly what the date is about and what you each are there for.
 - * Be totally honest with each other about other relationships from day one. If you are seeing somebody on a casual basis, be open about it!
 - * Be clear with each other exactly what the date plans are to be. Sometimes the person is not aware or not interested in what you have planned, which may cause the outcome to be upsetting to both of you.
- Dating: Virtual Do Virtual Don't

Online Dating Do's and Don'ts

Virtual reality and artificial intelligence nowadays solve problems that we find almost impossible to solve in real life. One of the problems that is being solved expertly on the great world wide web is that of creating well matched couples and finding people perfect partners. In case you are also looking for a relationship, but cannot seem to find someone who suits your taste, then joining and searching through internet dating sites might turn out to be a good option for you.

A few dos and don'ts that should help you in getting the optimum results out of your forays on internet dating sites are given below.

- First and foremost, find dating sites that cater to "your" kind of people. Different people have different tastes, hobbies, interests and sexual inclinations. So, if you cannot think of a partner or date who does not share your interest in dancing, then make sure that you log on to a dating site that specially caters to people who love dance. Similarly, if you are gay or lesbian, then a dating site catering specially towards homosexual dating may carry more profiles of interest to you than a regular dating site. However, most good dating websites carry loads and loads of profiles which you can sort through on the basis of a number of criteria in order to find your perfect matches.
- Once you have decided which dating sites you want to be a member of, then create a nice, informative and friendly profile. Your name, age and geographical location does matter, but most people would dither from going on a blind date with just "Tom,29,Washington". Therefore it is important that you fill in as many details about your profession, education, interests, activities and hobbies as possible, so that people with similar interests can find you easily.
- A picture speaks more than a thousand words! If this fact was not true, then this statement would not have made it through centuries and centuries of linguistic evolution. So make sure that you put in a good picture of yours on your profile. If you are really shy and do not want everybody in the world to know what you look like, then you can also put in a movie star or cartoon character that you think resembles you the most. You can also put in an Avatar, but try to make sure that that the people who date you do not think you are someone else unless you are on the dating site for the sole purpose of fooling people.
- Your profile is your one and only introduction to a large number of strangers who could become close

friends given the right kind of encouragement. So make sure that your profile is written in correct language, is easy to read and is not full of grammatical and spelling mistakes. Putting profanities and peculiar slang on your profile is also a big no no, unless you are posting it on an adults only site. Similarly ,refrain from putting vulgar pictures or snaps of your privates unless you are on a site where everybody else has done the same thing.

Dating: Unwritten Rules

The Unwritten Rules of Online Dating

In our days more and more singles are using online dating services. But not many of them know that there are some unwritten rules, tips and tricks that will make the online dating experience much better.

The number of online dating sites have proliferated to such extend that they are virtually everywhere and in great numbers. Online dating opens a window allowing the vast numbers of potential partners to meet each other, is a stress free and affordable way of meeting people, making friends.

Meeting a woman online is harder than meeting her in real life. In face-to-face meeting you can use the body language, voice tone, and also eye contacts in your favor, but with online dating this is not possible. If you don't play the few cards you have right, she will skip right past your email, and this time you won't have a second chance.

Even though, more and more singles are using online dating services. But not many of them know that there are some unwritten rules, tips and tricks that will make the online dating experience much better. So, these are some of the unwritten rules that you should know before starting dating online.

First and the most important is that you don't have to expect from the beginning at too much. Online dating is a process. So, it takes time, a lot of patience to search, screen and email, chat and date before you succeed. Remember that, and don't be too enthusiastic when you see an interesting profile. The big mistake made by the people who use online dating services is that if they fail once in meeting a compatible person as a partner, they give up and try something else. But, as I said, you have to have patience and to go on several dates to find the perfect match.

Take some time to respond. Maybe your instincts will probably tell you to respond to emails from prospective dates right away. If you reply to your email too soon, this will be perceived as being desperate for a date, and we all know and avoid desperate people because at a certain moment they can become too possessive. If you wait for some time, you can improve your standings; so you have time to compose an appropriate response, and also to research the person who seems interested by your profile to see if you'd be a possible match.

Take things slow. The secret to turning an internet dating site attraction in a lasting relationship is to go at a realistic pace. Usually online dating sites tend to create quick connections between people that crash and burn; so to make things last, slow them down.

When you compose your profile you have to be honest, think about the fact that the truth will be revealed once you meet her in person. Trust is important in any relationship so it's better to not risk sabotaging. If you have to meet her someday, she will feel disappointed when she'll see that you laid her.

If you decide to answer at an email keep the tone light and friendly. Keep your dialog simple and

general at first, while getting to know the person you are communicating with. Be conservative with what you write, remember that until you really come to know the person to the other end, don't give out private information's about yourself, such as home address, place of employment...Also is preferable to avoid talking about sex on your online profile and while you chat to potential mates.

Once you open up contact with somebody who you think it may interest you, take your time in getting to know her better; now you have the opportunity to exchange relevant details about each other. But, only meet when you are ready. If someone is pushing or pressuring you to meet with her before you feel comfortable, just say that you are not quite there, but you'd like to continue chatting.

If you decide to go to your first meeting, the perfect place is a coffee shop during the day. If the person who shows up does not meet your expectations, cut the meeting short and go your way. Always be polite, no matter what.

Also, don't get discouraged. If you've send out a few messages and few winks and you've gotten only a fraction of the replies you were hoping for, don't get discouraged and keep trying. Try looking over your messages objectively and see what could help generate more responses.

Good luck!

Dating: Mistakes Buying Gifts

How Men Make Mistakes Buying Gifts

When it comes to buying gifts for women, men are notoriously gullible. They buy women trinkets (and even big ticket items) on a whim, in the hopes of buying her affection.

“What types of presents should be given at the beginning of a relationship that the man hopes to be a serious, lasting love? (and what not to give!)”

Generally speaking, a man should not give ANY gifts for the first few two or three dates. Most guys tend toward “buy her affections” behavior, where they try to lock women into an implied commitment by buying gifts for her far too soon. What this really does is scare women off.

Instead, a guy should save his money to demonstrate that he's FUN, and then show her a good time. An example might be to get a few rolls of quarters and take her to the arcade. Or buy her a really nice pastry that you can both savor together.

Gifts early on should be geared toward enhancing the experience of your time together, not to impress a woman. Hold off on the flowers and the candy until you've built up some genuine rapport and interest from her, then your gifts will be appreciated.

After three dates or so, the guy can then open up a little and maybe get her a card or some flowers. But the idea here, again, is to keep it LOW KEY. It's better to under-gift at this point so that he can show thoughtful caution rather than hasty imprudence.

Remember: It's not the money you spend, but the message you send.

“What types of presents he should give to show its just a short-term, sexy affair, a fling that will go no further? (and what not to give!)”

For a sexy affair, give sexy gifts! Small things like a coupon to fulfill her fantasy, or take her to a lingerie store to buy a really hot nightie. How about a couple of tickets to a steamy movie?

Do NOT give expensive gifts as they imply a level of commitment that neither party may be willing to make. No jewelry or big-ticket items. Keep it tasteful, not trashy.

“What types of presents to give to a girl as a sign that now the man is starting to think more seriously about the relationship, and wants to show that he hopes it will last?”

When it comes time for an anniversary or some kind of major event, such as Valentine’s Day, or a birthday, you’re pretty much obligated to step up and produce something memorable.

Another possibility for a good “relationship” gift is something that links you two together. No, not handcuffs, or matching T-shirts. I’m talking about something that will keep reminding her of you when you’re not around, such as a nice pair of wine glasses from your trip to visit some vineyards, or make her a CD with a bunch of your favorite songs. Get her a gift that does double-duty.

“What signs should a man look out for to know what present to give? How do you interpret her signals?”

A man should show some insight and intelligence in his choice for a gift. He should look at the woman’s interests and get her something that stands out. If she’s into adventure sports, get her a day pass at a rock climbing gym. If she likes music, get her a ticket to a concert. Take a few minutes to think it through and you’ll come up with dozens of good ideas.

The idea here is to be IRREGULAR with the timing, and understand the need for some variation in the way you gift. It’s less about the “what” than it is about the “when” and “how.” Small gifts every so often are much more effective than the large ones. Save the large gifts for the big events.

He should also watch out for signals that indicate the woman is a little TOO into getting gifts. If she drops any overt hints about wanting material gratification, he should run to the nearest exit.

“Is there a time when you really shouldn’t give a gift?”

Don’t give gifts solely to smooth over an error on your part, such as insulting her and expecting to get in her good graces again just by sending her candy. You have to show her some genuine remorse with the gift so that it doesn’t come across as just an empty gesture.

Be wary of being the only one in the relationship buying gifts. She should buy things for you occasionally, too – IF she’s really into you. Demonstrate that you can provide, but let her demonstrate she can nurture you back.

Another time you shouldn’t buy her a gift is to prompt her for sexual favors in return. It sets up a bad precedent for you, and it cheapens her.

The best rule for gifts is that they should always be given with NO expectation of return. Give just for the pleasure of giving and you’ll rarely go wrong.

Remember that when you've got your self-confidence established, you don't have to worry as much about when and how to give gifts, because there won't be any subtext of neediness on your part.

That just means that when you have the right Alpha Male vibe to you, a woman is not going to misinterpret the meaning of your gift. She'll understand that it's something she should cherish and not take for granted.

On the other hand, if you're giving to GET, you're going to have problems. Women will not want to be with you because you're setting up an agenda, and that's the most unattractive thing a woman can sense from you.

Dating: Recovering From Scam

Recovering From A Romance Or Dating Scam (part 1)

As bad and sad as the experience of a dating or romance scam is, there is a need to heal from it. It is an experience that many victims who have been through it have described as being worse than a nightmare.

Although they never bargained for the romance scam when they began to look for a date online, yet when the romance scam happened, they didn't imagine that the experience would be so horrible as it later turned out to be.

Some victims told me that they couldn't sleep at night for days afterwards.

Rather, they would cry their eyes out on their bed. They let me know that they would wish that the whole incidence was a dream and that it would just go away.

But it never did.

The experience stayed with them for a while before they got over it. And many others who use the internet all over the Western world are still going through the same experience till date.

From my interactions, counseling sessions and experiences with many victims of the scams, here are some tips to use in getting over this scam:

1. Do not keep what happened to you secret: Find someone to talk to about what happened. Don't keep your experience a secret just because you want to avoid being embarrassed or being ashamed.

It always helps to find someone whom you trust totally to confide in about what happened to you. It is best to look for someone who will not condemn you for what happened. At the time it hits you that you have been scammed, you do not need a judge or a critic.

You need someone on whose shoulders you can cry on, someone who can just listen to you, without making you feel guilty.

Look for such a person and talk to the person about what happened to you. It helps a lot to do this.

2. Avoid blaming yourself: blaming yourself won't help matters at all. By engaging in the blame game, you would only be complicating matters for yourself.

It won't help you to heal fast, but will only hurt you the more emotionally. You need to break free from blaming yourself, or from being held down by the victim mentality.

You can't get over the experience if you keep blaming yourself. No matter what you did wrong, you need to avoid blaming yourself .

The time after the romance scam is not the time to look for whom to blame. What you need to do is to get over it first.

3. Look for professional help where necessary: if you can't handle the experience alone, or with the person you shared with, then you need to see a professional counselor or minister to help you out.

In some cases of the romance scams, especially those in which the love affair had been going on for long before the scam took place, it might be better to seek professional help in addition to other sources of help.

This is due to the fact that such victims are often unwilling to let go of what to them seemed real and are too taken in by the illusion that they were in love with.

Their reluctance to let go of the experience could actually be a problem to them, and as such, they will need professional help to get over the experience.

Also, people who have experienced cases of depression due to the romance scam are advised to seek medical help.

Recovering From A Romance Or Dating Scam (Part 2)

If you have experienced a romance scam before, you know that the experience is a bad one to have.

It is one of the lowest points of anyone's life, and could actually cause depression and bad moods. Not a few victims of the romance scams have cried till for long hours.

This article continues to show you how you can heal after going through a romance scam.

4. Avoid critics and people who make you feel bad: It is very crucial that after this experience, you do not mix with people who will condemn you or make you feel bad about what happened to you.

Many people who have experienced the romance scams have been ostracized, heavily criticized and even alienated by their families, friends and colleagues.

Some of these people think that those who have fallen victim of this scam were stupid, or careless and so on. That is far from the truth.

It is very difficult to explain to many who do not know about the scams, how it operates. They may not fully understand what it means to be in love, to trust another person wholeheartedly, and then just suddenly discover that it was all unreal.

No one got into a romance scam intentionally.

As such, you need to avoid people who try to blame you for what happened, or make you feel guilty about it. It is important that you know whom to talk with on this issue, and who has access to this detail of your life.

It will not help matters for you to be criticized at this time of your life. What you need is understanding, love, compassion and comfort, not criticisms.

Do not move close to people who make you feel bad or horrible about what happened. Avoid them as much as you can till you have pulled through the experience and put the incident behind you.

Be restrictive with what you share with people, especially those who are likely to criticize you.

5. Join a Support Group: You can find a support group, comprising of people who have been through the same experience, join them and participate in their activities.

You will get to meet people who have been scammed like you, and make new friends. You will also get new information and insights that will be of immense use to you.

Being with people who have been through the same experience as you have makes you realize that this is not the end of the world. You get to see that others have actually been through the same experience as you have.

And this encourages you to move on. You can get any of the support groups by searching on the internet using your favorite search engine.

6. Help others: Helping others makes you grow stronger. I have literally seen many people who were once victims of the romance or dating scam, become stronger emotionally as they helped others. As you learn more about the scams, and you get over the experience, you need to share your experiences with others. It will help you in no small way to do this.

Dating: Stop Being Nice Guy

Mastering Seduction: How to Stop Being a Nice Guy

Although you must always treat a woman with respect and dignity, it's absolutely vital you do not become just another "nice guy" around women. Discover how a simple process used by Hitch (played by actor Will Smith) can literally crush your competition and make you stand apart from 90 % of the guys on Earth.

One of the worst nightmares for a guy when it comes to seducing and dating women is falling in the trap of being a "nice guy". Although you must always treat a woman with respect and dignity, it's absolutely vital you do not become another "nice guy" around women.

So what exactly is a "nice guy"?

Well, a nice guy is a regular guy, a good guy.

To cut to the chase, nice guys don't have a clue about what they're doing.

– They buy roses on every other date they get with a new girl.

- They try to earn her affections by getting her presents and fancy things.
- They think they're romantic and poetic, but all they are is pretty lame.
- They don't have the good momentum, and get put in the "friends" box.
- They're so desperate to please women that they put their own personal needs (time alone, time with friends, etc) away, placing the girl on a pedestal.
- Nice guys don't just appreciate a girl, they worship her.

But more importantly, nice guys are nice because deep down, they feel insecure.

And who wants to be dating an insecure guy?

Okay so here's the big question: how do you get a girl to pay attention to you, when there are literally billions of other guys on the planet?

Well, start by being unusual. Unusual in an enchanting way.

You have to be desirable.

Make them wanting more.

Never give them what they want, especially not when you're trying to seduce them.

And for heaven's sakes, STOP buying gifts on every other occasion.

Here's one of the best strategies: let her have a peak and shut the door.

BAM!

You get the idea.

Picture Will Smith, in the "Hitch" movie.

In the bar scene, he approaches Eva Mendes in the coolest way possible, and blows away the guy to whom she was talking to just before. Will takes a seat, and has a light chat with Eva, and you can see she's interested.

They talk for a couple of minutes, and just at the peak of the conversation, Will Smith gets up and leaves. And you can see Eva getting up and looking in the direction where he left. She was definitely interested, and the rest of the movie proves it well.

Now let's analyze that great little scene.

You can see that Will Smith obviously knows what he's doing.

He doesn't ask her phone number directly, he patiently waits for her to get interested. He acts and talks differently than most other guys, and that gets Eva intrigued.

And just at the moment when he feels she's finally taken off her built-in radar, he leaves her. And that's exactly what you need to do. A lot of guys get good things going by having a good conversation, but after a while that conversation becomes lame and by the time they ask her number, she's already gone, maybe not physically, but mentally.

Let other guys do the talking, let other guys buy expensive gifts, let other guys sink their own ships by being too nice and too cheap with women. Don't do the same mistakes that thousands of guys do when

seducing women.

It's all about the attitude. Display the right attitude (stop being a nice guy) to build your way to more success with women, and smile when you see guys behaving like ass-kissers around women. Ass-kissers become friends. Confident guys (non-nice-guys) become daters.

Dating: Best Place For First Date

6 Rules to Choose the Best Place for the First Date

Let's assume for a minute that you have met a great girl and that you want more than a one-night-stand. You want to have a good time with her because you want to develop a long-term relationship. I believe that there isn't a perfect general place for all first dates, just the perfect place for you and your future date. One where you have been with your ex date and it was great, could be a wrong choice for your date with another girl. Make sure your first date will be a success choosing the right place. There are some rules and criteria that will help you to make the best decision:

1. For your very first meeting it is suggested that you only make it brief but fun, inexpensive and relaxing.
2. Chose the place for the first date according your date's age and lifestyle. Maybe you don't know too much about the women you are going to ask for a date, but you can make a clue about her, looking to how she is dressing and watching the type of people she is hanging around.
3. Particularly on a first date, you may wish to leave early, or so may they. An exit plan for both guys and girls is always useful.
4. Dates that will make you interact with the other person and share both your interests will not only teach you more about them, but also show how compatible you actually are. Sporting events, concerts and picnics are great places for first dates. You can talk, and being outside, everything feels less claustrophobic. It's easy and relaxed and clothing usually isn't a problem
5. It makes a difference if you can find something that she will remember for a long time. If in your area is an event like circus, carnival, festival, don't miss it and you two will have more fun than at a coffee place that's for sure. There wouldn't be any pressure; you'll only have to enjoy the company.
6. If you are dating late in the evening make sure that you walk in places where your date is feeling safe. Don't forget that she does not know you very well and being alone with you in a place that is not public can make her feel insecure. It is normal!

By being unique and creative, you'll stand out among the other guys she's dated and she will want to be with you again.

Dating: Communication Do's And Dont's

Dating Communication Do's & Don'ts

A very important ingredient to having a superior relationship lies in good communication. In fact, it is almost impossible to have any kind of relationship with a person unless you are able to relate to him or her. The ability to communicate effectively means that you have to pay close attention and to listen very carefully. We all have different methods of communication. You need to be able to understand,

appreciate, and respect how other people communicate, especially your dating partner.

A good way to show your date that you are listening carefully to him or her is to repeat what he or she has said. Say for example your partner tells you: "You have been very distant lately", you then say, "So you are saying I have been distant?" Follow up with an open ended question like "Tell me more about what you mean." By saying that, you can verify what your partner has said and make him or her feel comfortable about talking to you about his or her concern.

How you communicate with your words could bring comfort by reducing fear and easing tension. The following are some guiding principles to help you take advantage of your words and get your point across more effectively:

DO make the person you are talking to feel secure by offering a lot of support and appreciation. This gets the silent types to open up more and feel at ease.

DON'T make your date feel uncomfortable by judging, criticizing, or making fun of what he or she has to say.

DO relax. Feeling anxious can mess up your confidence and attention. Take deep breaths when you feel like you need to end the conversation because of fear or panic.

DON'T feel that everything has to be resolved at one time.

DO listen carefully and avoid interrupting while the other person is talking.

DON'T use offensive vocabularies and expressions. It is very disrespectful and cheapens you and the person you are talking to.

DO get to the point and be clear on what you want to get across or if you have any questions.

Dating Do's And Don'ts

We've all been on a date before and wondered whether or not you should or should not do or say something. As much as we would like to deny it, there are some unwritten dating 'rules' that everyone should follow...which will make everyone, male and female, much more comfortable and content with a date.

First, there are some things everyone should do on dates. There is the obvious first impression. Try to look your best and be punctual. No one wants to date an irresponsible slob. To go the other way, flatter and compliment your date on the way they look and the things they wear. People tend to put in a lot of effort for a date, so being told that they look nice is always good to hear.

Have fun when dating. Be interested and interesting. Make sure to tell someone if you are not interested in dating them again. Being lied to and hopes kept alive is an evil and malicious act. If you don't want to see them again, let them know that in the nicest possible way you can.

Date the type of people you like and are attracted to, whatever your friends may say. Stay positive even when dates don't end well. You will meet some nice people and probably make some good contacts.

Dating is a creative diversion, it requires concentration and energy so when you are dating keep some plans in the forefront of your mind and allow dating to take you to places you always wanted to visit within your own city.

Make dating happen for yourself. People will not come and ring your bell from nowhere. Dating requires positive action so go out there and meet people, as many people as you can. Practice your chat and flirting on shop workers, bar attendants, anywhere and everywhere. Being nice to people is very sexy and great fun.

Surround yourself with positive like minded people who are also dating.

Dating Do's and Dont's – Getting a second date

Remember that you only get one chance to make the first impression.

- 1) Ensure that you are listening as well as speaking.
 - 2) Smile
 - 3) Maintain eye contact, but don't stare – this is an aggressive act.
 - 4) Don't spend the entire date talking about yourself. Ask questions about his job, family, friends, goals, pets, hobbies and interests. You will get all the information you need to know if you ask questions and then listen.
 - 5) Don't ask yourself is the man I want to marry on your first date. Don't look at her as if she has no clothes on.
 - 6) Be safe. Use your good judgment. Always remain in public and take your cell phone.
 - 7) Make sure you tell a friend where you are going.
 - 8) Don't get drunk. You will more likely to make bad judgments.
 - 9) Look your best.
 - 10) Don't give away too much personal information.
 - 11) Don't talk about your ex. This is the fastest way NOT to get a second date.
 - 12) Don't be late
 - 13) Be yourself.
 - 14) Don't act desperate, even if you are.
 - 15) Pay attention. Listen for inconsistencies in the conversation. Watch for bad behavior. He drinks too much, aggressive or confrontational.
 - 16) Don't talk about your weight and dieting.
 - 17) Don't talk about your girlfriends.
 - 18) Turn your mobile phone off, or have it on vibrate, but DO NOT answer it.
 - 19) Keep your first meeting short.
 - 20) Be confident. This is an attractive characteristic.
- Dating: Use Your Friends

Dating Tips – Use Your Friends

Having friends is a valuable gift that must be cherished on a daily basis. I'm not talking only about your best friends, the ones you call when you're in trouble, or when you need to share your deepest thoughts and fears, I'm talking also about your buddies, your colleagues, your acquaintances, and all these people you might enjoy hanging out with once in a while.

How does this relate to dating?

Well, once you are out in the singles market, these people become an important asset, you should start looking at them not only as your friends but also as your free dating services. Not only that one of them may be single and suitable for your exact desires, but also each and every one of them have their own circle of friends in which there are certainly other singles who are looking for someone like you to have a relationship with.

There are two ways of accomplishing this – the first way is the direct way, which means literally asking your friends to be the matchmakers and set you up on a date with one of their friends.

The second option is starting to hang out with these friends and hopefully through their group hangouts (birthdays, holiday parties, etc.) you will get familiarized with their ‘goods’.

The main disadvantage of the group hangouts method is that it might seem a bit odd if you’ll start tagging along to every party with one of your colleagues to whom you never said nothing but ‘hello’. Also it will take longer for you to get to know all of the new friends and find out who is single and suitable for you. These problems may be easily solved if you directly approach your friend and simply ask him/her if they can set you up on a date with someone.

The main disadvantages of the direct way are of course making your friend feeling very uncomfortable, not having anyone to set you up with, or maybe not wanting to...

The second disadvantage is that it wouldn’t work.

Instead of having to avoid your friend for the rest of your life, make sure you don’t say or do anything inappropriate during the date that may insult your date or your friend, and remember that the person you went out with is not your friend and that it’s not his/her fault it didn’t work out. On the contrary – feel grateful that friend was thoughtful enough to set you up with somebody and caring for your private life and happiness.

The main advantage of dating a friend’s friend is the flow of information. You no longer have to torment yourself after the date, pondering whether he/she liked you, when to call and what to do next. One phone call and you’ll have a familiar voice answering all the questions you have. You have to remember, of course, that it goes in both directions, and that every impression you had is immediately passed to the other side. This convenience may be excellent in the early stages, when communication is doomed to be lacking and problematic. But if the relationship succeeds and you go on dating, you have to cease the informing duty of your mutual friend, and concentrate in creating your own and healthy means of communication.

Summing up – dating through friends is the safest way when it comes to the person you date with, but it’s the most risky way when it comes to your personal loss. The idea is to understand that when you are dating someone, the dynamics will always be different from the one you have with your friends, and you shouldn’t blame your friend for trying. On the other hand, if it succeeds, not only you’ll have the joy of having a wonderful relationship, but also I’m sure you will make your friend very proud of his or her matchmaking skills!

Dating: How To Approach A Woman

How To Approach A Woman And Score

A lot of men perceive the task of starting a conversation with a woman especially if she is highly attractive stranger a hard and discomforting one. Besides that, they typically take the wrong attitude of being too nice and over openhanded with flowers, paying for dinners and expressing their lack of confidence and low self esteem.

The women on their part are not attracted to unconfident, dishonest, wussy men. They will either decline him on the spot or possibly worse take advantage of the situation by exploiting him to furnish her meal after meal, present after present and usually see other man for real love, romance and sex. In this situation the woman has two men, a provider and a lover.

The nice boy, fawning, wussy approach may be observed. Whenever a man is requesting a woman to dance or offer to buy her a drink without ever to build the attraction or chemistry.

Is Cocky rather than Wussy is the answer?

The nice boy attitude is not the perfect way as we realized above and being really mean and vulgar won't function either, the correct way that has proven 90% of the times to work magnificently with women is the confident, bold, cocky and funny attitude.

In this approach you build the relationships on a give and take, a flattering remark and a bust (with a smile), you indicate the woman you're self assured enough to criticize her, you express yourself naturally near women, you aren't scared of her, you are not caring if she likes you or not, you are genuine and express your opinions openly, you are playing the confident hard funny guy. Now you bring her self confidence to the test, you challenge her, you intrigue her, you build the attraction. Let her chase you! You need to be her prize, a reward for her hard earned efforts for behaving like she should have with you.

For example you start and Say something such as: I like your jacket it's really nice (a flattering remark), then comment: but it doesn't fit so well with your shoes does it ? (a bust), you do it on purpose, you ought to practice on it.

You should tease her like hand it to her and then take it away in the last minute, be spontaneous, unexpected, a teaser and fascinating.

How do you know if she is interested?

Its simpler than you believe and it goes like that: You engage with her: What a beautiful pair of boots you're wearing , I really like them. She is looking who is it and then say: Thanks. You: aren't you melting in them at such a hot weather? (smiling) or are you trying to hide your feet from me? She: (smiling) hell, no, I love them that's all.

I'll bet my feet are nicer in comparison with yours, Mr. long nose. (she responded so she is engaged too *-). You: wow, I understand you develop a very good opinion about yourself attractive lady, why wont we arrange a feet contest...

The important thing is to keep it running with light humoristic and fun approach. Without even realizing it you are mutually engaged in developing a relationship and building your mutual attraction.

Whenever you start dating with a woman keep in mind you are not on an employment interview, don't

make it sound like questions and answers, don't make it boring, don't try to show off, talk with her just about general things she likes and sympathize with, such as famous Television shows etc, it may look to you at first to a certain extent superficial but this is the way to go. Try to avoid, at least at the beginning, talking on your problems at work, your relations with your parents etc'.

How To Approach College Women

College life is very different when you were in high school however to some students, especially those who do not have a family member who has been to college, think that college is much like high school. But there are some very big differences. There are students who did not do well in high school, "blossom" in college. Others never get used to college life and do not do as well as they did in high school. In college, you can grow and develop as a person. In college where you will probably be over 18 years old, you will also be treated like an adult. And because you're already an adult, you will be responsible for the way you live and you will have to make sure that you do what you are supposed to do. Even if in college you will be free to explore and discover numerous paths and interests that were simply not open to you in high school, you should know your limitations.

Practically, everything you want to do and everywhere you go, you will encounter similar college aged. And it was socially acceptable to flirt with them, ask them out, get drunk and make out with them, etc. Let's start at the very beginning. The first thing you have to do before you start a conversation with a college girl or college women is to approach her. That is the first thing you have to take – how to approach college women.

But do you know how to approach college women? Actually, there are several ways on how to approach college women. First and foremost, you should take note of your dressing. Make sure that you are always neatly dressed so that when you see her, you know that you ready to approach her. Apart from that appearance thing, what is the other way on how to approach college women? In order to approach and attract women, you should know what attitude you should project when you approach college women. Start first with eye contact. It is one way on how to approach college women. One could start a contact without saying a word. Then when she looks at you, give her a nice and casual smile. Well, a simple "hi" together with a casual smile would be enough. Research shows that 71% of women, particularly college women responded and acknowledged to men, who opened up with that line.

So, what's next? What are the other ways how to approach college women? If she smiles back, then pursue another method on how to approach college women, talk to her and treat her nice. And now that you know how to approach college women, what would you say to her? What kind of opening line after the word "hi" can you use without looking silly or without being stupid?

To have a successful conversation wit any college woman, you must know what to say and what not to say. Men and women think and tank differently, so if you want to talk successfully to a woman, listen first to her and relate to her conversation. If she's done, it's about time to share your personal experiences and wait until she feels comfortable with you. You want more techniques how to approach college women?

How about tips on how to approach college women at bars and disco clubs? Usually, you will find college women in bars and disco clubs because they find these places as a good way to relax and hang out with friends. So how to approach college women in places like these? When a girl goes up and starts dancing on the dance floor, slowly move in and start dancing with her.

But do it nicely because some girls may think that you are big-headed and arrogant. After that, ask for her name and when you start with a conversation, make sure that you use her name in the next sentence or two to show her that you are paying attention and you are interested in her. These techniques on how to approach college women is very effective. You would surely get the girl you ever dreamed of.

How to Approach Women – 3 Actions To Remove Your Fear

HOW to approach woman wasn't the problem I used to have. It was having the 'guts' to do it! Getting over the fear. That was my block. But what did I learn, that you can use to break your fear of approaching women?

The market is flooded with how to approach women books. The 5 signs she's ready to talk to you. The 33 ways to get her out on a date. And two billion ways to seduce women.

I don't know about you, but I used to read this stuff and feel intimidated to even think about using it to approach women. Sure, I wanted to know HOW to approach women. But in reality it wasn't the HOW that was a problem. It was having the 'guts' to do it! Getting over the fear. That was my block.

I remember back when I was 16. I was out with 4 mates in a bar, up in York. Sorry, did I say 16? I meant 18!

There was loud music pumping out – conversation was nigh on impossible (I was old before my time really!). A few of my friends were out dancing on the floor, while I just skulked around the edges. To be honest, pubs and clubs weren't my scene, but I felt like I had to go regularly just to have any chance of finding a girlfriend.

Like I said, I was mooching around on the side of the dance floor, trying to look cool and casual, sipping my drink just a bit too often.

Then my eye was caught.

A really stunning woman, up on the balcony was staring straight at me. You know how it is; instinctively you know when someone is looking at you. I looked, our eyes met... and we lived happily ever after. J Er, no! Not a chance.

In fact our eyes met, and faster than forked lightning my eyes darted off, my cheeks reddened and I got all excited. Wow – she was hot though. And she was looking at me!

To cut a long story short – she spent the next 5 minutes looking over at me. I'd pluck up the courage to look back, but our eyes were like opposing magnets, every time she looked at me, I just couldn't hold my gaze back at her. Finally, she got fed up and moved on. I couldn't blame her really. I spent the rest of the night, scanning round trying to catch a glimpse of her – simultaneously kicking myself because I was such a putz.

This wasn't an isolated event either. In fact it could describe almost any evening I went out. It played out virtually every weekend, often once or twice a night. Sometimes more!

Finally, I'd had it. I was beginning to hate myself for it. I just had to change, because I was never going

to find a beautiful girlfriend, let alone a partner if I couldn't even introduce myself to the women I wanted to approach.

So what did I do?

I bought and read virtually every book I could do with dating and talking to women. And you know what? It still didn't help.

The bottom line was – it wasn't that I didn't know HOW to talk to women. I just didn't have the guts to. I was too afraid of being rejected. I was too afraid of what it meant if they got bored and left me after 5 minutes. I didn't feel like I could get with anyone as beautiful as some of the women that were flirting with me.

I didn't need 101 'techniques' to seduce women. I just needed to get over my fears of approaching women. I needed to stop making a big deal out of this very first part of dating, but I didn't know how.

Happily, it all ended well. Partly because of my frustration with my shyness/fear, call it what you will, I forged my career becoming an expert on dating and relationships.

What I learned allowed me to break through my fears and learn how to approach women and actually enjoy it! Yes, ENJOY IT! Unbelievable!

But what did I learn, that you can use to break your fear of approaching women?

3 Actions To Eliminate Your Fears

Here's 3 actions to take to help you start to eliminate your fears of approaching women.

1. Answer this question

What does it mean if a woman rejects you? What does it mean to you? Your answer to this question is likely to be something significant. Maybe it's saying you're not a fun /nice person, or you're boring. What does it mean for you? Note that for those who don't have a problem with rejection, it probably means nothing. Literally, ask them the same question and they say, it doesn't mean anything. Spot the difference there?

2. Fear is a signal

A signal that you're not fully prepared. If you don't know at least a few decent opening lines for a conversation that you can say easily, then you're not prepared enough – and you have every right to feel fear. Or if you know that your conversational skills aren't up to holding an exciting and engaging conversation, then maybe your fears are appropriate and are preventing you from getting hurt. What are you not fully prepared for in this situation? What's your plan to do something about it?

3. Get a basic knowledge of flirting

You can learn 100 flirting signals – if you want to do a doctorate in flirting. In the real world though, you only need to know nine. The most important nine. Master them and you will be able to tell with 90% certainty whether your approach will be successful or not. If you could know with 90% certainty

your approach would be successful each time, and you'd proved it to yourself for a few months, would you have the same fear approaching women any more? No. So learn the top flirting signs, practice recognizing them and use them to your advantage.

How to Approach your Crush at the Gym

Every man would like to have a beautiful, sexy girlfriend with a perfect body, with whom to be very proud and start the envy of all his friends. Let's face it: there is no man on the street that will not look after an athletic body of a beautiful, attractive lady. But for many of them this remains only a dream because they don't know where to meet this kind of woman and how to do it. The best place to meet a woman with an athletic body and in a very good shape is gym.

With the current attention being paid to healthy lifestyles, fitness has become a very important aspect of life today. That's why more and more people decided to go to the gym. Let's say that you are going to the gym for a long time and in the last days a new interesting girl is passing over here. She is very attractive and you would really like to know her better but you don't know how to approach her.

Approaching a woman successfully is only one of the most stressful situation a man must face because you don't know her, how she thinks, what she likes, and if she is friendly or not. But, if you make it carefully and know how to do it, you may have success. You may use these tips to approach your crush at the gym.

- first and the most important, if you want to be flirting with, don't wear earphones, because it will inhibit her approaching you
- find something that you both do at the gym so you will be able to ask her advice about, or a machine that you both use, to have what to talk about – you may talk to her about gym, sports, regimen, workout
- best way to start a conversation with her is to go to some machine near by her and ask if she is using it or not and just start talking afterwards
- first talk to her as a friend to see if she notice you
- use deodorant to make sure that you don't smell bad, to not make a bad impression from the beginning
- try to catch her eye every time you see her and smile
- if she smiles you too you may approach her because she is interested
- pay attention and if she is having trouble with a machine or accessing an equipment you may offer your help in order to start a conversation with her
- you should try to get her phone number, but don't look too desperate
- also you may try to bring an iPod with you and ask her if she knows a certain song – if you decided to go near her and start a conversation you must know from the beginning what to say, so think first and then go

- accost her once she has just finished her set and ask if you can work with her, to make alternative exercises
- start to make accidental body contact
- when she is leaving you may say to her goodbye and ask her when she comes again, then she will have to talk to you next time she will see you
- you may ask her friendly for a cup of coffee somewhere near the club, you don't have anything to lose
- spot her at the gym
- another important aspect is that you have to look very serious about your workout, so don't stay and stare at girls; if she see that you are just fooling around she will notice that you are going to the gym just to date Remember that you don't have necessarily to become a personal trainer or to do yoga classes to get a beautiful lady which you've seen at the gym; you just have to take it carefully and know how to approach her.

Dating: Narcissistic People

Identifying Narcissistic People Early

Narcissistic men and women are so self centered and self indulgent that they see friends and lovers as mere extensions of themselves. They are obsessed with flattery and demand to be adored and have attention to themselves at all times.

Unfortunately, these narcissistic types are very seductive and you may at first be attracted to them without realizing what you are stepping into. Because their egos are so very fragile, they constantly crave attention which eventually puts their partner at risk of being on the losing end of the relationship.

To help you with some tips on identifying whether or not he or she is a narcissistic type, ask yourself the following questions:

1. Does he or she lose interest when they are not the center of attention?
2. Are most conversations about them, whether you try to change the subject or not?
3. Is your partner always fishing for compliments?
4. If you criticize him or her, do they literally fall apart at that criticism, especially if it refers to their looks or their mistakes?
5. Do you catch them talking about all of their supposed 'lost loves' whom each seemed to have had major flaws in which he or she had to break up with them?
6. If he or she is not getting special treatment or constant attention do they get mad or have a temper tantrums? For example if when they are not waiting on fast enough in restaurants, or did not get the best seats at the movies, are they upset?

7. Do you find a pattern of this person using people just to get what they want and then discarding them when their own needs are met?

If the man or woman you are interested in shows any number of these types of behaviors then you may want to be careful. These are not the type of people to get involved in a relationship with if you want equal attention and love.

Dating: Signs Of A Cheating Boyfriend

Few things are more painful in life than to be betrayed by someone you love and trusted. It happens frequently and maybe the only thing worse than the betrayal, is being blind to the fact that it is happening. In order to avoid being blindsided by your boyfriend, here are some signs of a cheating boyfriend you should be on the lookout for.

Just remember, that some of these things could actually be signs of other things such as depression or too much stress at work, so while it's important to be observant, it's also important that you don't jump to conclusions. It's also important that you aren't just projecting your own insecurities on to your boyfriend's behavior. If you've been cheated on in the past, or have cheated on someone, you'll be far more likely to see cheating where there may not be any. Just make sure you're honest with yourself before you go off accusing your boyfriend of anything.

1. If your boyfriend starts avoiding time with you it's possible that he's either seeing someone else or at least has someone else on his mind. If he used to be anxious for the times the two of you could get together, but now he seems almost indifferent as to whether or not he even sees you, this could be a sign that there is something going on.

2. It may be a cliché, but it can still be accurate, is your boyfriend suddenly working late a lot? If so, he's either bucking for a promotion or he's doing some promoting of his own.

3. Has he suddenly started taking more care with his appearance? If he used to let his hair grow out or dress like a slob and suddenly he's going in for a trim and buying new clothes there is definitely something going on. It could just mean that he's growing up and realizes he wants to present a better image of himself, but it could also be a sign of trouble.

4. Depending on how sneaky you want to get (remember, the more sneaky you get the harder it will be to come back from even if he doesn't catch you), you could check out the history on his computer or look at his emails and text messages. I actually don't recommend these things though since if your relationship has so little trust it probably isn't worth much at this point anyway, you might be better off just moving on.

5. Another thing to keep in mind is your boyfriend's past relationships. If he has admitted to you that he has cheated in the past it's highly likely that that is the way he is and he will do it again. Of course, even honest people make mistakes and that might be the case, it might have been a one time slip up and he shouldn't be condemned forever because of it. But for a lot of people cheating is just the way they are and if they did it once they're likely to do it again.

If you want to find out whether or not your boyfriend is cheating on you, it's usually pretty easy to spot the signs of a cheating boyfriend. Just make sure you're ready to deal with whatever you find. Unless you are just suspicious by nature, if you think something is going on, it probably is.

Dating: For The Clueless

Dating Ideas For The Clueless

First dates never cease to be the one of the most thrilling events in one's life. However, dating can become boring if one allows it to be. Here are a few dating ideas that will surely make dating like a shiny new pair of shoes.

1. Island Picnic

If you have the moolah, you can always get travel arrangements and head to a deserted island. A simple picnic on a not-so simple island will give your dating life that kick you have always been waiting for. This will be very much appreciated by married couples as well.

2. Food Tripping Date

You don't have to spend so much if you will be only going to fast food chains. But it is a lot more fun to go restaurant-hopping and sampling each restaurant's specialties. Don't forget to skip some heavy snacks before doing this kind of date.

3. Wine Sampling

This could be more enjoyable if you are in a European country where all sorts of wines abound. However, many private wineries are springing up all over the place. Do your homework and see if you can find a local winery close to your location. Just make sure that you are not alcohol-intolerant to enjoy this dating idea.

4. Learn Something New

Learning a new skill could be handy. Learning a new skill with someone else is a surefire way to conjure an exciting mood during the date. Think Demi Moore and Patrick Swayze, except neither of you is a ghost, of course!

5. Window Shopping

Who says only women could enjoy this kind of date? Even if it is not a first date, as long as the guy also gets to go to the stores he likes visiting, it could be one fun time for the both of you. Also, it can make you both learn each others preferences when it comes to material things. Hint: gift hunches.

6. Truth or Dare Date

Pick a place to go to. Then while heading to that area, you can have fun learning about each other's secrets while playing truth or dare.

7. Sports Date

Go hiking, golfing, mountain-climbing or just about anything that makes you both tick. This is one of those feel-good date ideas since sports induce the production of that body chemical that makes you feel good. Sweet!

With those ideas, you will never run out of new and enthralling activities to do. Just be creative.
Dating: Cheap Date Ideas

Cheap Date Ideas For Couples

Want a Memorable yet Affordable Date? Follow These Cheap Date Ideas

Dating is all about finding out about the other person, if you are on your “best” behavior, the real you won’t be able to shine through. Find out what your date likes, what he/she dislikes, what his/her views are on social issues, and the like. If you are on a date, you should have fun; it shouldn’t feel like a chore. Commonly, the most important step when dating someone is the anticipation moment which refers to your own decisions and also the preparing for dating someone.

Usually, men offer to pay for the date. So, cheap date ideas are very useful to them. For most people, dating and saving money don’t equate. But dating doesn’t really have to be expensive to be fun and memorable. It doesn’t even have to take a whole lot of extra preparation time. What it takes is just a little imagination and some cheap date ideas to break the typical date routine. During the dating process, you should be careful how you handle your money and just spend it within your own capacity. If you cannot afford it, then go for somewhere cheaper or try less expensive alternatives. Try to follow these simple yet effective cheap date ideas.

There are a number of ways to find and look for cheap date ideas, why don’t you try reading in the newspaper or in a magazine. You could also ask someone you know could share an idea they have had. But aside from that, you could also get effective cheap date ideas from the websites around the net. Consider and be open also to any suggestions your partner wants to say about his/her cheap date ideas. Try to listen to her/him and be sensitive to his/her tastes and interests. If you wouldn’t give much importance to his/her interests, you probably won’t enjoy the date.

The three most usual choices for what to do on a date is to set for a candle lit dinner, watch a movie, or watch a public event such as sports game or concert. These cheap date ideas often give the couple several hours of time to enjoy each other’s company. However, if you do these cheap date ideas over and over again, it will lead to a loss of a sense of drama and a loss of a sense of importance of the time spent together. You should remember that we, including your partner crave for a unique idea and something that is out-of-the-ordinary. A new experience raises our awareness and pumps up our interest level. If a couple continues to find new and unusual cheap date ideas, their date would be more enjoyable. For starters, why don’t you try to choose activities which give enough opportunities for communication? Actually, good communication is the most important part of the dating process because couples need to find out each other’s values and interests, couples need reassurance and the stimulation of each other’s ideas, and the best way to do it is through sharing ideas and views.

Going to a museum is also an excellent place to go for a date, and this could be included in cheap date ideas because they are generally inexpensive. Most museums usually have cafes or are located near restaurants so dining should not be a problem. Cheap date ideas also include going to a beach, a walk in the forest or a search into a cave. These cheap date ideas can you give and you partner time to talk with one another. Remember, a memorable date doesn’t have to be expensive. Just follow these simple and cheap date ideas and you are on your way to living the life with that special person you have always dreamed of.

Cheap Dates That Don't Make You Look Cheap

In every relationship, it is important that couples do things together to keep a closeness and intimacy in the emotional aspect of their partnership. It is great to go on a date where you buy your sweetheart a bottle of champagne that costs more than your cable bill for that month, or where the meal costs more than a week's worth of groceries. However, while it is fun to splurge on an expensive, fancy, and romantic date, for most couples, this is not feasible financially to pull off more than a couple of times a month, if not less frequently. Though you sometimes can not afford to go on a costly date, it is still imperative to go out with each other, even if it is a cheap date idea.

Now some of you will cringe at the words cheap date idea. But think of the phrase used in a good context. Just because your date idea is inexpensive, doesn't mean that you can't have a fun cheap date idea. Do not sell short the perfection that can happen by just being with your partner one on one. Use creativity to be able to make up for spending lots of money, and your date will notice that you went all out personally instead of just financially. You will definitely be rewarded for the obvious effort that you have put in. Anyone can buy what it takes for a great date. It takes a special person to be able to come up with a cheap, creative, fun date idea.

When thinking of a date to take your loved one on, there are 3 essential things to remember. First, obviously, keep cost in mind. The goal is to have a fun cheap date, and while "fun" is very important, "cheap" is an important part of this date theme as well. Second, take into account what your significant other likes to do. This is important if you are going to have an enjoyable time. Try to find activities that interest both of you in your cheap date idea. A third thing to remember is to be yourself. The point of this date is NOT to show how much money you can toss around. As was said before, anyone can do that. This date is all about the togetherness and closeness that you make as your goal for the night. Forget the fact that you aren't spending a lot of money to keep up with the "Jones'" date. Just remember that this date is all about the two of you and the time you are spending together as a couple.

Whatever cheap date idea you decide to go with, always make sure you keep these three things in mind first and foremost. Keep it low-cost. Make it fun for you and your partner by taking his or her opinions and likes in mind; try to find activities that suit you both. Be yourself on this date. Keep in mind that you are trying to get closer in your relationship, and don't worry about not spending a lot of money. If you have got the right man or woman, they won't be concerned with how much money you spend as they will be with what type of things you put together because you care.

Dating: Rules For Single Dads

8 Dating Rules For Single Dads

The problem with recently divorced single parents is that are waiting too long to start dating again, complaining they are oh, so busy. The real reason is their fears, because their previous situation was usually so ugly, they don't have a strong enough ego to let rejections roll off their back.

Even if they are starting to date, in most cases are doing this for the wrong reasons. Some single parents think they are in competition with their ex, particularly if they were left for a younger partner. They also might be playing a game to prove to the ex that they are desirable by dating as many people as possible. In a nutshell, don't date for emotional revenge, to allay feelings of loneliness or to prove your desirability to others.

After a divorce, both parties are tented to change partners almost every week or month and are not in

the mood to compromise with somebody.

But after a while especially single fathers are feeling the need to have a life partner and a mother for their children.

If you are a single father and you are determined to find someone for a long time relationship you have to be sure that you are making the best choice because now you are not alone, you are making the choice not only for you but for your children too.

There are some gold rules to consider that can help you to find the best mom for your children and the best lover for you:

1. As there is no surer turn-off for a potential lover than a person who insists on living in the past, make a rule for yourself that you are going to do your absolute best not to drag the past into new relationships.
 2. Your kids are the priority of your life; keep them there no matter what!
 3. You have been careful to prepare your kids for the fact that you will have a life other than the one with them. But don't forget to make them understand that they will not lose your love, just some of your time together.
 4. Chose to date only women that have at least one kid already. A woman without children will not understand you and your children needs and will not have too much patience. Don't forget that children are the best when it is about to exasperate somebody, and in the first stage your new date will be like a target for your kids jest.
 5. Don't leave your partner to baby-sit. In order to keep children safe, it is necessary to be able to discipline them. It is too soon for your partner to discipline your children.
 6. In conflict situation try to put yourself in your partner place, be diplomatic with your child and try to be impartial. Find the golden mean to resolve the problems between them.
 7. Never chose your mate only because she is getting on well with your child. You have to find someone FOR YOU and YOUR CHILD. Remember that the best for your children is and will ever be their natural mum, the women you just have divorced (for some good reasons I believe). So find a woman that you are attracted to, a woman you find interesting AND that is willing to accept your children too.
 8. Pay attention to her children too, and never forget that they are the priority of her life.
- Dating: No Fear Of Rejection

Approach Women Without Fear Of Rejection

Are you having trouble with attracting and seducing any hot women you meet?

Well if so, then pay close attention to what I'm about to tell you...

If you're interested in increasing your overall success with women, then you should learn ONE important thing. It's being able to approach women WITHOUT any fear of rejection!

I know this sounds simplistic, but many guys have major problems with this one aspect of their dating lives. They're afraid to approach hot women because they worry about what could go wrong. Typically a lot of men get nervous thinking about what a woman will say and how she might reject him.

Now it's possible for you to attract and seduce a beautiful woman. All you have to do is learn how to overcome your fear of rejection. By confidently walking up to a woman with NO fear of rejection, you'll instantly become an attractive guy who has a seductive personality.

Here's an example to illustrate this point...

One of my good friends is able to attract and seduce many beautiful women because he has almost no fear of rejection. While he knows he's might be rejected, he's able to eliminate all negative thought patterns. Instead he simply focuses on his approach and initiating conversations with women.

As you can see, the guys with no fear of rejection are able to increase your overall success with women. So if you learn to cultivate this personality, you'll find that you'll become better with women.

All you have to do is learn how to act confidently on all interactions with women. When you're talking to women, simply concentrate on the conversation and work at eradicating all negative thoughts. Just relax and enjoy the conversation.

So if you're intimidated by women, you need to work on building your confidence and become comfortable with approaching hot women. If you see an attractive woman, then you should immediately approach her.

When you get into the practice of approaching all hot women you see, you're nervousness and fears will quickly fade away.

Once you get into a pattern of approaching women and initiating conversations with women, you'll experience a dramatic increase in your success. Even if you're only able to pick up a woman once in awhile, you'll at least have more experience with your approach techniques. Also, you'll be closer towards eliminating your fear of rejection. Attracting and seducing hot women is possible. But if you let your fears and nervousness get in the way, you'll have little chance of success.

All you have to do is practice your approach techniques and become more confident, then you'll master the art of attraction.

Dating: Stress Hurts

Dating – Stress Hurts

Stress is one of the most common used words. it is also one of the most common problems we all face. Stress kills the joy of living. Think about your friends, and you will surely point to one who always looks stressed. Who rushes from one work to another? Who has no time to sit down and think peacefully? Stress is the way of life for him/her.

What kind of success do such people get in dating? Very less. Let us see why? They will be stressed with the very thought of how the date will go? Whether the setting will be right/ whether he/she like me/ what if I speak some rubbish and hurt her/him? All such negative thoughts come in the mind of such people. They kill all the positive thoughts and think passively as if the sky was going to fall down.

On the day of dating, they would somehow miss the time. They may not have chosen the proper outfit? They would rush to the meeting place and disturb their mind in the process. It is the game of stress. Stress that is caused by thinking about – what if everything goes wrong? And predictably because of the stress, everything goes wrong.

Please relax. Let things go wrong if that is destined. Don't worry about them. Relax and prepare calmly. Meet your date with a undisturbed mind. Don't rush. If you are late say sorry and go forward. Try to enjoy and try to make your date enjoy your togetherness. Let the stress go and good and positive thought come in your mind. Stress never helps in dating. It rather kills all the chances of success.

Dating: Blind Date

Dating Blindly

Knowing the person you are going on a date with, at least on a friendship basis, is one key to being successful in the whole dating game. As we have all learned (the hard way), blind dates are not typically successful. Dating people you meet online is also tricky and in most cases as "blind" as any date can get.

As more and more online dating services pop into existence it seems to be considered normal to meet and date people from the Internet. Without the aid and guidelines of a bona fide dating service, and even sometimes with the support of a reputable online dating service things can get out of hand quickly because unfortunately it is simple to be untruthful online.

When you have only had a few typed conversations with someone it is easy to predict they are interesting and charming. Instant Message conversations and Electronic Mail correspondence is a great way to get to know someone slowly. However, scheduling a dinner date with "Oscar or Olivia Charming" after only seeing their face in a grainy picture once or twice and before meeting them for a non-committal cup of coffee you might be reserving a ticket for disaster.

You don't always know if the picture you are receiving is your online friend now or years passed. You can't even be certain it is your online friend at all. There is an amazing trust factor that comes into play with meeting people online with which you might potentially date. Rules of caution begin with the basics.

Do not share your last name, your physical address, or your landline telephone number with anyone you meet online. There are safe effective ways to begin a relationship with an online acquaintance. The most recommended is to find a well-established, reputable online dating service. Word of mouth is a good bet when searching for the perfect online dating solution for your particular needs.

That's not to say people have not successfully met, life-long friends or clear-cut soul mates in blind date situations or on the Internet. However the lesson learned from friends and family members who have experienced online and blind dating is to follow your heart but truly listen to that little voice that is your gut instinct.

Blind dates can be fun for the most adventurous of the dating clientele, but if you are more traditionally a reserved participant in the dating game you might want to consider some less exciting means by which a date might occur.

Dating: Accelerating Seduction Skills

Accelerating Your Seduction Skills

In this article i will show you how you can speed up your seduction skills and improve your game with women.

With what you've learned with me so far, you WILL be able to get numbers from women. Lots of them. Now I'm not saying you'll get the info for every lady that turns your head – plenty of women will be unavailable for various reasons. Some have boyfriends, some are taking a break, some are just in the wrong mood – whatever, it doesn't matter. You know enough to not let the unavailable women get you down, affect your confidence, or change your playfulness. We're not worried about them.

And now that you can get the numbers of TONS of women, my job is done, right?

Wrong. This is just the FIRST STEP and you've got to remember that. Just because you've got a woman interested – and even if you keep your relaxed confidence going – there are plenty of places to stumble.

The Instant Date

Like what? This may surprise you, but you SHOULDN'T take women on dates. That might sound strange, so I'll phrase it another way.

If you take a woman to dinner and a movie, you're asking to be strung along like a knitting club's quilt. You set yourself up for all sorts of mistakes – which I'll talk about in a second – and you're just begging for uncomfortable silences and boring conversation.

Hey, you can make it work. You just make yourself work a LOT harder.

So what should you do instead? Well, best-case scenario you create an instant date. You go from meeting to GOING somewhere, TOGETHER. This can mean moving from the bookstore to a coffee shop, one club to another – or often, to begin, just LEADING a woman from one part of a bar to another.

Create a World

That's a POWERFUL move. Say you want to tell her something (and have something to tell her). Maybe it can be about something you want to show her at your house, like an album or a book (done subtly, this is a great way to lead to a house call). Take her hand and LEAD her to a more secluded spot.

Don't put your hands all over her – you look desperate and pervy. But once you've led her somewhere, you've shifted the world a little bit – you are in it TOGETHER. Maintain strong eye contact. Speak in a quieter, confidential voice (the kind she wants to lean in to hear).

Set yourself up that way, and it should be much easier to get yourself moving to another spot right off the bat. The important thing is that you concentrate not on getting a woman to bed, but on moving to the next step.

Once you've got a connection, the next step is changing settings so you reaffirm and strengthen that connection.

This is good in so many ways. It gives you a chance to get to know the girl quickly – which is impressive when it happens quickly, plus it lets you figure out if the lady is worth your time before you've invested much.

It feels natural – something even the best dates fail at.

It's low-pressure fun – spontaneous, without expectations or commitments.

It's just great. Not to mention it allows YOU to set the pace you proceed at.

Don't Push

Now, this isn't something you ALWAYS do. If a girl is out with her friends you don't want to impose – in fact, for that reason you should always set a time limit when you've started talking with a woman. "I have to get back to my friends in a few minutes, but before that..." or "I have to leave soon, but first..."

If the lady you like seems ready to follow, then you can say "I'm going to xxx, it's a good spot, you should come. SOMEONE needs to teach you what this city has to offer." (By the way, this is a KILLER line if you're not a local.)

Oftentimes the woman won't be able to join you for whatever reason – could be she's got plans already, maybe she doesn't want her girlfriends gossiping, she might just be shy. That's OK. You can still meet her – but here's how you do it.

Don't Be Ordinary

Don't ask her to dinner. If possible, don't even ask her in advance. A spontaneous meeting at a coffee shop or going shopping in an eclectic neighborhood with built-in conversation is great.

Your call should sound something like this: "What are you doing right now? I'm about to hit Java Joey's, you should come and entertain me." "I'm shopping for some clothes, and I'd like a woman's opinion. What are you doing now?"

Make sure you're going somewhere fun. The kind of place with strange knick-knacks all around so your conversation can naturally flow from your surroundings. Why do extra work when you can let the atmosphere help you?

Can't Buy Me Love

THIS is key, and I'll talk about it again and again. DON'T PAY. Especially with a woman you've just met. Paying says all the wrong things.

Women will read it different ways; here's a few.

It says "I'm not interesting, so I'm bribing you to spend time with me."

It says “I want to prove I’m good mate material by showing off my financial success.”

Or the corollary: “I’m insecure, so like a man with a small penis and a hot sports car, I’m trying to buy myself some confidence.”

Worse still: “I don’t really know you, but I think you’re hot so I’m going to try and buy my way into your jeans.”

Equally cringe-worthy: “I just paid for you. Now, what are you going to do for ME?”

Oh, let’s not forget the classic: “I’m used to paying for women so they’ll keep me company. Feel free to take advantage of that and bleed me for all I can handle, regardless of whether you like me or not.”

And of course, with a certain sensitive sect of ladies, you’re saying “I’m a sexist pig. Now cook bitch.”

In fact, can you say anything good by paying? Well, you could be saying “I’m a nice, generous man.” Great. We all know by now how sexy that is.

No Early Meals!

This is one of the biggest reasons to avoid the dinner date, at least to begin. In addition to creating an awkward social setting with someone you barely know, you basically force all sorts of uncomfortable thoughts about the money involved.

Coffee? Who cares about a couple bucks?

Shopping? You’re not going to buy her something, are you? That smells of bribery worse than dinner, and you’ll just make her uneasy.

Avoid putting yourself in situations where the issue of payment comes up, and you’ll avoid this whole can of worms.

Dating: Good Habits

Dating Habits for Successful Dating

Most people feel jittery and panic when they decide to go on dating. And most of them end up making their date a miserable one. Dating can also be an absolute nightmare for most of them. So what is that one needs to do to make dating a pleasant one? This article provides some amazing inside secrets to successful dating.

Every time I talk to a guy who tells me his dating experience, I discover he’s making the exact same mistakes most guys do, dating mistakes that kill his chances of successfully dating sexy women. Dating can be an absolute nightmare for some people. Whether you have been dating for years, getting back in the game, or just starting out, you could always use a bit of dating advice.

1) Pay attention to her and listen.

Most guys try to impress sexy women by talking all through. Sexy women have heard it all before. But,

if you ask her about herself, shut up and listen, and display a SMALL degree of interest, she will begin to wonder why you're not slobbering all over her. She'll want to discover more about you herself... now you're a challenge, and sexy women love challenging guys. Why? Because they rarely meet one.

2) Ask questions.

Come up with a list before you leave the house, i.e., How did you get into that line of work? Where did you go to school? Have you seen the new Tom Cruise movie? And so on. If a woman tells you about her weekend at the yoga center, and you know absolutely nothing about yoga, just ask her what she likes about it, how she got into it, etc.

3) Compliment the other person.

Show sincere appreciation, so find something you like and mention it. You may be freaked out by the idea of complimenting a woman on her soulful eyes, so mention her watch, dress, hairstyle, or even her shoes. No need to go overboard: "Nice shoes," will do it.

4) Be yourself.

Exaggerating or boasting your credentials, successes, etc will only make the woman lose interest. Make the other party feel at home so that she does not feel pressured to impress or lie to you. Sincerity is the best policy. Nobody feels more comfortable around people who are genuine and sincere.

5) Give your date the royal treatment.

Buy her some flowers, buy her dinner and make her feel special. Show her that you value her company. Women loved to be showered with attention and pampered by her man. For the subsequent date, Cook up a meal at home and spend the evening watching movies or some other activity such as a board game. The meal most likely will be better than at a restaurant.

Enjoy dating while you can and live life to the fullest. You'll attract women who are looking for someone special for a change.

In Your Success,
Dating: Shy Or Not

Dating – Are You Shy With Opposite Sex?

Many of us are shy talking to the opposite sex. That takes us no where. We are scared of talking to any person of opposite sex. Something happens that stops us. Why do we get scared? We are not scared of talking to persons of our own sex. We are confident about ourselves. We have enough self-esteem, and we value ourselves as desirable. Then why? It is as if there is a switch in the mind that is switched off and says no when it comes to talking with persons of opposite sex.

What can be done about this? This problem has to do with our mind. Our mind tells us that we are not worthy. We may be rejected. We may be laughed at. Our mind warns us to defend ourselves from this and says no – you are not to approach anyone from the opposite sex. This is the mechanism of mind. Fight or flight. In this case, we resort to flight. But with this running away, we will never get a desirable partner. We will always remain alone and only wistfully watch other couples going around. So what

should we do?

The very first step in such cases is to evaluate our self and compare ourselves with our friends. Are we as smart as they are? Are we as intelligent as they are? Are we as confident as they are? Are we as presentable as they are? Is our personality equally good? On most of these issues you may find that you are scoring more points than your friends. So one thing is established. You are a desirable person. If your friends are not shy, why are you? Gather the strength and approach persons of opposite sex with confidence. Don't worry about rejections. There can be many reasons for that. Approach smartly and you will surely get some one good to date. Good Luck.

Dating: Get Hurt

Dating – Be Prepared For Getting Hurt

Many of us hate dating for all the trouble it involves. You never know what kind of person will your date be? You have some clues, but as you know more about him/her, your enthusiasm dips. You had never asked for such a dating partner. There is nothing common between both of you and as you have more dates, you start thinking that you don't like this person. He/she may not be well groomed, or may be always coming late, talking few things that you don't understand and this all creates confusion in your mind.

How do I say no now and begin with another date. The same process has to be repeated. It all is so tiring. In the beginning, we are full of enthusiasm, but after few experiences, the enthusiasm wanes. Tiredness takes over us. Let me forget dating for a while and focus on my career/studies. This dating frustrates me totally. I would rather live alone and do better. I am tired and confused. You may not alone thinking all this. This situation is not very uncommon.

Can one stop dating altogether? Very few can do that. We need a partner to fulfill us. We need somebody to share the life. The loneliness can be worse. What is to be done? If you are encountering repeated failures, please give yourself a break for few days. Think about what all went wrong. Whether your choices were wrong or your expectations were not clear to you? Find out more about what you want and how can you attract someone who has those qualities. Forget the past failures. Clean the slate and restart.

Dating: First Date Kiss

First date kiss

Your first date kiss often condenses up magical dreams about what the future holds for both of you!

Without a doubt, a first date kiss is an important time for a woman. Most women love kissing and if they can find the perfect kiss, that is even better. Some women do not kiss on the first date, which is perfectly fine. However, if you do not mind kissing on the first date, you dream of something great and memorable!

French Kiss

The French kiss is sensual and exciting. Such a kiss can make your love and desire catch fire. French kissing has as much powerful effect as striking a match on the prairie covered with straw, in the summer heat, when the sunset sets the sky ablaze.

French kiss definition: an explosive surge in a fire occurring when 2 pairs of lips are suddenly mixed with a combustible desire.

How to be sensual and the best in the most intimate kiss...

- Get a sensual mouth. Brush and floss your teeth. Drink water. A fresh and healthy kiss is the most erotic French kiss.
- Clean hair and body. Shave, after-shave. Shower and shampoo.
- Look at your partner innocently or dominantly
- Get closer and kiss softly
- Begin gently licking your lover on the lips
- Feel the responding satin tongue roaming your mouth
- Visit your partner's mouth, slowly.
- Time after time, get deeper and more intimate.
- The best French kiss takes time.
- Push your tongue into your partner's mouth, or let you lead
- Don't give your mouth all of a sudden.
- Don't take over your partner's mouth immediately. Let the fire spread slowly.
- Show resistance, to get more desire.
- Close your eyes and let you blown away in the wind of passion
- Bite your partner's lip with your teeth. Gently.
- Look at your partner lovingly.

How to fan the flames...

- When you stop to breathe in, let your breath caresses your partner's face in a murmur like the embers caressed by the wind
- Close down the kiss shortly to provoke frustration and get an immediate back-draft
- Play with your hands. Press your bust, your body against your lover's
- Sensual sounds. Intimate moans. Press your body closer.
- Arouse desire. Increase your breathe, and share your excitement.
- Passionate French kiss. Take and give everything immediately, and spread like a sensual explosion.
- Let your hands wander away, run your fingers through your lover's hair, caress shoulder, back, breast..
- Feel the skin on the forearm, the inside is more sensitive · Go under the shirt without being invited, travel on the back and front, and get as intimate as you can.
- Press your body against your lover's and let the fire break out inside...

A first date kiss should be something simple yet special. When a woman steps out on that first date, typically in the back of her mind, she is wondering if a kiss will end the date. There is nothing wrong with a first date kiss although it should not be something over the top. Generally, a woman does not mind a soft, gentle kiss to end the night. Even for the woman who does not generally kiss on the first date, if the kiss is something soft, gentle, and simple, she does not mind.

Dating: First Date Success

First Date Success – It's All In The Preparation

Dating can be stressful but first dates can be particularly painful and nerve wrecking. Follow my simple tips to getting ready for a date and before you know it you'll be breezing through first dates with you're only concern being what to wear on your second date.

1. Don't stress!

First of all, try not to stress yourself out. Tell yourself, it's only a date and if it doesn't work out, so what?

2. Easy on the wedding plans

You may laugh but don't start planning your wedding! We've all been there; dreaming that this could be the one, that you'll fall in love after a whirlwind romance and get married... and all before you've ordered your starter! Obviously, it's good to be positive but just take each day as it comes in the early stages otherwise you could be heading for disappointment.

3. Listen to music

Listen to some music whilst you're getting ready; whatever gets you in the mood for a night out and relaxes you.

4. Soak in a bath

If you have time, take a long soak in the bath with a small glass of wine to relax you. I emphasize the word "small"; you don't want to turn up drunk or smelling of alcohol.

5. Subtle make-up

Girls, try to keep your make-up subtle. The majority of men don't like to see make-up caked on and if you do happen to snuggle up to your date, he won't be too impressed if you leave make-up on his collar. As a basic rule, if you're going for smoky eyes, keep your lips natural with a lick of gloss and if you're opting for the red Monroe pout then keep your eyes natural.

6. Hair to go

You don't want a high maintenance hair style that has you running to the toilet every two minutes to check it's in place so stick to what you know suits you and what you feel comfortable with. Also, easy on the hair products in case your date decides to run his fingers through your hair and gets them stuck!

7. What to wear?

Don't wear anything too revealing on a first date as it could give out the wrong impression. Remember you can still look sexy without revealing all your goods; less is more!

Decide what you're going to wear in advance so you're not in a last minute panic with a bedroom floor covered in reject outfits. The main thing is to feel comfortable in what you're wearing so you look relaxed; fidgeting with straps and pulling down your hemline every few minutes doesn't look good.

Your choice of outfit will obviously depend on where you are going; if it's fancy restaurant then you can glam it up but if it's a lunchtime date or the cinema then dress it down accordingly.

8. Killer heels or comfy flats?

As for shoes, heels look great but only if you can walk in them so only wear shoes that you are comfortable in. Also, don't wear new shoes in case you get blisters on the night. Again, your choice of shoes will depend on where you are going so dress for the venue.

9.Fresh breath

Don't forget to clean your teeth and rinse with a mouthwash. It may sound obvious but so many people forget. Also, keep a packet of mints or chewing gum in your bag in case you need to freshen up later.

10.Aroma, aroma!

Once you're ready, don't forget to squirt a bit of your favorite perfume behind the ears and on your wrist (these are the strongest pulse points). Don't go overboard, the key is to have an aroma about you, not to overpower him with your scent.

11.Arrange transport

Book a taxi or arrange for someone to give you a lift so you get to your meeting place in plenty of time. I wouldn't advise accepting any offer to pick you up or take you home until you've got to know him.

12.Keep the conversation flowing

Give some thought to what you're going to talk about. Obviously, you can't plan it word for word but think about things you want to find out about him and questions you could ask to keep the conversation flowing. If you know a good joke, it's always good to throw that in at some point in the evening to lighten the mood.

13.A kiss goodnight – no more!

Don't feel pressured into going back to his place or inviting him into yours and certainly don't feel pressured into having sex! I think it's best to end the evening with a goodnight kiss so you both leave each other wanting more and more importantly eager to arrange that second date. If you can't trust yourself to resist his charm go unshaven in the nether regions so that way you won't be tempted to go any further than a kiss!

14.Watch your drink

Don't drink excessively! It's easy to drink faster and more than you would normally because of your nerves but try and pace yourself and if you do feel yourself getting more than tipsy, drink some water.

Also, if you don't know your date well take your drink with you when you go to the toilets; with so many drinks being spiked in bars these days it's better to be safe than sorry.

15.Tell a friend

Tell a friend or family member where you're going and who with and let them know when you've arrived home safe.

16. Have fun

Finally, don't forget to enjoy yourself and have fun!

First Date Tips – Getting Ready

Congratulations, you met someone you like (through friends, online dating services, on your own, or any other way...) and you are going on a date!

Here are some basic first date tips to help you to get ready to your date.

Apparel is of course the trickiest of them all, you need to look gorgeous, but as if it took no effort to achieve this look. Well, I have to break the bad news to you – no one can look terrific with no effort. Even those seemingly sloppy rock stars invest hundreds of dollars in their designer's shabby jeans, and in their well-trimmed bristles.

On the other hand, you shouldn't go over the edge on your first date, or you'll send the message of over enthusiasm, which may scare your date away.

So what to do?

First of all make sure you are clean and that you smell good. Don't surround yourself with a scented cloud, but it's definitely a worthy cause to use that expensive perfume that collects dust in your closet.

When it comes to choosing an outfit, you have to follow one basic – feel comfortable.

You don't have to wear the most brilliant and expensive item in your wardrobe. The main idea is comfort, and when you feel comfortable you are relaxed and at your best.

Here's a tip to women: surprisingly, men usually don't care what we're wearing: you are most attractive when you feel attractive, therefore you should wear only the things that make you feel this way, and not tiny dresses (or any thing else for that matter) that might make you feel too self aware and uncomfortable.

Finally – do not change anything too drastic in your appearance before the date. Clearly when you got yourself a date, your partner already liked the way you look, so don't try to change your appearance in order to impress your date.

Be natural and relaxed and you'll be at your best.

First Date Tips – Things To Do On First Date

You are finally there. Feeling nervous and excited. It doesn't matter who picked who, or whether you have decided to meet each other in a neutral place, the question is what to do on the first date?

The main concept of a perfect first date is to get to know each other, therefore, the perfect first date will usually involve a nice conversation and not some adventurous extreme activities.

If the weather is pleasant you can get some ice cream and have a walk in a park or on the beach or even sit on a bench in the moonlight and let the conversation flow in view of this romantic setting.

If the weather isn't warm enough, you'll probably have to stay indoors. Having a first date in one of your apartments can be intimidating for both sides since the guest doesn't know yet the person he she are visiting, and can't completely trust them. The host may also feel intimidated by the exposure and the invasion to his her privacy. Therefore, the most common places to have a first date are bars, cafés or restaurants.

Here are some basic first date ideas and guidelines to help you choose the most perfect place for your first date:

First –Noise. In a first date you want to get to know the person you are going out with and the best way to achieve that is by talking. Places with loud music, or even loud crowds, can cause you both to shout and not hear each other and spoil the date.

Second – lighting. Going on a first date you want to have some lighting so you can see your date and notice his her expressions and gestures. In addition, a dark place might create an impression of sleaziness that might ruin the atmosphere you are trying to create.

Third –Price. Even if you can afford an expensive place, and you're planning to pay for the date, your date may feel uncomfortable in a too fancy place. First dates are stressful enough, don't give your date another reason to be nervous about.

Finally, don't go to a too trendy place. These places tend to be too crowded and, will expel the intimacy off your date.

In my opinion cafés are the perfect location for a first date – they are quiet, cozy, and allow you to stay for as long as you like without feeling obliged to spend an outrageous amount of money.

First Date Weirdness: That Awkward Silence

First dates for some can be intimidating and stressful. Often, one's mind and emotions are overcome with insecurities and fears.

Conversation normally is a big factor for a positive date outcome as well as a great influence on the failure of your date.

Carrying a conversation during a first date can become difficult and uneasy at times, since you hardly know the individual you are dating (specially on a blind date), making it hard to open up and think of a certain topic to talk about and with slight tension and nervousness, things can be really awkward.

On dates, usually a person is scared of rejection and failure; thus is nervous and conscious on what to say. It has to be the right things; sparking his/her interests as the wrong words may either injure your date's feelings or make the conversation boring. This is because usually one is very concerned about one's impression that he/she is able to convey to his/her date.

One's apprehensions can lead to damaging results, usually paralyzing one's thoughts and emotions, thus inhibiting one's capability to behave confidently and normally like one would do when he is in the company of family and friends.

As a result, one ends up in a very humiliating and embarrassing situation, which one describes in dating as “awkward silence”.

Almost everyone is capable of carrying on an effortless, enjoyable and easy going conversation with individuals they are familiar with and therefore having the proper approach, so one can do it with the girl/guy on one's first date.

One solution here is to think ahead of time the things that you can open up or topics that can start a good conversation; ask a common friend of his/her interest, hobbies, sports, career, etc.

Another solution is to relax and be yourself; never pretend to be somebody that you are not. Keep in mind that it's no use when your date will like for putting up a front; it will be a great feeling to know that your date liked you for what you are.

Never brag, talking constantly of your awards and accomplishments as this would only set arrogant impression on you. Keep your conversation as simple as possible keeping away discussions about politics or religion.

Also, do not intrude or ask personal questions; whatever your date wants to relate to you, he/she will tell you on his/her own. Never too, talk about your experience about past relationships, as this will make your date feel uneasy. Making your date feel at ease with your conversations, for sure there will be a second time around for both of you.

Let your date talk and you have to listen well, as this will allow you to collect ideas of the things that interest your date and make these as topics for your conversation as well as be acquainted with your date much better. Furthermore, being a great listener is one positive feature that any ideal date can possess.

Take note that most often than not, people are tempted or even talk about their life story. Be careful, as this might only bore your date. Instead, loosen up and select an easy topic or general things such as movies, food, or anything that is of interest to your date. Or be funny and joke a little, you do not need to be all that formal.

Basically, when you are listening well to your date, you'll know what you both have in common, so talk about that, so you can develop a good bond.

Do not let the “awkward silences” worry you, at some point those silences will come, but know that as they embarrass you, they also embarrass your date. Awkward silences are never a basis for you to conclude that your date is not interested in you; he/she just might be in a similar situation as you.

Relax and be yourself. When “silence” do come, break it with a joke, a compliment or a question and remember to be honest; let your date know how nervous you are (when you are). Letting your date know how to feel on this first date will take away the tension on he/she is feeling and will make him/her comfortable and can handle the situation better.

First Dates

There is nothing more intimidating than the idea of a first date, unless of course it is getting up the courage to ask for that first date. In fact, most of us will not even get to the point of asking four out of

five times. So what if you finally get up the courage and, to your delight, the person says yes? Well, your adventures through the land of intimidation are just about to begin.

The agony of the first date begins when you try to decide what to do. The conversation often becomes bogged down right here- you do not want to choose a date that the other person will hate, nor do you want to choose a generic date that anyone could have dreamed up. Some safe ideas are the old standbys- a night at the movies, dinner in a restaurant with a few options (nothing too specific or risque like sushi or Indian yet), a day in the park.

If you play your cards right, the conversation should lead you to a point where you both find out interesting facts about each other that will serve two advantages- the first is that you have a curiosity about each other, the second is that it gives an opportunity to plan and get a set time for the second date. This date is great as it allows for a demonstration of your listening abilities and the opportunity to expand your dating options into other safe areas.

Choose a date that will allow you alone time without adding the burden of too much privacy. This will allow you both to feel comfortable and keep the conversation flowing. Your first date should also include some good conversation starters as well. This is why the movies and perhaps a desert or coffee afterwards are a good idea. You can go to the theater and both of you can decide on the movie, and afterwards the movie itself should provide ample fodder for conversation.

There are several signs that the date is going well. One of these is laughter- if you are both laughing, the odds are very high that you are having a good time. There is nothing more rewarding than female laughter on a date; it means that you are in the door of approval. Don't overdo it though, and don't try to play for laughs. Understated humor is the best way to go. Time seeming to fly by is another good indicator of a successful date, as we never have enough time when we are enjoying ourselves.

There are some suicidal moves and places when it comes to first dates. Bars immediately spring to mind. Many bars are filled with juvenile minded people (mostly young men) who are seeking to prove their manliness to a public that is in no need of convincing by looking for fights. If you happen to be a big guy, you will present an immediate target. This will inevitably result in a no win situation.

Fights are a ridiculous behavior for an adult to engage in, nevertheless you may be forced into a situation where one cannot be avoided. There are lots of contingent consequences, including a possible loss of respect from your date and even charges. Bars also have the implication of heavy drinking, and your date may think you are trying to get her drunk to take advantage. If you both find out that you enjoy dancing, try to go to one of the higher class watering holes in your area. Otherwise, avoid bars altogether on the first date.

First Impression: Advice For That First Date

First dates are tough situations. Oftentimes, they can end up being painfully awkward. So what do you do?

What follows are a list of dating tips to help you and your date get started on the right foot:

- Try not to meet at each other's houses and try to drive yourself. This is so that if you want to end the date early, you won't be trapped. This also helps avoid the impulse to invite your date in or not. Also, having your own car means you don't have to worry about your safety; your date won't know where

you live and this avoids a date turning into some bad stalking nightmare.

- Try to keep the date as simple as possible. First dates can bring on jittery nerves. Jittery nerves and complicated plans do not mix. Just make it easy and enjoyable.
 - Men, try ending the date first and do it politely, though make sure that you show you're interested. This will make you stand out.
 - Women, don't wear anything provocative or too sexy. This sounds like an old cliché but first impressions last. Your date won't know anything about you except for how you look and how you behave. He will take you at face value and giving him the wrong impression on what sort of person you are is not something you want to do.
 - Try and wear clothing that makes you confident and that you are comfortable wearing. It will be uncomfortable enough without worrying about that tightness around your waist or the itchy necktie.
 - Men, try to be specific about where you are going for the date. This will make the entire affair more comfortable and it prepares your date for what to expect and what to wear. Wearing a cocktail dress to a fast food joint is definitely out!
 - Ask your date about himself/herself. A healthy interest in getting to know your date is a good sign to show him/her. This means that you want to learn about him/her and think of your date as an interesting person. Remember, the most interesting conversationalists are those who ask about others. Great topics are work, hobbies and sports. Just keep it light and conversational.
 - Try not to overdo the perfume or the cologne. Too strong and the scent can be quite distracting. It's very hard to complete an evening out with your date dazed by the smell.
 - Mouthwash is important. Also, brush your teeth and bring a couple of mints if you're eating out.
 - And always remember... have fun and be yourself!
- Dating: How To Ask Out A Shy Woman

How To Ask Out A Shy Woman

Dating could be one of the most celebrated events in an individual's life. It is that point in time where a man and a woman get to be acquainted with each other and discover each other's weaknesses and strengths.

In fact, some studies revealed that dating, which eventually leads into a relationship, makes people feel better and in good health than those who preferred to be single. That is why almost 90% of the adult population in the U.S. is already married, with the remaining 10% planning to marry someday.

However, even if most of the people would rather engage into dating and wish to marry someday, this does not necessarily mean that dating could be very easy. The truth is dating could be very tricky especially for those who do not know the right strategy in asking women out.

Consequently, most men contend that they are having a hard time asking shy women out. This is because shy women are afraid of the consequences that might happen during their date. The problem

with most shy people is that they have higher expectations on finding the right person; hence, they fear that the person is not yet the one and that the date might just turn into a disaster.

Moreover, socialization for every shy woman could be a disaster for her. Mere shaking of hands or simply facing their date is already difficult for them.

So for those who want to ask shy women out, it is important to remember about the common characteristics that these kinds of personality exhibit. Here is a list of some tips that you should remember:

1. Try to know the reasons for her shyness

If you personally know the person, it would be better to do some research from her friends or other acquaintance the possible reason for her shyness. In this way, you will be able to plan the appropriate actions in order to deal with her properly.

There are some women who are just shy because they do not know the other person too well, but once they get long with each other, her shyness eventually fades.

2. Single steps journey are much preferred

The problem with most shy women is that it is difficult to let them open up and loosen a bit. This is sometimes associated with the fact that shy women are afraid of meeting people whom they do not know very well.

Hence, one good way to solve this problem is to try to get close to the person first. However, it does not necessarily mean that once you are acquainted with her, it would be easier for her to open up instantly. The point here is that time will tell when the shy person will open up and reveal something about her life. So the best way is to continue making her feel comfortable and impress her by being reliable and somebody she can trust with.

3. Listen well

Most shy women are initiated to feel at ease when they know that the person they are talking with are listening to whatever they have to say attentively. Hence, it is important to listen to all of her sentiments, her inhibitions, her experiences and make her feel that whatever she has to say, you can understand.

The point here is that people love to talk about themselves, so when a shy woman has already started talking, the best way to get her attention is to listen to her first.

4. Get the conversation going by empathizing with her

It would be better if you can show your empathy by telling her with your own experiences, fear, and inhibitions. In this way, shy women will be able to relate to you, hence, they would be more at ease.

5. Try to be subtle all the time

If you think that you can never initiate her to open up, do not be pushy and pressure her to do

something she does not feel like doing. It will only make the matters worse.

All of these are boiled down to the fact that dealing with shy women is never easy, but it is not that complicated at all. The only important thing to consider is to take the person's personality all the time. Try to consider her feelings and sentiments.

By the time that she knows you are someone she can talk with and be with without having to fear of anything, chances are, both of you are on your way to a wonderful and hopefully lasting relationship.
Dating: Physically Touching A Woman

How to Attract A Woman: The Best Ways to Handle Physical Contact

Touching/physical contact is an absolutely vital component of seduction. You can't successfully pick-up a girl without first establishing a basic level of mutual tactility – I.E. Before you can move in for the kill by kissing and/or sleeping with her, you MUST first have a regular, healthy amount of touching that works both ways: she flirtatiously puts her hand on your knee, you encircle her waist with your arm and pull her a little closer – whatever form the physical contact takes, it has to be present for you to achieve your final goal of actual seduction. And that right there is where the problem for many men lies: how can a guy get the ball rolling when it comes to tactility and physical closeness? If the girl's not being tactile, how can a guy develop mutual physical closeness without freaking her out or scaring her away?

Often men just “go for it” and consequently end up making the girl feel uncomfortable or even slightly violated because of their rushed attempt at physical closeness. Other men decide they don't want to risk putting a girl off, so hold back any kind of touching or bodily contact – doing so usually sends out the wrong message, that the guy is either not interested in the girl, or that he's simply too timid to show it, neither of which are attractive scenarios in the mind of a good-looking, fun-loving girl. Okay, so what's the solution to this awkward problem?

Quite simply, you just need to follow a few basic rules or procedures, all of which conform to the personal boundaries of most girl (and therefore don't appear uncalled for or rushed) but at the same time clearly indicate that you're a confident guy who's not afraid of getting to know girls and even showing it through casual, relaxed physical contact. So, let's take a look.

1. Many men think that touching a girl in any way when they first meet them is an absolute no-no. But that's simply not true. To form a positive, strong first impression and create an immediate bond with a girl when you first introduce yourself or get talking, casually and gently touch the outside of her right arm while at the same time verbally expressing something. The outside of a woman's arm is not intimate enough a place for the touch to feel strange or out-of-place, but at the same time it's a clear-cut sign that you're a personable, socially adept kind of guy. Don't be afraid to give it a try – you'll notice the benefits immediately.

2. Once you've started a conversation with a girl, or when you randomly find yourself chatting to a woman you really like the look of, it's important to keep up the physical contact. Doing so helps maintain the bond and rapport you've already created and also helps build it further, into mutually felt sexual attraction. You can use something called 'Stealth Tactility' to do this. Quite simply, stealth tactility involves making physical contact with the girl in a disguised way. For example, if she wants to go to the bar or bathroom but doesn't know the way, you can use stealth tactility by placing your hand on her shoulder, drawing her in a little closer, swiveling both of your bodies round until you face in the

right direction, then point past other people or obstacles with your other hand to where she needs to go.

3. Lastly, always try to use a 'contact close' when you finish your conversation with a girl. For example, after swapping numbers or arranging to meet again, give her a kiss on the cheek or a hug and a kiss. Many men think that the hard work's been done once something's been arranged for a later date, but making physical contact before you part with a girl is always a great way of ensuring she remembers you and really cannot wait to see you again.

Dating: No Russian Women

6 tips for NOT dating Russian women

Look around the (online dating) web and you will notice that the online dating scene is a lot focused on single Russian women and other East European women. The reason that in particular women from these countries are looking for a foreign partner is generally known, but will not be discussed in this article. But I do like to give you some tips when you must NOT be dating or contacting Russian women.

Let me give you 6 valuable tips:

Tip 1.

If you are a single man and you don't want to be single anymore then you probably already are using the Internet as a source to find a new partner. But fun dating, chatting and 'playing around' with people from your own culture or country is something different then being determined to find specific a Russian woman with the one and only purpose: to marry her. This means traveling to Russia (to meet her), possible language barrier, learning about the Russian (women) culture, be prepared for unexpected situations, like money expenses, possible scam situations (if you are looking in the wrong places) and many more.

If you are not convinced about yourself that this is all worth for you, then don't start dating or contacting Russian women. A serious looking Russian woman who is a formal member of a serious established agency has already prepared herself before she decides to register herself as a possible candidate for serious looking single men from all over the world. She is not looking for pen pals or everlasting month's of email correspondence, no she is looking for a life partner with one main purpose: to build a happy family.

Tip 2.

If you think that register yourself at some dubious free dating site would be enough to present yourself as a serious looking single man, who is looking for a serious marriage minded Russian woman with the expectation that many women will contact you first, then don't start to find your future Russian wife in these places, because you will not find them here. These kind of sites can be fun of course, but are also hotbeds for possible scammers.

Believe me, I have unfortunately a lot of experience with men who started at the wrong places. Be smart and take a huge head-start by avoiding these places.

Tip 3.

There are people who register themselves in men's catalogs with photographs as if they are looking like 'Tarzan's' or use photo's only wearing swimming shorts, just to impress young good looking ladies. And write a biography using 3 lines like "Hello, my name is [name], I am a single man looking for a young beautiful woman who also likes music, going out, having fun and drive fast cars, if you are

interested, then please write me back”

If you identify yourself with that kind of persons, then don't contact or try to impress Russian women in such way. Russian women are not looking for Brad Pitt look-alikes or muscles like Sylvester Stallone. They are not judging 'looks' at all, and you will find out why if you take the trouble to do this the right way.

Tip4.

If you think Russian women are looking for any (western) man just because you think they are looking for a new country, a better life, a wealthy man, no matter if he is 20 years older than she is, then please keep on dreaming. They just seek compatible partners for long term-relationships and marriage and want to love and be loved, that's all no more, no less!

Tip 5.

If you don't have a regular job or (enough) income or don't have a house/apartment (rent or owned) big enough to live with a family, or if you have any serious criminal records (I am not talking about non paid parking tickets), then don't try to bring a Russian woman into your country. You will not succeed. Not because of my personal advise which has nothing to do with this, but because of the strict regulations, procedures and rules that are imposed by the authorities when you have the intention to immigrate a Russian woman into your country.

Tip 6

If you think, that when she finally joins you in your country, you can start living your 'normal' life again and if you think she is capable enough to find her own way in your (for her) strange country, to find at once a job, to teach herself your language and find by herself new friends and if you think she should be 'thankful' that you have 'pulled her out' her poor mafia controlled and corrupted country, then don't start even thinking about contacting a Russian woman. At least the first month's she will need extra support from you to settle herself with you as a 'just married' husband-and-wife couple and she has to adjust to your country (customs), your culture, your language, your friends, your colleague's, your shops, your train and bus schedule, your etc. and that takes time and patience from both of you.

But: It's all worth it!

Please do not think I am some weird arrogant Russian and do understand that I am certainly not trying to discourage you to 'date' Russian women, on the contrary, I only want to give you some serious tips about the things that really won't work.

Dating: Dangers With Internet Dating

Avoiding The Dangers Associated With Internet Dating

Internet dating offers individuals, couples and groups an opportunity to meet online with the possibility of developing a romantic or sexual relationship. Most Internet dating services provide unmoderated matchmaking, allowing users to make their own connections via e-mail or telephone.

These services allow users to browse potential dates using criteria such as age, gender and location. Almost all internet dating sites allow their members to upload photos of themselves which can be viewed by other members. Some sites also offer podcasts, online chat and message boards. Most internet dating sites allow free registration as part of their trial service in order to attract new users. Afterward the trial period is up, a monthly fee is charged.

Many internet dating sites are broad-based, meaning their members are from a variety of backgrounds who are looking for different types of relationships. However, there are also some sites which are more specific, basing membership on more narrow criteria like common interests, location or relationship desired.

Online dating has both positive and negative aspects that people should be aware of before joining any internet dating service. Internet dating allows members to meet more people, users can easily browse other members profiles, members can communicate anonymously and with reduced fear of social awkwardness, geography is no problem since members can meet people from distant locations, most dating sites are either free or moderately priced, and members can chat with each other through e-mail or instant messaging before deciding whether they want to pursue the relationship in real life.

There are, however, some negative aspects to Internet dating. Some members misrepresent themselves, lying about their marital status, age, gender, physical attributes or finances. On most sites, men outnumber women, so female members are bombarded with responses, most of whom are inappropriate choices. Some internet dating sites don't remove expired profiles, and thereby falsely inflating the number of potential dates on their service. And, despite modern advances, the same dating problems that arise from basic human psychology and behavior still affect Internet dating.

How to avoid the danger of internet dating

There are some internet dating services that monitor the online behavior of their members, but only to a certain extent. There are also sites that provide second-party regulations in order to keep track of complaints, with moderators banning users who violate the rules of the online dating service

Likewise, online dating members should also take basic safety precautions, withholding their home address and phone numbers – as well as workplace or school information – until they've satisfied themselves that their potential date is trustworthy. Although it's true that it's safer to meet people online than in bars or other similar places, it's still wise to be cautious, as not every person online is telling the truth about themselves.

Each user should remember that they control over the information they share with others. Moreover, they also need to use common sense, just like when dating in the real world – but the key to safety online is in limiting the amount of personal information divulged.

Dating: Russian Dating Scams

Beware of Russian Dating Scams

The bad guys are all over the Internet and have infiltrated dating sites in hopes of making money illegally, so bad the U.S. embassy has issued alerts to warn people about this. Here are the basics from the embassy.

United States citizens should be alert to attempts at fraud by persons claiming to live in Russia professing friendship, romantic interest, and /or marriage intentions over the Internet.

Typically, once a connection is made, the correspondent asks the U.S. citizen to send money or credit card information for living expenses, travel expenses, or "visa costs". Sometimes, the correspondent notifies the American citizen that a close family member, usually the mother, is in desperate need of surgery and begins to request monetary assistance. Scams have even advanced to the point where the

U.S. citizen is informed of a serious or fatal accident to the correspondent and the “family” asks for money to cover hospital or funeral costs. Several citizens have reported losing thousands of dollars through such scams.

The anonymity of the Internet means that the U.S. citizen cannot be sure of the real name, age, marital status, nationality, or even gender of the correspondent. In every case reported to the embassy, the correspondent turned out to be a fictitious persona created only to lure the U.S. citizen into sending money.

These scammers have created male as well as female characters and entice same sex correspondents as well as those of the opposite sex. A disturbing recent twist are scammers who have connected to U.S. citizens through chat rooms for HIV positive individuals, posed as HIV positive individuals themselves, and asked for money for treatment or travel to the United States.

Correspondents who quickly move to professions of romantic interest or discussion of intimate matters are likely inventions of scammers. A request for funds almost always marks a fraudulent correspondent. U.S. citizens are cautioned against sending any money to persons they have not actually met. If they do choose to send money, they can take several precautions.

- They may refer to U.S. immigration web site for authoritative information about the immigration process and the true costs involved. For example, U.S. law does not require Russian visitors to have a certain amount of “pocket money” or “walking around money” in either rubles or dollars.

- They may arrange to prepay for a plane ticket directly with the carrier rather than wiring money for transportation to the traveler.

- If the correspondent provides an image of a purported U.S. visa as proof of intention to travel, the U.S. citizen may contact the United States Embassy in Moscow to ascertain the validity of the visa.

Be careful. Be skeptical. Think and then do your research.

Dating: Proportions Matter, Sort Of

Dating – What Do Men & Women Find Irresistible in Each Other?

Consider this amazing fact. In mathematical terms men have evolved to find a woman waist to hip ratio is about .7 as most attractive to them. In other words, divide the waist measurement by the hip measurement and the resulting number is between .6 and .8. A man will almost certainly find that woman instantly attractive. And What women find irresistible in men?

Women say they want to find a ‘good man’ they can love. This is true to some degree. Women ‘Love’ as the most significant need they want fulfilled in a man. However reality is different from our beliefs. Love is wonderful but women seem to be attracted to other characteristics and traits long before love develops. Basically what women want in the new millennium has not changed much from what women wanted millions of years ago. So, what is it that attracts a woman to a man?

There is no question that women respect and look for a man who works hard, more than just about any trait or characteristic. If a man is not afraid of hard work, she knows she will be always cared for. A man who is willing to work long hours is seen as tenacious and someone who is reliable. Women know at some level that a man who works long hours is a person who is able to bring stability, especially in terms of financial reward. Women on average are attracted to men who work hard. Of all the

characteristics a man can have this is one of the most important that women look for consciously or unconsciously.

Some other traits and characteristics that women look in a man:

- Women want commitment. They want to know that a man is interested in their future.
- A man with a strong sense of personal, social, and business mastery. Kindness is perceived as an almost irresistible trait
- An interesting comment that we hear women saying is, they like a man who is 'good with kids'
- How important is money? Almost all women surveyed in study after study indicates they want to be with a man who makes more money. Women thrive and enjoy life when they experience security and stability.
- And last but not the least, a man who cares her and her kids.

What do men find irresistible in women?

What is it that draws a man to a woman? There is little that a woman possesses that initially entices a man beyond her physical attractiveness. This does not mean that if a woman is not physically attractive that she has no opportunity to find happiness. It does mean that physical attractiveness is far and away the number one trait that men look for in women.

Men are driven in large part by their desire to have sex. This surprises no one. Napoleon Hill, history's greatest success philosopher spelled out year's ago that the most successful men in history have had enormous sex desires. However, men who pursue only their sex drives rarely become successful. A significant element in the success of any man is being able to channel that sexual energy into their work.

How does we know what physical attractiveness means to a man?

Men think differently than women do. Consider this amazing fact. In mathematical terms men have evolved to find a woman waist to hip ratio is about .7 as most attractive to them. In other words, divide the waist measurement by the hip measurement and the resulting number is between .6 and .8. A man will almost certainly find that woman instantly attractive. This is the bottom half of the hourglass figures.

A man does not need a measuring tape to know that he is attracted someone however. He simply has a certain shape that he is designed to look for and this is part of that shape. (Women do have a filter for a man's physical appearance. Women tend to unconsciously filter out men whose waist is larger than their hips). Having said that, however, physical attractiveness is not the sole criteria to a woman being attracted to a man.

Dating: Myths For Men

Dating Myths for Men

Dating is a confusing and heart-wrenching ordeal for the Nice Guys out there. It's time to learn the truth about dating and what women really want. Women are attracted to an Alpha Man

To a Man Who Wants To Attract More Women and Get More Dates — But Can't Get Started —

First – Learn the Truth About These Myths!

How Often Do You Find Yourself Saying: “I Wish I Knew How To attract the ladies and get more dates”?

If you’re like most of the guys I know, it’s often. More often than you want to admit.

We go out on “dates” with women, hoping that if we PROVE ourselves to them in some way, they’ll be interested in us and attracted to us. And time after time that just never happens. The date ends with a hug or a quick peck on the cheek, as she tells you, “I had a real nice time.”

If you’ve been put on the defense in this dance of romance, you can never really stop worrying, and your attitude will communicate things to a woman that will ultimately drive her away.

What I want to do is take a few minutes here and destroy some myths about women and men and get you started on the right path.

Let’s start right away with:

MYTH 1) Women want what they say they want.

It’s a shame we have to cover this one, but it bears repeating. All you have to do is see the apparent contradiction between what women SAY and what they DO and you’ll understand that they are not the same.

Women have an ideal picture of “romance” programmed into their heads as little girls, primarily from bad fairy tales they read. Then they moved up to the “bodice ripping” romance books. Yes, those cheezy ones you see on bookstore shelves.

Women (and men) don’t understand that they respond to definite behaviors much more than others, and they are behaviors that conform to simple rules. They’d be ashamed to admit them, but they are true.

And the good news for guys is that they can be learned. They’re part of you already; you just have to learn how to demonstrate them.

MYTH 2) Women are hard to understand.

This is a gross example of laziness . Women are extremely EASY to understand. The reason most guys say those cliché phrases like: “Women! Who can understand them.” Or other jokes to that effect is because men don’t think the way women do about certain things. They think emotionally, while you think LOGICALLY.

All it takes is for you to learn how to understand their way of thinking to understand them. You don’t have to BE a pet hamster to understand that he just loves chewing and running on that wheel in his cage. So you give him things to chew on, and give him a nice wheel.

Ba-da-bing. You just made Mr. Hamster happy.

But when it comes to women, guys want them to behave and think like GUYS. And when they discover

that they don't, they get all mad about it instead of learning how women actually think.

Ask yourself this: Are you mad at the weather when it rains? Or do you just figure out how an umbrella works so you can stay dry?

One you can control, the other you can't.

One belief will leave you **CONSTANTLY** frustrated and angry. The other will put you back in control. Remember: It's not what happens to you that's important, it's how you **RESPOND** to what happens to you.

MYTH 3) Right this minute you have all the skills you ever will with women. (Or, you can't improve your skills beyond where you are right now.)

This one is the belief that follows right after the last myth. Men give up trying to figure out why a woman behaved a certain way, figuring that it's easier to just run around saying, "Women! Who understands them?" Just like everybody else.

Who could blame us for feeling this way? Guys want a very UNcomplicated lifestyle. We don't like hassles and drama. (Whereas women seem to feed off this energy.)

The truth is that your skill with women can **ONLY** increase from here, unless you're in a rock band or you're a gorgeous movie star where women are handed to you on a plate.

But make no mistakes – you don't have to be a rock singer or a movie star to get women interested in you.

All it takes is getting the right information to put you on the right track.

MYTH 4) Women who are attractive are more important and their opinion means more than regular women.

Now, before you take that the wrong way, let me clarify. A guy will tend to treat a good-looking women as if she is a precious commodity, and that she is more valuable than himself.

We live in a society (and a world) that is completely hung up on appearances. We love beauty.

We actually **WORSHIP** it.

Look at the covers of magazines. Look at actors on television and in the movies. Look at our pop music stars. (Interesting that there are no 'average' looking people making good music, huh?) We pay billions and billions of dollars on our vanity. Hair coloring, makeup, cosmetics, you-name-it.

There is a well-documented psychological fact that we tend to attribute more positive beliefs and attitudes to people who are attractive. We respect them more. We tend to believe that they are more talented and capable because of their appearance.

"Average" people don't get the same kind of favorable treatment. As we all know, you can't judge a book by its cover.

Remember that hot women are no different than any other woman, other than the fact that she lucked out in the genetic lottery.

She's probably been spoiled and unchallenged her whole life because of her looks, which actually makes her EASIER to get than most other women.

MYTH 5) You need to convince, beg, or trick women into getting them to sleep with you.

Oh, dear. This one is where so many good guys go wrong.

Women want to do the nasty just as much as guys do. In fact, they get even more pleasure than we do, so they enjoy it more. The only difference is that women have better control over their desire than guys do. This stems from a time when women had to be VERY careful who she mated with, because she had to be sure she knew he was worth gambling her children's future – and her own – with. If he couldn't provide for her, she'd be in an incredibly difficult position.

Probably even fatal.

So she had to choose well. She learned how to read a guy's status and standing by his actions. (Never his words. Anyone can SAY anything.)

The good news to this evolutionary programming is that it's not hard to understand, and it's easy to see through the Matrix and understand how to make it work FOR you. All you have to do is bring out certain behaviors you've been hiding for so long.

MYTH 6) You have to be rich, famous, a jerk, or good looking to attract hot women – OR – You can't be a nice guy and get women.

NOT!

Women aren't actually attracted to jerks because of their abusive behavior. Or to famous people because of their fame. Or rich guys because of their wealth.

They're attracted to the potential feelings that these guys can give them.

Jerks give her a CHALLENGE.

Fame is attractive because of the POWER.

Wealth is attractive because of the SECURITY, COMFORT, and POWER.

And all of them are really just indicators about the guy that wields them.

It's easy to assume because a guy is wealthy, he can keep her in a way that she would find comfortable.

It's easy to assume that because a guy has fame, he also has the wealth. And he wouldn't be famous unless a large number of people MADE him popular, right? This is called "social proof," which I cover in my e-books and audio.

Again, the good news is that these are external indicators that you can simulate with your own behavior.

You don't have to be rich or famous – or a jerk – to get the women you want.

MYTH 7) Women are better than men.

This one is a lot like #4. A lot of guys run around with the idea that what the media tells you about men is true.

- That we're dogs
- That we're only out for s*e -x
- That we're the rapists, pedophiles, and violent offenders
- That we start all the wars
- That we are just a bunch of grunting animals who only love football and porn
- That we're just plain BAD.

Watch any of today's movies or television shows and they portray men as buffoons that can only understand "Three Stooges" episodes, or lounge around on our front lawns in wife-beater t-shirts on "Cops."

Women have more than their fair share of problems and issues, and if you've dated a woman for longer than a few weeks or months, you know I'm telling the truth here. Don't get me wrong; they're the most wonderful and complicated creatures, but they're not BETTER than men.

They're just women. And they can be understood.

MYTH 8) The more you tell her about you or about how you feel about her, the better your chances to impress her and make her want you.

This one is COMPLETELY the opposite. The more you tell her, the LESS she will feel for you. Especially if it's about YOUR feelings.

A lot of guys think that if they just tell her how HE feels, she'll suddenly discover the love within her for him.

Again, another Hollywood lie that is perpetuated because guys don't take the time to really sit down and think this through.

What is the most important thing to a woman?

HOW SHE FEELS.

If you can make her FEEL the right mixture of curiosity, excitement, and hope, you can get her interested in you.

I'll show you how to do that.

MYTH 9) Guys must “ask women out” on dates because it’s what women want.

The single most routine and ordinary (BORING) thing to do is ask a woman out.

You have to have more imagination than this. This is the oldest routine, and all women know how it works. By asking a woman out, you force her to think of you in romantic terms.

It’s like you just asked her:

“Do you like me romantically, or don’t you? Or would you just like a free meal and drinks, on me?”

Golly. What a choice, stud-puppet.

You should never invest money in a woman that isn’t ALREADY interested in you.

That’s like giving money to an investment that you know NOTHING about. You just saw the advertising pamphlet and it looked really good, so you bought into it.

I’ve got a bunch of ways for you to find out if she is really into you or not.

MYTH 10) Since I’m a “nice guy,” I should be what women want, and therefore I should be getting laid.

Nope.

Sorry.

Negative.

This one belief will probably cripple you for life, as well as turning you into a bitter, angry man.

There are more myths about women and seduction than you would believe. They’re misconceptions that have been pumped into you by years of bad advice, well-meaning friends, and our media and Hollywood programming.

You owe it to yourself to find out what women are REALLY thinking, and what you can change to start GETTING RESULTS with them.

Are You Serious About Wanting To Attract the Gorgeous Women and Get More Dates?

Here’s How To Get This Special Ebook, along with some bonus reports ...

Just go to the link below to download The Dating Black Book right away. Get started on the path to success with woman right now.

Dating: First Kiss Anxiety

First Kiss – Dealing with the Anxiety

If you're getting close to landing your first kiss and you're overwhelmed with stress, then you must read this article. It will slash your anxiety in half. Make your first kiss enjoyable!

Getting close to landing your first kiss? Are you overwhelmed with stress? If the answer is yes, then you must read this article. It will slash your anxiety in half.

1) Eliminate Expectations

Don't expect to set the world on fire with your first kiss. Instead, decide that you just want to give a normal 10 second kiss. Shooting for a realistic goal will lower your stress considerably.

2) Remember that you'll get a 2nd, 3rd, 4th, 5th + chance. Once that initial kiss is made, you guys will do it a hundred more times. You'll be so relieved and thrilled to be kissing, that you'll want to do it all the time. So, if you screw up a little on your first kiss, don't sweat it. You'll get another chance to do it better...probably within the hour.

3) It's probably their first kiss, too

Don't expect to be judged on your performance. If they haven't kissed anyone before, either, you can be damn sure that they're also stressing about it. In fact, after you guys pull apart from your first kiss, it's likely they'll be so busy wondering "Am I doing this right", that they won't stop to consider whether you did it right.

4) They want you to kiss them

Go ahead and assume that the person you're dating wants to kiss you. Obviously, they're physically attracted to you. Otherwise, they wouldn't be dating you. It's only natural for them to want you in a more physical way. Of course, they want to kiss you.

5) Think positive thoughts

Psyche yourself up. Think how happy you'll be once you land that first kiss. Think of all the hours of making out that will be going on after you get the first kiss over with. Think how great it's going to feel. Don't delay this ecstasy any longer.

6) Billions of people kiss every day

A kiss is a normal everyday thing for several billion people. Your mom and dad, neighbors, and other people all over the world kiss all the time, so what's the big deal? If they can do it, why can't you? If it's no big deal to dinosaurs like your parents and grandparents, why should you have a problem with it?

7) Visualize it

Try to picture how it's going to go down. When you go to bed at night, close your eyes and try to imagine how you're going to make your approach, how you're going to hold them, etc. The more you visualize this moment, the more comfortable and stress free you'll be when the time comes to do it for real.

8) Practice it in your room...seriously

Physically go through the motions that you visualized in the previous step. Practice walking up to your sweetie, practice what you're going to say (and in what tone of voice), and practice leaning in. You can even practice kissing your hand. Believe it or not, but these techniques actually work. Going through the motions will prepare you for the real thing.

Dating: How To Date An Older Woman

How To Date An Older Woman

Age does not matter! These words seem familiar, right. Dating older woman is very common these days. Guys are interested in dating older woman since they believe that they are more experienced and are more capable of handling relationships smoothly. Not only that, older women are perceived to be more mature, financially independent, and good lovers. If you are a guy interested in dating older woman, then no need to have second thoughts. Here are some helpful tips in successfully dating older woman to make your dating experience truly worthwhile.

Before you go on dating older woman, you must first know what kind of relationship that you want. Are you just going for a short-term relationship or a long-term? Is it for marriage? Try to assert yourself what it is really that you want before you start dating older woman. Once you are sure of yourself, the fun of dating begins. Dating older woman can be a nice and exciting experience. You must always remember to have fun and always see the lighter side of life to enjoy every moment of your dating experience. When you set your mind that dating older woman is fun, things will work out smoothly and you will find happiness in what you do. And stop worrying what others will think. In this society although many accept the fact of dating older woman, still some raise their eyebrows when they see couples together with such age gap. Don't mind them. They will not make you less of a person. Be confident and focus yourself on your desire of dating older woman.

It is necessary that you find an older woman who is interested in a younger man. You will have bigger chances of success to win the heart of the older woman you are dating if you know yourself that she is also interested in a younger man. When you find one, feel good about yourself because dating older woman can really be a tough process. If you think, there are things you need to change to make you feel more confident then do it. Go to the gym, have a diet, and pamper yourself. All these will be able to boost your confidence and make you ready to deal with any rejection in the future. Another thing, don't keep the experience of dating older woman to yourself. You should at least tell your friends about it and make them involved in the process. Listen to what your friends will tell you and try to weigh their advices if they are for your own good or not.

During the dating proper, be a good conversationalist. When dating older woman, you must let her feel that you can communicate properly and that you are able to express your ideas clearly and creatively. Always remember that in dating older woman, verbal, visual, and subtle communication is necessary to make your dating experience really memorable. And having a good sense of humor can help to create a relaxing atmosphere. The older woman can feel comfortable being with you even if you are younger and will be at ease with your presence. Make her feel important and that you are interested in her.

Dating an older woman is not at all bed of roses. Just like a rose, you'll never find one without a thorn right? So, when dating older woman, be ready for the best as well as for the worst. You should always be willing to accept the complications that come with dating an older woman. If ever worse comes to worst, remember that there's no harm in trying. It is better to date and lost than to never date at all.

Dating: How To Make A Girl Fall In Love With You

How To Make A Girl Fall In Love With You

Let's get started. Getting a girl of your dreams is much like getting the car of your dream. But unlike a car which you can always bargain for, there is nothing like a 20 percent discount in courting the girl of your dreams, she's so sweet a thing to be discounted, you dearly are in love with her and your feelings

for her can only be communicated not by the words of the mouth, but by the words of the heart. Getting the girl actually depends on how big your heart is – faint heart, never won fair lady.

The first dating idea for any man is to make a good impression. In your doing so, you don't have to talk, dress or do the common things that all the Toms do to get a decent girl's attention. Be unique, that's all you need. Be a man of his own style. Dress decently – indecency can make one be mistaken for arrogance; watch your language – obscene language gives the impression of immaturity, being uncultured and cheap; be a man of good habits – don't drink or smoke like any other loser.

How to make her fall in love with you? Take your time. Add some romance to your dating style. When in College I had a crush on the most beautiful lady in our first year lot. Though all senior guys were out to get that girl, I managed to divert her attention from the other guys. I wrote her three letters without disclosing my identity and slid into her room secretly; all I said was 'Yours Secret Admirer.' The first letter contained the meaning of her name, this I got by playing around with the initials of her name to make meaning. The second was a funny message that could only be read backwards and it was all about her physique and her smartness. In the third letter I told the girl to be ready to receive a rose flower from her admirer, but only if she could be kind enough to phone him using a number that I had included in the letter. The girl did phone me that very night, and her first words to me were, "Hallo Secret Admirer." So, the story of our love affair came to be. Later she told me that was so creative of me, no one had approached her in that manner. I made her fall in love with me and made a date in the romantic manner.

Befriending and understanding the girl you are out to get is the next important thing. This is what I also did. You have to understand that as a lady, she loves to be loved, adores to be adored and needs to be needed. This will move you closer to the girl and you'll get to know what she's into, what she likes and dislikes, and what her style is. Love is built upon friendship and it always leaves individuals better off having known each other should they break up. I and my College steady were to break some time later but to date, we are the best of buddies. Be sure that bringing out the selflessness friend in you will make her create room for you in her heart.

A shoulder to lean on and some good friend that she can always turn to is all that a lady wants. Please don't hesitate to be helpful and supportive. Be that friend who rekindles her zeal of hardworking and restoring hope back into her life when she loses hope. This above all other things will make you her daily vitamin simply because you bring out the best in her in terms of personality and character. In you, she'll have found that friend whom she can open up to, share with and advice each other on the rights and wrongs, the dos and don'ts of life. Don't forget to always be there to celebrate the good times, and to lend an ear when the girl needs you to listen as a friend.

Make the girl feel special; because she's someone's friend – your friend, and let her know that she too has touched your life in a unique way like no one else could. Compliment her for her company and for being there when you needed her, when you felt sad and all alone. Show appreciations for the comfort the girl offers you and for making you smile.

In your day to day talks, share your dreams, your world, and every aspect of your life with your girl. Always dream with her, build with her, and always cheer her on and encourage her. Tell your girl how you always think about her even when you try not to think about her. Let the girl know that she's your first thing in the morning and the last thing when you go to bed at night.

Her knowing that you were thinking of her when you slipped beneath the softness of your blanket and

gave in to the bliss of sweet dreams, will make her go ‘my my’ and her heart will sing your name all the year round.

You have to be creative and constructive to keep girl’s interest in you so full of life. I remember one time I told my girlfriend to be to imagine we are both deaf and dumb. We then sat opposite each other on the table and started sharing our feelings for each other using eyes and hand signs. It turned out to be some fun. There was also this time that we were in the library and we decided we are not going to speak to each other verbal, so I wrote a love note on a paper and passed it across the table to her, she replied and on and on we carried on our love on paper conversation till we almost exhausted a whole rim of paper. At sometime, I noticed that some guys sited with us on the table were enjoying our ordeal than their studies. Such are the things that made the girl embrace my world. I remember her suggesting that we play deaf and dumb two years after we broke up, can you imagine that?

Never fail to phone her, even when she least expects it. I once called some girl that I was interested in at four o’clock in the morning. When inquiring of what I was doing up so early, I told her I was in thirteenth heaven, where people think of their loved ones when they can’t sleep. Wow! First thing early the next morning, she was at my door with a king-sized hug for me. No matter how many dates you take her, don’t make any elbow – exceeding moves after any date, just drop her home and with a friendly handshake, wish her good night. Don’t kiss her when she expects you to. Your respect as a gentleman will be earned on how patient you are with her when it comes to such matters as kissing her and accessing her inner graces.

The writing is on the wall that you want her, but you can’t have her just yet. Increase your demand. Try to show her that men are also hard to get at times. Make her realize that when she feels a little dizzy, a little tired, a little sad, a little sick, a lot bored and very much cold, she’s actually missing vitamin you. By this time, she’ll be so much into you and since love is truthful and is characterized by open and honest communication, honestly promise her your everlasting devotion, loyalty, respect, and your unconditional love for a lifetime. Prove to her that you’ll always be there for her, to listen and to hold her hand, and that you’ll always do your best to make her happy, and feel loved.

Remember, patience is the key to her heart; be like that gardener watching a fruit as it hangs on the tree, day after day admiring it, but, exercising tremendous self-discipline, neither feeling the fruit, nor pinching it, nor testing it to see if it is ready. And then, one day he holds out his hand and the fruit simply drops into it, ripe, warm and eager to be eaten.

The patience and self-control which you practice will make you more attractive and charming. This will qualify you as her daily vitamin and win you that heart hers.

I wish you to meet the girl of your dreams ASAP, make her fall in love with you, and make her feel the happiest girl in the world!

Dating: Teen

Teen Online Dating: Is it Safe?

Online dating services offer a lot to adults and allow them to connect with other people looking for that special someone. Now, when you think of teen dating you may realize all the dangers that are involved. Although you think of all the dangers, there are also some good things that can come out of teen dating online.

The most common idea of dating online is two weird people pretending to be something that they are not, but this isn't always the case. Online dating services offer a lot to adults and allow them to connect with other people looking for that special someone. Now, when you think of teen dating you may realize all the dangers that are involved. Although you think of all the dangers, there are also some good things that can come out of teen dating online.

The dangers in teenage dating online are very clear. Although teens may think that they are safe online and behind a computer, they are not. Millions of people have access to information in your computer if they know how to access the system. When you log onto your computer and the internet, it is an open portal for many people to get into. Teen dating sites are also an open door to these thieves and sexual predators. When a teen is on an online dating service you should monitor the information they give out, like where they live and numbers etc.

Before registering on an online dating site you should research the site and make sure there aren't a lot of reports of identity theft or online stalkers. If there are, you should find a different site to register at. You should also not give out any information on where you live, your phone number, pictures or even event you are going to attend. Stalkers will feed off this information and try their hardest to get it. Be wary of what you say. Be aware that profiles can easily be hacked into and imitated, so make sure you know that you are talking to the person you know before you give out any information. You should also talk to your parents before entering the world of online dating. It may seem like a hassle or a bore but you should make sure you have their approval before you access these sites. They may want to know the pros and cons before allowing you access to it, and you should make sure you know what not to do on an online dating site.

Teen Online Dating Tips

Teen dating whether online or off is very popular these days not limiting to adults only, but younger generation and teenagers are also involved in it. Teen dating is considered an important part in the life. Teen dating is a time of social experimentation for teenagers. It can be a wonderful and fun time where self confidence is built up, and dating techniques are learned. Teens also learn how to be both assertive and compromising, how to be giving to another and how to expect the same in return. All of this is a sort of practice session in order to find "Mr." or "Miss Right." It's a time for them to test out which type of partners appeal to them, and how they can negotiate a romantic relationship. But since it is a delicate teenage, it can also be a confusing time not only for teenagers but also for parents.

Since it is such a delicate age with incomplete maturity, while dating, teenagers and their parents should be aware of lots of things to make teen online dating as fun and not a nuisance. Whether you are a teenager ready for dating or a parent who has teens at home, it is good to have some idea about what is going on and what to expect and what to be careful about in teen online dating.

Teen online dating can be fun if you are aware of its pros and cons and are also aware of the ways to prevent that. But it should be done with caution. Teen online dating should be a memorable experience not a horrifying one.

Teen online dating is very famous these days because of its convenience and advantages. The first and foremost advantage from teen online dating is that you can contact matches without revealing your real identity avoiding the embarrassment if it doesn't work out. You may meet the people you would otherwise never get the chance to encounter. Teen online dating is a time to learn about person's qualities and attributes through the conversation. Since you are not seeing each other, it gives the

chance to both of you to reveal the thoughts and feelings without feeling awkward or embarrassed.

Whereas an inability to predict chemistry is perhaps one of the most limiting aspects of teen online dating, the advantages to this medium as a way of finding, introducing, and developing a relationship are significant and numerous. The increasing popularity of teen online dating is evidence to the multiple advantages. If you look around, there are lots of teen online dating services which give you all the facilities and security while you are dating.

Dating: Before You Say – I Do -

4 Questions to Ask Before You Say “I Do”

“How do you know when you’ve met the right one?”

Almost everyone asks this question at some point in their lives; unfortunately, there are not too many who get a concrete answer. But if you’re reading this article, then you’re one of the lucky few.

Interestingly, the criteria for choosing a spouse can be reduced to just four key characteristics. If you can find somebody with all four then it’s highly likely that you’ve found your life partner.

1) What is This Person’s Core Values?

Before you decide to marry someone, make sure that they are fully committed to some kind of objective moral and ethical standard. Whether we realize it or not, everyone has some kind of core value that is central to their personality. And when push comes to shove, that value is going to be the most important thing in the world to that person.

For example: Jerry’s core value is adventure. When Jerry starts to date Diana, he happens to be volunteering at the local Emergency Room. He goes there every night, holds people’s hands, calms them down. And Diana is thinking to herself that Jerry must have a heart of gold if this is how he’s spending his spare time. Now, Jerry might really have a heart of gold. But he’s volunteering because of his love for adventure. The ER is filled with action, it’s exciting. So right now, Jerry’s adventurousness happens to be expressing itself in a kind way. But that could change. Jerry might stop volunteering, and start trying other adventures that Diana may find unpleasant, dangerous, or even unethical.

However, if Jerry’s core value is a commitment to goodness and caring, then everything he does will rotate around that, including his marriage. And Diana will be a very lucky woman if she marries him.

So how do you get to know the true Jerry? Surprisingly, it’s not that difficult. No matter what a person’s core value is, you will see him or her sacrificing for it on a daily basis. If Jerry’s core value is adventure, then he might risk an accident in order to speed through an intersection or arrive late at work because he followed a police chase. If Diana follows him carefully, she’ll see that he places adventure above other important things on his list of priorities. But if Jerry’s core value is goodness, then Diana will see him give up on certain things in order to be kind. If the waiter mixes up his order, he’ll say thank you and eat the dish anyway. He’ll let the other guy cross the intersection first, or he might be late to work because he drove a little old lady home with her groceries. If Diana follows him carefully, then she’ll see him let go of some of his own desires in order to take care of other people.

So look for someone who is committed at the core to a higher set of values that you can appreciate.

2) Does This Person Treat Others Well?

Number two is obvious: You want to marry someone who is going to take care of you and treat you

well. How to figure it out? Simple. Spend time with this person, and pay attention to how they treat others whom they don't necessarily care about because they're not trying to charm them. Do they thank the attendant who pumped gas for them? Are they courteous to people at checkout counters? Do they curse out people who don't deliver on time, like telephone operators or overworked waitresses? Do they tend to drive aggressively, as if there's no one else on the road?

Ask yourself questions like these and take note of the answers – because they reflect characteristics that will come out down the line. Most people don't guard themselves so carefully that they'll hide how they treat others. So watch them, and you'll know how they're going to treat you after you're married.

3) Do We Communicate Well With Each Other?

In other words, make sure that you understand each other. This may seem obvious, but it's not. Sometimes you can see a couple in a fight and they argue for an hour, two hours, maybe even overnight. And then, at the end of round 16, it turns out that the whole thing was just a misunderstanding: "Oh, I thought you meant that... That's not what you meant? Oh, then we agree."

Although on an occasional basis this can happen to anyone, if it's happening constantly then it's not a good sign because that may not change. If you're constantly misunderstanding each other, then you might want to put this relationship on hold for a while.

4) Are We Physically Attracted to Each Other?

Physical attraction is an essential part of marriage. You cannot marry someone if you aren't physically attracted to them. And while men arrive at this conclusion somewhat quickly, women should give themselves some more time. Very often, a woman may not feel attracted to a man initially, but after she gets to know him she finds him much more attractive than before.

A word of caution: Although physical attraction is essential, you can't base a marriage on physicality. Whatever is going on physically is meant to be an expression of something deep that is happening on the emotional and spiritual level. The rule is – make sure that physical attraction is there, but don't get swept away by it. The other three characteristics are just as important, if not more so.

So there you have it. The next time you date someone, put what you've learned here into practice. It'll save you a lot of time and heartache, and you might find yourself walking down the aisle faster than you think.

Dating: Asian Respect And Honor

Asian Dating – Respect and Honor

Honor and respect are two of the most important elements in Asian culture, and they shouldn't be overlooked when it comes to dating. For instance, traditionally, Asian women are taught at a young age to know their place around men, treat them with respect and accommodate them, while men are taught to protect and provide for the women. Although these traditions have become a faded practice in Western culture, respect still plays an important role in the Asian dating scene.

If you are Asian and are seeking a serious relationship with a man or woman from your ethnic culture, you will need to take into consideration that every move you make could be watched carefully by your partner's family, who may very well act as the third party to your date. With this in mind, here are a few tips you will want to think about when you begin dating:

Make an Impression -Be on your best behavior. Listen to your date, create casual conversation, and be

accommodating and thoughtful.

Treat your Date with Respect – Remember the saying “treat others as you would like to be treated”, well this is when it really counts. Be considerate and patient, even if you find the topic of conversation to be of little interest to you. You should acknowledge what is important to your date and respect it.

Give them space – You don’t want to come on too strong in the relationship, as this could either scare off your date, or make him or her jump to wrong conclusions. Creating a comfortable dating experience is the best way for you to discover if what you have found is an acquaintance, friend or potential lover.

Every once in a while visit the planet Earth – Be careful not to be mislead into believing that your dating relationship is something more than it is. Remember, not everyone is seeking a long term commitment (which could include you) therefore, before you let your imagination run wild from misinterpretation, make sure you take a realistic look at the relationship that is developing.

Above All have fun – Let’s face it, the whole point to dating is about having a good time, and enjoying the other person’s company, so don’t be afraid to loosen up. Let your personality shine and take pleasure in your dating experiences.

In the end all that should matter when it comes down to dating, is that you and your date enjoy one another’s company, are comfortable together, and share similar interests and values. If you find that there is no chemistry forming, it’s time to say goodbye, and move on, regardless of how much your family may like him or her. After all, it is you who has to make the choice when it comes to your love life, for only you can determine who truly makes you happy. Therefore, grant yourself the respect and honor of making and standing by your dating decisions.

Dating: Avoid Cyber Stalking

Avoid Cyber Stalking

Netiquette For Rejecting Profiles

Online can be a fun place to meet new people, but because of the anonymity involved with dating online, you run a certain risk that the person you are striking up a conversation with isn’t exactly who they say they are. Breaking off an online romance or even simply rejecting a profile emailed through an online dating service can be tricky if you don’t do it with some finesse.

Cyber stalking is defined as unwanted contact or threats via email or instant messaging. Cyber stalkers can be relentless, sending mean and inappropriate emails so many times in one day that you no longer look forward to checking your email. They can also send pornographic material or even viruses disguised as apologies (Which you are more likely to open.)

Take heart, there are hundreds of online dating sites, from free dating services online to monthly or yearly membership dating sites, so don’t give up, just learn the netiquette involved with saying “no” to a profile sent to you via adult dating online.

Online dating tips for saying “no thanks” include:

- Do not send a reply. It is very bad manners not to open an email, but once you have and would not like to have further contact, just do not reply. In internet language this is a common form of showing no

interest, and is considered appropriate.

- If someone whom you have not replied to keeps sending you emails, use the sender block on your email, that's what it's for.
- If you are in a chat room and realize that the person you are chatting with probably isn't a good match, tell them so nicely and wish them well. Wait for a reply and kindly sign off.
- Always be kind and polite, but say nothing that could be construed as an indication that you might change your mind. Cyber stalkers, like "flesh and blood" stalkers, often believe that the other party did something to lead them on, even if you didn't, so leave no margin for error.

Always report this sort of abuse to the online dating service. A reputable company that provides adult dating online will censure or terminate someone who has reports of harassment.

Dating: Does Female Age Matter?

Dating: Single, Female and 30 Something

In life I think it's fair to say that women drew the short straw enduring monthly periods, PMT, giving birth and the menopause; all producing more hormones than she, and anyone within arms length distance, can cope with.

But if she is 30 something and single the joy of being a woman doesn't stop there! She is in a race against time to meet a man (preferably sexy!), fall in love, get him to fall in love her, move in together, get married, have a baby (the latter two in no particular order as long as they happen! ;-) and live happily ever after.

The reality though is that many women diarise "settling down" for their early 30s; devoting their 20s to getting a career, traveling, socializing and having fun. There are also the ones who, despite actively dating in search of their perfect partner since early adulthood, simply haven't found "the one".

After rebelling in her 20s footloose and fancy free, from the day she hits 30 her carefree attitude screeches to an abrupt halt; Mother Nature is suddenly occupying all her thoughts and her biological clock is ticking getting faster and louder as each day, month and year passes still with no sign of "the one" entering her life.

Of course, for the 30 something single men of the world this is not a concern; nature gave them the choice to put fatherhood on hold, worry free, until their 40s, 50s even 60s. So is this why 30 something women find a gap in the dating scene and are unable to find someone of a similar age to settle down with? Are the 30 something men busy dating but staying single until later in life because they know that when the time is right (for them) reproducing won't be a problem?

It's a sad fact that society portrays 30 something single men and women completely different. 30 something single women are labeled "out of date goods left on the shelves" whereas 30 something single men are given a pat on the back and told to enjoy their freedom while they can. Although TV programmes like Sex in the City and Desperate Housewives have helped to change peoples opinions of single women over 30, the fact remains that if she wants children the natural way (i.e. without a sperm donor) she needs a man.

So with no sight of a man on the horizon, she feels under pressure not only from herself but also from those around her to get on the dating scene and meet the father-to-be of her children. Her parents will say, “Why can’t she meet a good man and settle down?” her friends will say, “Shall we fix her up on a date with [John]?” and then there are the sniggering colleagues who will say, “She must be a lesbian!”

Whilst some of them may have her best interests at heart, she should not feel forced into a relationship to please everyone else. The problem she faces however is that, as a woman of the world, she knows exactly what qualities she is looking for in her partner and her standards are set so high that the men she dates often don’t make the grade.

What she may have to do therefore is accept that not everyone is perfect and compromise on her “tick list”. She needs to put things in perspective and ask herself if it really matters that he doesn’t own a flash car or that he wears awful shoes. (It can sometimes be non-important things why women will reject a man.) She should also be careful not to discuss marriage and babies in the early dating stages; men are aware that a woman in her 30s is looking for someone to father her children and if she comes across desperate, she will have most men running for the hills!

OK, so she knows what she wants and she’s willing to compromise but where will a 30 something single woman meet the love of her life? Is it at work, through friends, in a bar/club, at a party or an online dating agency?

Whilst it is recommended to explore all methods of dating in order to increase your opportunities, not all of them will appeal to everyone. Take a 35 year old friend of mine for instance whom recently became single. It’s not that she didn’t want to settle down in her 20s, she just didn’t meet the right man. She has, however, reached the conclusion that the likelihood of meeting someone in a bar or club who is potential “marriage material” is highly unlikely.

Whilst the majority of the 30 something single men she meets are happy to flirt, probably even happier to take her to bed, they do not want to commit to a relationship and jeopardize their freedom. Other rejects consist of men already in relationships looking for no strings fun or toy boys looking to put an older woman notch on their bedpost.

Only recently she dated someone whom she met in a bar who told her he was 27 years old (still younger than her but an acceptable age she thought). If I say that they became intimate very quickly, you’ll know what I mean! Whilst this was not something she would normally do, she felt a connection and it had been a while so she thought “Hell, why not!” Afterward, she felt it only right to tell him her age. “You do know how old I am don’t you?” she asked. “About 26/27?” he replied.” (He certainly knew where his bread was buttered!), “No, I’m 35”. “Well I suppose it’s only fair I’m honest with you too”, he continued, “I’m actually only 19”. “19!” she exclaimed. Immediately there was no future in this relationship and her hopes of finding “the one” had once again been dashed.

If you are experiencing similar problems finding a partner, why not give online dating a try? You will find men and women of all ages whose profiles will provide details of their age and whether they are looking for fun, love or marriage so you know from the start if you both have the same goals.

Dating: Friend Or Lover?

Do You Want To Be A Friend Or A Lover?

When we then continue to talk about “friends” and “friendship” we soon start approaching the decision

we have to make; do we just want to be pen-pals or do we want to meet face to face at some point in time.

This brings us to the dangerous word: DATING.

Yes, we have now convinced ourselves that we want to date somebody.

Just on the Web or for real? We can now play games based on the fact that most people trying to find dates on the Web are married. Does that surprise you? Given the anonymity of the Web it is very likely that if I am fat and ugly I don't want to emphasize this fact when I try to attract a date, so temptation is very great to embellish things a bit and to say in my description that I am "Voluptuous" and "Attractive".

First of all, let's define "friend".

Do we want to find an "old" friend?

Lots of websites specialize in helping you find an "old" existing Friend.

These sites are called "classmates", "reunions", "public records" or names along the lines of trying to find acquaintances from way back, from school, the Service or previous jobs.

Do we want to find "people"?

We can use "publicbackgroundcheck", "usa-people-search", "peoplefinders" types of sites for finding people.

If, however, we are looking for love and are calling it friendship initially then things get really complicated.

For the word "friendship" the Web comes up with 50,000,000 replies.

So we should be more specific about what exactly the "friend" word means. "a person you know well and regard with affection and trust; "he was my best friend at the university" ally: an associate who provides assistance; "he's a good ally in fight"; "they were friends of the workers" acquaintance: a person with whom you are acquainted; "I have trouble remembering the names of all my acquaintances"; "we are friends of the family" supporter: a person who backs a politician or a team etc.; "all their supporters came out for the game"; "they are friends of the library" a member of the Religious Society of Friends founded by George Fox (the Friends have never called themselves Quakers) "

We can now of course rank friends: good friends, intimate friends, family friends ad infinitum. When we then continue to talk about "friends" and "friendship" we soon start approaching the decision we have to make; do we just want to be pen-pals or do we want to meet face to face at some point in time.

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Who knows, in all likelihood I will never meet this person anyway and this is only fantasy. Guess what? I now start corresponding in earnest on the Web with this person I know nothing about. I tell this person all my deepest secrets, except the fact that I am ugly and fat. After doing this for a while my "Date" says that we should meet in person, because it seems we are really compatible.

YEEKS! What now? Well, you brought this on yourself and you have these options:

1. Go on a crash diet and get a face lift.
2. Forget about this person and try again with a new date.
3. Hope your Date is fat and ugly too so you should take a chance and meet anyway. (This takes a lot of courage).
4. Hope your Date is pretty or attractive and VERY understanding and will accept you the way you are. (Fat chance).

So, anyway, there you have it, some of the possibilities you have when you want a Friend.

One thing you should pick up from this : you are probably better off if you are honest to your future friend or date; it may prevent depression, bouts of overeating and Internet Withdrawal Symptoms.
Dating: Make The Woman Feel

Dating Advice: You Have To Make a Woman Feel

You can buy a woman flowers for the next ten years and it won't matter unless you make her FEEL an attraction to you. Women don't care how things work; they care how things make them feel. In all of the romance novels and soap operas women have been devouring since they were kids, the leading males are always untamable, strong men who sweep women off their feet.

This is the quality that many "jerks" have. Women don't like the fact that the guy is actually a jerk – it's just that jerks have a tendency to have more of this primal, uncontrollable dominance that the weaker, "nice" guys don't have. The sweet guy thing works only when a woman is in desperate need of attention. It can work with some women, but it will only temporarily keep her happy.

They can't help it fellas. They are simply responding to Mother Nature. Estrogen is a drug that induces feeling. It makes women want and need to feel everything. Testosterone is a hormone of aggression/achievement and dominance. The sooner we realize and accept these facts, the easier time we'll have understanding the dating world.

Dating: Dating Older Women

7 Tips For Dating Older Women

Men are interested in dating older women because they are more experienced and more capable of handling relationships smoothly. Older women are more mature, financially independent, and good lovers.

Younger men have been attracted to older women for a long time. This happens because older women are mature, know what to expect from life, and do not care about what 'neighbors say'. If in the past this was a big shame, today these couples are not keeping in secret anymore their relationship.

Dating older woman can be a nice and exciting experience. If you are a person interested in dating older woman, you must think before because there are good parts and bad parts.

Some of the bad parts are that she has passed over in life and has many worries. She has ex- boyfriends, husbands, children's, pending divorces, financial obligations, debts. Maybe your friends will consider you a hero, but your friends will talk about you, frown upon you. Remember that she is older than you are, has life experience, so she is often in control, and would like to manipulate you.

The good part is that she knows a lot about female- male relationships. She knows very well what she wants and from whom and they usually looking for a man that consider like them that compatibility and open communication are more important than age. They do not need a man to take care of them. Older women are forthright and honest and they will tell you right off, what she thinks about you so you do not have to wonder where you stand with her.

It is necessary that you find an older woman who is interested in a younger man. You will have bigger chances of success to win her heart .If you already have a date with her, do not blow up. Here are some helpful tips for attracting her.

Be yourself. She is dating you because she likes you; you offer her spontaneity and fun. So, do not even think about impersonating someone that you are not.

Take her somewhere she has never been before; show her that you are different from other men your age. Invite her at a jazz club, concert or an exotic restaurant.

You must change the topic of your discussions. Ask about her job, hobbies, what type of music she likes... Lady is smart, confident and mature, so do not discuss about age. You should be confident too.

Be spontaneous. Offer her something that people her age cannot, like excitement in and out of the bed. She is usually not looking for a serious relationship – she just wants to have fun. However, it is true that older women can do a lot for a younger man – besides sex.

Do not compare her to your ex. This would not make her feel better with you. The older woman can feel comfortable being with you even if you are younger and it will be at ease with your presence. Make her feel important and show her that you are interested in her.

You have to have the same intensity about life like her. You must know that an older woman will never wake you in the middle of the night to ask what you are thinking, and this should not bother to you.

Do not move too fast. You know that she is not looking to make fast a family, because she already had one and that one failed. Maybe she already has children's and this will complicate things. You should always be willing to accept the complications that come with dating an older woman.

Dating: Stupid Online Mistakes Guys

9 Stupid Mistakes to Avoid While Dating Online – For Guys

Internet online dating takes patience and practice. Just because you are seated at your own computer doesn't mean that people will come to chat with you for no reason. Even in this medium of Internet dating, you must take the initiative and actively seek to contact those you like.

But even if you contact some people or they contact you, there are some incredibly stupid things guys are doing on Internet dating and singles sites and then complain that all women are ignoring them.

Women are searching men which know to make them feel good and have great time with. They are looking for someone intelligent, someone who listens, a man with a good sense of humor, a well-rounded person with a positive attitude.

If you want to get some responses and even get to know closely women by online dating you have to stop doing the mistakes that are chasing all the women away. So:

1. Women browse profiles to find their match just like you do. Post a good recent picture of yourself, a nice picture that shows your sense of humor or style. Do not send women pictures of your "privates". They will ask if they want to see that.
2. Make sure your profile contains proper spelling and grammar. Women like an intelligent person. Do not ruin your chances with simple mistakes in your profile. Take some time to get it right guys and you will get a response.
3. Women usually like men with some class, so don't choose a nickname that has a sexual innuendo (unless you are on an adult dating site). You don't want to give the impression that you're just searching for a one night stand.
4. Don't use negative words in your profile. Women are much more likely to be attracted to a positive person.
5. Send individual emails and put some thought into contacting women on these dating sites. Women get 100 emails a day from all sorts of guys. If you copy and paste 10 exactly same emails and send them off you just go over-looked.
6. Show women that you are a caring person. Get to know the woman. Ask questions to learn about whom she is, what she does, etc. Don't talk only about yourself.
7. Do not pretend that you are willing to fly half way round the world to meet someone you have been chatting to when using online dating sites if you are not really serious. It's not fair on anyone including you. It's easy to get carried away with a lovely person seven thousand miles away, but are you really going to get out of that chair and go and meet them? If you are, you have our utmost support and respect. If you are really only looking for someone in your state or close to home then stick with that and make it clear.
8. If you are married don't lie, tell from the very beginning. Women can feel this and it gets you nowhere. If you are sincere maybe you find someone who is willing to spend some good time with you.

9. If a woman tells you that she is not interested in you do not keep sending her messages. You are losing your time and she can complain that you are harassing her. Be patient, it takes time to find someone special when using online dating sites and dating services, like anywhere else for that matter.
Dating: Good Dating Conversation

Good Dating Conversation

First of all, if you have no idea what to talk about, then do NOT meet with your date.

Awkward silences can be a killer when it comes to dating; not only have you lost a prospective relationship, you have also wasted an evening.

There is nothing quite like it. You are out on a date, and suddenly both parties run out of things to say. The remainder of the date is a seemingly endless gauntlet of foiled conversation attempts and stretched out silences, and at the end of the night both of you know that you will probably never attempt a make up with that person.

Awkward silences can be a killer when it comes to dating; not only have you lost a prospective relationship, you have also wasted an evening. The great shame of it is, most dates have no reason at all for these awkward silences. There should always be something to talk about, and even the chronically shy can find some topic to keep the night proceeding smoothly.

The thing about a date is that it is no different than any other part of life. No matter what you are doing, there will be something to talk about. If you find yourself running out of conversation, then try to for an easy topic by focusing on the date itself- you might talk about the food or the scenery in a restaurant, your feelings on the movie you just saw. Once the conversation gets rolling, it will probably begin to stretch out into other areas and soon enough you will find that the evening is flying by. A great way to measure the quality of the conversation is by the amount of laughter between you. Laughter indicates a high level of comfort and enjoyment, so if you are both laughing chances are that the date is going well.

There are several things worse than awkward silences, if truth be told. A person trying too hard to overcome the silence may wind up making a serious ass out of herself. Know the difference between an awkward silence and a comfortable or reflective one. A reflective silence, following a particularly good point or part of the conversation, can be an even better indicator of the positive outcomes of the date than even laughter is.

Never break a silence by starting to talk about how wonderful you are. Feel free to begin by talking about yourself, but be sure to include your date in the topic- ask what he does for a living, if he enjoys it, what the future plans and goals are. This advice should be tripled for men- in fact, it is mostly guys that need to watch the silences on a date. If a girl is talking, then she is probably having a good time and the date will go down as a positive experience.

The key to avoiding an awkward date is to focus on your current conversations instead of thinking about the next topics. Avoid backtracking and keep the conversation moving forward. Above all, make sure that if you haven't heard your date say a word in a while, that you leave an opening in the conversation for her to respond. Good communication is the key to any relationship, short term or long,

and it begins with good conversation.

Dating: How To Get Respect From Women

How To Get Respect From Women

Respecting other people is one of the basic human values. Schools and parents try to inculcate it to their children, however, it still one of the most undermined value.

Respect is one of the most neglected values maybe because it is can be viewed as a value that is that only affects other people. However, there are many things one could get by giving respect. Nobody talks much about it, but respect is one of the determining factors of a guy's success in getting women's attention. If a man knows how to get respect from women, he definitely possesses a quality that sets him apart from other men.

How does one get respect from women? This article tries to give some tips on how to do that task.

– Self-respect

Getting respect from other people (not only women) entails self-respect. How can one expect to be respected if he himself doesn't know how to respect himself? Self-respect starts with having a healthy self-esteem.

Self-esteem can be put plainly as one's view of oneself. Developing and boosting one's self-esteem requires conscious effort. One must start with self-assessment to find out about one's insecurities and to find out possible ways of reversing these. Self-respect transcends from one's soul, the lack of it can never be hidden.

Self-acceptance is the first step towards having self-esteem. One must avoid comparing oneself with other people. This will only end with envy and added insecurities. Accepting oneself, including one's weaknesses is the only true way to gaining self-respect.

-What you give is what you take

To be able to get respect, one must know how to give respect. Respecting women is a whole different thing from respecting men. Women are more sensitive in the things that one say or do.

Being a gentleman doesn't seem to pay much these days. Nice guys are always left behind and beaten by the bad boys. The nice guys are stuck with being seen by women only as friends. Unfortunately, women really dig the bad boys, but this shouldn't be a reason for guys to give in and join the dark side. Women may initially like the bad boys but eventually, when maturity sets in and when the long-term picture comes into play, the gentleman usually becomes women's top choice.

Simple gestures such as proper greetings, opening doors and offering help to women will give a guy a "good" image.

-Relax

The reason why most nice guys are seen by women as mediocre and are never admired by them is that they portray a very stiff and boring personality. Low self-esteem may be driving away a man from

being comfortable amidst women. He might be viewing women as people whom he needs to please. In respecting women, one eventually pleases them but this is not the primary motive, he respects them because he chooses to and that is what he thinks is the right thing to do.

If one is amidst women in school or work or wherever, he should try talking with them on a deeper level. Trying to ask them about their interests, thoughts on things and hobbies can be good way to start. One will eventually find out that women think differently from men, but there is beauty which lies behind differences.

-Have fun

If a man eventually becomes comfortable with talking with women, he can then be more open to other topics which are more sensitive, such as sex. If a man asks a woman about sex, it doesn't mean that he is disrespecting her, but this should be done in the right moment and through the right way. Men have a tendency to think about sexual thoughts all the time and this should be avoided. Men must see beyond the curves and connect with the inner soul of women.

Men don't need to be assholes when it comes to women. Respecting women in itself is a very virtuous thing to do and gives one fulfillment in itself. Respect works through life in various levels and its benefits to the giver and the receiver are priceless. The best relationships start with respect and are maintained by respect.

Dating: How To Hold A Girl's Hands

How To Hold A Girl's Hands

Are you looking for opportunities to connect with a girl? Then holding her hand is the perfect means of reaching out to her. Whether you are beginning a relationship or growing it, here are three sure ways to connect and hold her hand.

Gimme Five

Gimme five is a classic opportunity to hold hands. Well, technically, you don't hold hands, but touch hands, and that should be a good start. Use this technique if you are not entirely sure about your feelings towards a girl, or if you are still testing the waters.

As you go on about your friendship, there will be an opportunity to connect, to feel without committing, to see if sparks will fly. When you share a victorious moment, say winning a football game or finishing a project, ask the girl to give you five by holding out your palm facing up and say, "Gimme five!" With such a friendly and risk-free move, she will definitely oblige. As soon as she slaps your hand, momentarily close your eyes and savor the experience. If you felt sparks, then she's definitely a keeper. If not, then don't lose hope, there are other opportunities to physically connect with her and test if the relationship is headed somewhere.

I Got You

This opportunity to hold a girl's hand arises when the girl is about to overcome an obstacle and would need support, say as she alights from a vehicle or flight of stairs or when leaping across a puddle of water. Do the following:

As the girl is about to embark on the activity, look into her eyes and convey, without words, that you are there for her. If she's looked away and is concentrating on the obstacle in front of her, then bravely declare that you are there by saying, "I got you" or "here," and simultaneously hold out your hand with the palms up and fingers slightly cupped. No girl can resist a helping hand and an assured voice.

As she takes your hands, you will feel that she will cup her hands onto your palms, as if securing herself on you and may put on some weight, especially when she's on her way down.

Respond by securely cupping your fingers and locking your elbows and shoulders to accept the added weight that she will put on you. Just be conscious not to grip too hard, as she may feel a strain if her hands are squeezed too tight.

As she overcomes her obstacle, gently ease the grip, but don't let go of her hands just yet. This is a decision moment for you, whether to take the opportunity to continue holding her hand, or to let her go and hope for a next time.

If you decide to hold on, then ease into to the next type of holding hands, for a more comfortable connection.

If you decide to let go, then make sure she remembers the experience. As you ease-up the grip, warm up her hands to convey the honor and pleasure you experienced in the opportunity to secure her. Caress her hand by sliding your thumb on top of her hand or sliding your fingers at the side of her hand. At the same time, ask if she's OK, or if she's ready to go. Soon as she says she's OK, gently let go and politely bid her to, "take care on your way," or "have a good walk."

Locked to Me

If you are in a stable relationship, then you know that physical intimacy is part of fostering your bond. Holding hands is an intricate part of your relationship. Whether you do it in private or public, holding hands does not only connect your emotions but enhances it as well. One of the most common types of holding hands is the "locked to me" way.

This style has to do with interlocking your fingers with hers, as you hold hands. Do this by putting your palms together, as if in prayer.

As your palms align, the fingers will naturally align. However, to be intertwined, pivot your palm slightly sideways and open up the spaces in between your fingers.

As your fingers open up, the girl's fingers will naturally fall into the spaces in between, so both your fingers alternate with each other. Just curl your fingers to the back of the other's palms and your fingers and hands become locked to each other.

As your relationship grows, you may discover other ways of holding hands, and those that will suit yours and her hand type. The important thing is never letting go, for as long as your hands are together, you and her become one.

Dating: Reading Her Body Language

Reading Body Language Body language is a discipline about non-verbal behavior, one of the most powerful, private and quiet language because it helps you understand emotions and feelings of people

around you. Body language is one of the most important languages to learn because after you know how to interpret the behavior of others you will know what they really think. Reading and interpreting body language is an art and science.

She makes every action with a purpose and it expresses something. Therefore, it is very important to discover reading body language, signals, smiles, gestures.

Maybe you have a friend, a girl one, and you want to know if she is interested in you, or it is a girl that you like and you do not know how to approach her, or just you meet her in a club and she looks interested in you, learn to read her body language to know her feelings.

You can see exactly what a woman thinks by reading her body language, pay attention to the signs, read them and use them to your advantage. Women's body language is very subtle so you should know to read it. Let us say that she is a girl that you really like and you meet her at a party. Watch her closely as soon as you get a sign that she is interested in you too, to make sure that you catch her with your charm.

You can find out her thoughts and feelings by reading the signs:

- * watch her head toss, if she throws her hair over her shoulders and shows off her neck, it means that she wants to attract attention

- * if she pushes her fingers throw her hair means that she really love to be conquered

- * she looks into your eyes with deep interest means that she wants to meet you better

- * while talking to you, she blinks more than usual, fluttering her eyelashes

- * if she get nervous while you are looking at her means that she is a little shy, but she has interest in you

- * her skin tone becomes red while being around you

- * big smiles with upper and lower teeth showing with a relaxed face

- * she bumps into you and touches you accidentally means that she wanted to be sure that you saw her

- * she is dressed very sexy , to show her nipples underneath and she is fixing her outfit to make herself look better, means that she is friendly and free

- * also, the most appealing position for men is a woman sitting with one leg pressed against the other, placing one hand on her thigh, it's surely a clear call for attention

- * if her pupils dilated when she is looking at you means that she likes you

- * she shows her shoulders, legs or feet means that she is comfortable with the surroundings and with you

- * raises eyebrows while talking is a sign of attraction

* when you talk with her if she is looking at your mouth while talking and smiles at every slick thing you try to say, you definitely caught her

* if she bites her lips often means that she is nervous and you better stop staring at her

* also, if she sits with her arms crossed together she is very angry and she don't want to have nothing with you at the moment

* if she touches the edge of the glass with her fingers, is an sexual sign, it is a sign of intrinsic calmness, self control and waiting to sit by her

* another sign that she is interested in you is if she plays with her jewelries while you are passing over her, especially with stoking and pulling motions If the girl you like gives you this signs that she is interested in you too, do not lose time and make the first step to catch her.

Learn to hold eye contact longer than her, show her that you are not afraid and do not look away until she does. Use a confident voice tone – this turns women on.

Also, knowing reading body language can help you detect if a person is lying you:

- if she is not looking in your eyes directly while speaking
- is nervous and uncomfortable being with you
- she is saying different stories on different frames
- is extremely defensiveness

As you see, it is very important to know to read the women's body language, even if you want to attract one, even if you have already a girlfriend to know which her feelings for you are.

Dating: Irresistible Ways To Make Women Fall For You

“I don't get it!...”

“I've a nice car. I'm accomplished. My A-List CV make the next guy look funky. I even wear the latest Armani! Why doesn't she flip for me? Why am I always alone??”

STOP!

How many times did you pound the dashboard of your Corvette bewailing this persistent question?

The avenue to Romance is littered with roadkill hearts and unrequited love. If you think you're unique in your loneliness, think again. There is enough dashboard pounding out there to start a global orchestra of dire distress.

But don't despair. Before you spin out of control, deploy the airbags fast. These strategic maneuvers should cruise you back on track:

1) Dress to Kill – all the time: No I don't intend that you wear \$5000 suits to the grocers or the Rolex to walk the dog. What I want you to do is to dress decently each time you hit the streets. Dab on some cologne. Be neatly shaven. Gentlemen, women are everywhere. If you dress with flash only at the

bar or the party, you're missing out on 95% of eligible women. Some of the best relationships were forged during chance encounters at the bus stop.

2) Bedroom Eyes – When exploring new relationships with that sexy stranger, intensify the eye contact. Lock deep into her pupils. Let the rest of the world disappear even as a horde of supermodels troop by. You will naturally thrill her with the attention as she experiences the tendrils of growing attraction. Ethnologists have a term for it, the copulatory gaze. Get your eyes even sexier by enlarging your pupils; Dr. Hess concluded that dilated pupils are far far more attractive to women. How does one get the pupils popping? Simply gaze at the most alluring parts of a woman's face and fill your mind with loving caring thoughts. Your pupils naturally grow, endowing you with irresistible eyes.

3) Visual Caress – Get your eyes to do some facial traveling as you chat. Linger a bit on the nose, traipse across those lashes and rest upon the lips. Drink in her facial features as though you were admiring the Mona Lisa. She will delight in the attention!

4) Easter Eggs – Stumped at having nothing to say? Listen carefully for Easter eggs as you talk. These are unusual words or phrases that she utters. Ask her to expound on it. Say "What's the story behind that?" or "How do you feel about that?". Women love to be probed for their opinions and their feelings. Gently bring out her emotions with sensitive open-ended questions.

5) Keep it Adrenaline Charged – Men talk facts: stock figures, bill payments, and boring engine specs. Women are different. They delight in FEELINGS TALK: how the new dress takes them to 7th heaven, how that special meal got them all giddy with ecstasy, how their shopping expedition drains their deepest problems away. Leverage this by steering away from facts talk. Pick out emotionally charged subjects and ask her how she especially relates to them. You'll be her new confidant!

I know what you're thinking. It's all common sense! That's true, but ask yourself this: how many of you actually practice this? Be honest.

Get out there and be the man women loves. Use your common sense!

Dating: Reliability Of Match Making Tests

Are Match Making Tests Reliable?

Nowadays, more and more people are finding online dating a remarkable way of gaining new friends, companions, or love mates. As it grows at breakneck speed, the online dating industry has devised a new way of services for their members and even non-members. Many online dating sites are offering the so-called online dating tests.

Most of these online dating tests are about personality and compatibility. They range from the simple to most complex questions but all are designed to give people the results that might help them on their online dates.

However, even if it gained tremendous popularity, many experts contend that online dating tests are not that reliable. In fact, many psychologists contend that the reliability and efficiency of online dating tests is less than 50%. This means that, when the results of an online dating test concerning compatibility state that the person who tried the test and the person being paired say they are compatible, chances are, only half of it is true.

Why Were They Created?

Because of the unprecedented growth of online dating and the increasing demand for matchmaking, most of the online dating industry has come up with the concept of online dating tests in order to help with a better match. Hence, different online dating tests have emerged like personality tests and compatibility tests.

Psychologists have asserted that when a person tried to access online dating tests and answered some questions, chances are, his or her answers will be affected by many outside factors such as feelings, attitude, mood, and context. This means that there are possibilities wherein a person may have two different answers on one given question if it will be asked on two different situations.

For example, if an individual is feeling low or is “heartbroken” by the time he or she tried to answer an online dating test and answered them again on a different mood, chances are, the results may vary.

Some psychologists explain that the reason for these discrepancies is that the Internet-based online dating test are only through self-evaluation and are not guided by reliable psychological assessment, which usually are done in clinical conditions.

Therefore, for people who are fond of answering online dating tests, there’s no problem on that. The problem arises if it will be the basis of something serious like marriage.

Boiled down, these tests can be amusing but it should never be used by people in making decisions about love and relationship.

Dating: Meeting After Chatting Online

Technology has always been there to make lives of people easier. In fact, thanks to technology the world of emotions has also been conquered. Don’t try to think dirty here folks. What I’m talking about is the love connection that can happen through online dating sites and chatting rooms or software such as ICQ, MSN or MIRC.

Thanks to these websites and chat software people have been given a better chance to find their partner. This is because people are given the chance to be connected wherever they might be. All different cultures and walks of life are able to meet with a simple click of the keyboard. In short a person has got a better chance to meet his or her partner because of the greater number of daters. It is also easier to meet people online thanks to online date sites and chat rooms.

After chatting for a while and getting to know one another, it would be natural to meet. It would be a pretty shallow relationship if both of you are happy to be forever just chatting. Both persons may just be really looking for someone to talk to.

Finding love through the internet offers the two sides to get intimate right away. This is because it is easier to be yourself when chatting online. Just imagine that you can say anything stupid and you won’t see the other person thinking that it’s corny. Instead most chatters, even though you are pretty corny just type LOL (laugh out loud).

Because of the perception that you have built about yourself and the other person, meeting them becomes very hard. This is because of the perception you have given to him or her during chatting could not be really you. Both of you will then have higher expectations of who the real person really is.

Another problem that online chatting could present is the confidence of a person. Since it is easier to talk online, a person who is very shy or timid may have a hard time keeping up with who he or she really is. The person instead is like living both worlds.

When also meeting for the first time after long periods of chatting that could last in the wee hours of the morning, is being able to adjust. Both of you would have to figure out that it would be harder to talk on real life because of certain other factors involved. You are now both able to see the person's mannerisms. This will be the toughest part that you would have to overcome. Once you have gone past this, the rest will be easier.

It is suggestible though to meet sooner rather than later. When meeting earlier at the chatting stages, this prevents both person having higher expectations. This also helps both parties to decide right away whether they are just better of friends or continue to develop the relationship. This helps both parties prevent disappointment and heartaches.

Dating: First Time Meeting After Chat

1st Time Meeting After Chatting Online

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Dating: Why Not To Read Dating Advice

5 Reasons Not to Read Online Dating Advice

What a strange title for an article, I write online dating advice so why would I encourage people not to read it?

Clearly I believe there is some good dating advice on the internet or I wouldn't waste my time writing dating advice and tips but I want people to think about what they are reading and who the author is before they take anything they read as gospel.

Here are 5 things to carefully consider before you take the advice of dating "experts".

1. Everything written is an opinion from someone with a given history. Just google "article writing+fee" and see how many people in countries like India offer to write articles for website owners for a fee. India is simply one example but life there is somewhat different on the dating scene and their knowledge may well come from watching re-runs of Baywatch and Dallas. Check who is writing the website content, do their articles all sound as though they are written by the same person, are they writing from a personal perspective and if so what is their dating history?
2. The words "expert" and "guru" are over-used and I rarely read advice from anyone calling themselves either. What qualifies someone as an expert at dating? If they have been constantly dating for 30 years then they either have commitment issues or are very bad at dating. Just take Dr Phil, would I read his advice on how to have a long and happy marriage? Absolutely but would I read his advice on dating in your 40's in 2008? What does he really know about the current dating scene, he isn't dating.
3. Dating advice that includes comments like "I can make you attractive to men/women even if you are fat and ugly". Would you go into a clothes shop and accept advice from a shop assistant that called you fat and ugly? I doubt it, so why would you accept being insulted simply because it's online. False promises of making you attractive to the opposite sex rely on your lack of confidence in order to get you to buy their book or video or whatever they are selling. Take advice from people that respect who you are and aren't desperately trying to sell you something.
4. Beware of the bitter and twisted. Blogging is a platform for many types of people but that includes those that simply want to rant about their bad experiences. There are many dating blogs that simply catalogue a series of disastrous dates, call men names and generalize about the opposite sex, particularly written by women in their 40's but I have yet to read one that stops and asks herself if perhaps she is the problem. Avoid these blogs, they usually have no real constructive advice to offer.
5. The ones that state "I am the same as you so my advice is best for you". Don't just read advice from people of the same age, gender and situation, much can be learned from reading the thoughts of the

opposite sex and older people that have been there, done that and bought the t-shirt. If you are recently divorced then don't read advice by someone who is also recently divorced and trying to date again, find a writer that has been divorced, began dating again and is now in a long term relationship they have the experience you want to hear about.

Dating: Regrets

9 Regrets in Dating

We all have committed mistakes in our dating lives or our relationships. Some we have lived to regret. Through some research here are the most common regrets of dating people or people in a relationship.

1. Most people regret not settling down with their childhood sweetheart or 1st love at college. They always believe that there will be more fish out there so why settle down? There might be more fish out there but do they actually fit your taste and personality. Compared to that proven fish that you have already established with your childhood sweetheart or 1st college love. Some people who didn't marry their childhood sweetheart will only think that they have settled for 2nd best only. This will be unfair to the other party, because you will always be thinking about that 1st love.

2. Dating people for the very wrong reasons always result in disasters. There might be some that could pull it off but it could be rare. Some people date for reasons of that person being physically attractive, business reasons, business contracts, sex or even just out of sympathy. We instead should date people who we seem to like because of their great personality or that being a match for us. A friend of mine tried to date a Muslim because she was pretty attractive, eventually things didn't work out because of cultural differences. If you know that you are entering a dating situation where things will really not work out, don't waste your time on it. There could be others out there while you're wasting your time on the wrong person.

3. People always regret not taking the offer of the date when the offer was there. People will always ask the "what if" question. Just imagine all the girls who turned down Bill Gates now. Bottom line give the person a chance, it won't hurt to have a sip of coffee for only 30 minutes. You might even find out you might click.

4. In our current society most 20 something people will put career ahead of their love life. This is not a bad thing though. But once you hit your 30's you will seem to lose something within you. You will become less attractive because of aging signs. Our body clocks will eventually catch up on us. Also most good catches will be fewer. Try to balance out your career and social life. Having a love life doesn't mean you need to get married and sacrifice your career. It might even inspire you to work harder. It's just how you view the situation.

5. Never date a married person. Dating a married person always guarantees disaster. This relationship will always be about deceit, lies and cheating. The unmarried party will also be led to expect something that could or might never happen; which is being in a serious relationship with the married person. It might also bother your conscience that you are destroying the life of the married couple. This relationship or dating period will never ever work out and be fun. It will always be filled with doubt.

6. Stupid regrets here, people leave the person they love. Don't know why. If you love the person why leave him or her? Often reasons for a person leaving his or her partner are due to infidelity. If things do eventually go broke it might be too late to go back. I mean if you love the person why be unfaithful? It might be tempting but it's only a test of your relationship. Bottom-line, be faithful.

7. People also regret not ending a really bad relationship earlier. There might have been a time during the bad relationship that there was someone better who would've wanted to be with you. But because you were in that bad relationship you passed out on that other wonderful person. So if you think you're just not in the right situation have the courage to end it.

8. Don't be jackass in your relationship. People often regret that they could have been nicer to their partner. It will always haunt you when you treat your partner badly. How could our relationship have ended if I was nicer? Try to be courteous, remembering special dates (no matter how cheesy they are), kind, compromising, getting something special, being spontaneous. Don't be too late to change, because you might regret it.

9. Don't be callous when dumping a person. It definitely hurts and karma has a way of finding you. Dating: Still Friends? Yeah Right!

Can We Still Be Friends

Life is really not like the movies. If people's life was like the movies then every person's love life would be pretty healthy. There would be no unhappy endings. Let's face, life is not like the movies. If there's anything in life that resembles movies it's the nightmarish things that happen in the middle of movies. I say this because of some endings in movies where relationships end and one party asks if they could still be friends. In the movie world it can still work out, in the real world it just might be a dream.

When your ex asks if you too can still be friends after the relationship, it would make you think a lot. Do you think that this is really possible? It might make you sit back a moment and think very well. But why in the world or how your friendship can last when everything you had in your relationship just broke down. So when an ex ask that question it might only be polite to say "sure why not." But deep inside both of you know that it might be hard to be good friends again. That expression is just used as a consolation prize for the dumping you had.

People who ask and say yes to these things do not really mean what they are saying. How can both of you be good friends when you have some bitterness? Maybe if the relationship has ended without the bitterness and with common consent. Even though, this will still be hard especially for the first couple of months, because being with the person will make you remind of some stuff that could have and have not been. It would be hard to make these new-ex friendship work really.

This may also happen to persons who have just had a crash and burn during their first couple of dates. When one party thinks you are getting lame, he or she may only say, its best we stay as friends. Yeah right!

How can both of you be friends if you are not able to go out, talk or have fun most of the time. A friend is a person you develop your trust through time. What happens during that time is that you only became acquaintances and not friends.

So it's pretty stupid too make the other party be on the expecting end. It might happen on some rare occasions. But it would need a whole lot of work, where you would need to remove the emotional baggage. It might also work if you get some Hollywood magic.

Dating: Choosing A Dating Site

Choosing an Online Dating Site

First of all, every new dating site starts out with tens or hundreds of thousands fake profiles! Those profiles are for sale at public domain. I know this because I – when I was working as a professional website builder for a decade – have been creating dating sites, and all my colleagues did the same thing the same way. That is how all dating site webmasters work, and no exceptions, not even the religious dating sites!

How else could they start-up not empty-handed? All those fake profiles stay in their database till the end of times. And if there are not enough new real profiles coming in, then other batches of fake profiles get imported. Have you ever seen a new dating site with zero profiles?

Why else don't you get responses from these wonderful supermen & superwomen from planet Krypton? Answer: they are not real! Don't fall into the trap taking automated responses for real!

But suppose, suppose you are lucky and encounter some pretty real dating site, now what?

You've been looking for just the right person to explore a relationship with but you can't seem to find them. Going to social get-togethers and saying yes to your friends' set-ups have been fun, but they aren't offering the kind of person you'd like to explore a long term future with.

Online dating is a way that you may be able to expand the pool of potential relationship opportunities. If you've watched any television lately you know there are many sites available offering relationship advice and possible connections, but which is the best for you. Each of us is, of course, a little different so consider these thoughts as you go about deciding which online dating site will work for you.

Safety

It would be safe to say that just about everybody has heard about identity theft in today's society. Even before you begin the process of online dating, and accepting advice on dating, you should be aware that as soon as you enter some piece of information, and hit "return", that information is out there never to be taken back. Right from the very start you should be absolutely sure that you want that piece of information available to the world.

If a site asks for... just don't

As you investigate the dating sites out there know rule number one; if a site asks for your identity number (social security number) do not give it over, look for another site. If a site asks for a telephone number; do not give it over, look for another site. If a site asks for your street address; do not give it over, look for another site.

Costs

Decide whether you would like to pay a fee for the use of an online dating service and the dating tips that they will give. There are many good sites out there that offer great match opportunities and relationship advice for free. The overall services that the pay sites may offer could be more numerous than the free sites but that does not necessarily mean that they have a better success rate.

Services

The benefit of services really depends upon how selective you would like to be in your search for the right person. Each site available has a certain set of services that they offer. These services are for you to select your match and to get to know that match. Selecting a site that offers a lot of services depends on what makes you comfortable in getting to know the other person. Some of the services offered include: social groupings, photo, age, sex preference, regional groupings, advice on dating and other preferences.

Contact procedures

Getting to know somebody online is one thing but meeting them for the first time in person or over the phone is quite another. Check to see if the site has a procedure where you can take the next step with a certain amount of safety built in. For example; can you speak with your online contact over the phone without either of you knowing the phone number of the other person?

Membership

Check out the membership of the online dating site. In many instances, the site will open itself up to a little poking around. See if the membership has a good representation in your region and if they are largely; young, older, divorced, professional or religious etc. Oddly, international representation can be a good indicator of a sites' validity. Although there are exceptions, if a site has a large international representation you may want to be a bit more careful about your selection process. This is because some of the matches may have ulterior motives. These matches will also require a few international dating tips.

Ease of use

You'll just have to figure this one out for yourself. Every site will be set up a little different from the others in how they are structured. In a certain sense, this is a good thing for you. If you feel comfortable with the site structure and your match feels comfortable you already have a certain similarity in how you think and work. The closer you get to similar thought patterns the fewer dating tips you will need.

Professionally oriented

Think about how the site is set up to do business. After all, a majority of sites are trying to make a buck. If the site is set up in a professional looking way and responds to your questions regarding relationship advice or match selections the site is likely genuine in its desire to match you up. If the site is a jumble of personal ads with little structure you may want to give it a closer look before you get involved.

Success rates

Start by asking friends that may have used the site. Ask if they have had a certain amount of luck meeting decent people. If they have, you may have similar luck. Another option, although it is wise to be a bit skeptical, is to ask for testimonials. It may be difficult to figure out who is sincere and who is not but listening for pat answers or inflections in their voices may help to weed out the less sincere couples. You might also ask them for advice of dating when using the service. This is new territory for

you so asking how the process worked for them is a good idea.

Does the site offer advice?

Dating advice, relationship advice or other tips that can help you along are good indicators of a site that really wants you to succeed. You are really looking for a partnership with the site as much as with a relationship partner. In many ways, it is a lot like interviewing for a job. If somebody offers advice you at least listen. You may not use the job or dating advice but every little tip could help.

What do you really want?

This could be quite a bit trickier to answer than you may think. Having an idea of what you want and what will work can be a lot different than what will actually make the best match. If a site offers a personality or matching test, be honest with whom you feel you really are. There is really no sense in lying to yourself and wasting everybody's time in the process.

Realism

As I said before, about fake profiles, keep in mind that every dating site has not only fake profiles put by their webmasters, but also put by their members.

Nowadays most internet users are lying too easy about themselves in order to try look good. They post profile pictures of 15 years old, they photoshop their bodies, they copy/paste photos of houses, cars, and what have you, in order to show off even what they do not have in reality.

What do all profiles show on their front page? Their face. Nothing but their face. None of the dating sites shows profile pics of the hands for example, you know, those things that touch your body all over including your genitals. Hey, isn't it important what the hands look like? And this is just an example to show you what is missing in profiles.

My final advice

Switch off your computer, open your front door, go outside and see the real world. Go downtown, anywhere, talk to strangers, and one out of ten you will end up with a new friendship!

Desktop living will make you ending-up with desktop results. Just fantasies and a dull life. And the day that you breathe your very last air, you will suddenly say "oh I should have done this and that ...". Too late!

So, dating sites? Despite of some successes, perhaps one out of a million, I say: NO!

Dating: Communication Is The Key

Dating – Communication Is The Key

Sometimes when I read some questions posted by people on dating on forums, I find curious phenomena. They all discuss their problems, their questions and everything about dating from others, but they don't ask their dating partner about what should be done. I wonder that it is like this

a child is crying and the mother posts on the net "my child is crying, what should I do?"

Why not ask the child?!

Similarly most of the issues of dating can be easily sorted out if we ask our partner. Let us find out more.

Are you confident about your dating partner?

Are you confident about your relationship and your partner? If you are sure about your choice of dating partner than most of the problems can be solved. Whatever may be the issue, ask him/her. Sometimes people get baffled with straight queries, but once they realize that you are very honest and open about your dating relationship, they will love it.

Why fear in dating?

People fear that a small wrong step can spoil the dating and they will have to begin searching again. This is not true. Fear kills your natural behavior. Fear will make you very guarded in your dating. Please stop fearing. Sky will not fall. Be natural and worry not. If you are good and your dating partner likes you, everything will end OK.

Dating and communication – Good communication is the key to success. Talk and listen as much as possible. Don't hide feelings. Express them. Don't hide fears, talk about them. Don't hide desires; express them and you will get real satisfaction.

Dating: In A Small Town

Guidelines for Dating in a Small Town

Dating in a small town can be difficult but it is not impossible. Many eligible bachelors and bachelorettes reside in small towns across the country. However dating in a small town does present several unique situations that people from the big city should be aware of.

Bear in mind that unlike in the city, dating in a small town will require a bit of hard work to find a potential date. Small town people are more reclusive especially towards outsiders that originated from major cities. Integrating into the community is the first step to dating in a small town.

Integrating into a Small Town Community

Keep in mind that small towns often have an exclusive environment wherein gaining the trust of local residents plays a big factor. People that live in small towns are often wary of outsiders. Therefore earning the trust of local residents is a good way of integrating into a community where the word of mouth often governs.

Blending into the neighborhood requires a certain level of finesse in order to gain their confidence. A good way to get together and meet a lot of the locals is to get into the good graces of the rural community. Establishing a good reputation in the community will certainly help attract the interest of local people and draw in potential dates in no time.

The ideal places to meet and greet small town folk are the supermarket, the local church and the public library.

Popular Small Town Hangouts to Visit

Going around the community is a great way to get acquainted with the people in a small town. Creating friendships with various people in the neighborhood helps build connections within the local group that could eventually lead to the possibility of finding a date in a small town. There are several places around small towns that are typical hangouts of the local populace.

· Local Supermarket

The resident supermarket is the best place to meet and greet most of the members of the local community. Everyone in the community shops there and the possibility of finding a potential date along the aisles is almost certain. It also helps to be friendly with the grocer in case he or she knows some eligible local citizens who are also interested in dating in a small town.

· Community Church

The local Church is another local place to meet and greet with locals. Many people in small towns generally take church activities quite seriously and attending Sunday mass is a good way to gain their trust. It is also a good place to survey the crowd to figure out who's who.

It also saves one the humiliation of trying to hook up with someone in the community who is already married. Bear in mind that gossip spreads fast in small towns and asking a married person out on a date is the fastest way to get blacklisted from dating in a small town.

· The Public Library

The public library is a great place to encounter many interesting locals in the community. Most of the time, single people in small towns frequent the public library or local bookstores as a leisurely pursuit. Although the thought of visiting the public library may not seem like an exciting venue for dating in a small town. It is always best to keep an open mind and allow fate the chance to work its magic.

Other Likely Hangouts for Dating in a Small Town

There are various other places in the community to explore for dating in a small town. It is often a good idea to go to places that is personally appealing to an individual in order to find locals in the community that also share their interests. Signing up at the local gym and joining local community activities like social dances and county trade fairs is a great way to immerse oneself into the local culture.

It is also a good idea to join committees that organize various activities in the community. This is a great way to show one's concern for the community as well as meet other local residents who just happen to be single and regularly help out.

Despite the many challenges of dating in a small town can bring it is still a worthwhile experience to take up. Keep in mind that meeting people provides various opportunities that would sooner or later turn out well in the long run.

Dating: Where Senior Singles Find Love

Dating Senior: Where Senior Singles Find Love and Companionship

Senior singles often have a tough time finding compatible partners due to main-stream dating circles being largely closed to the older dater. This article is meant to help the senior single who wants to get back into the dating scene.

Are you a senior single who is thinking about dating again? Meeting new people can be challenging especially to older people as they often face unique circumstances.

One of the greatest challenges is that many older people have been in a relationship that may have lasted for decades. Having to learn the dating game all over can give one an awkward feeling.

It is beyond the scope of this article to offer support to the person who, for any reason, is unable to let go and start over. Such a person may need help from a professional. This article is for the relationship-ready person who does not know where (or how) to start.

Another obstacle to senior dating is that there are not too many avenues open to this age-group. Singles clubs and bars and clubs are not exactly made with this population in mind. Well, being the one senior person in a club full of twenty-something year olds is not particularly endearing, and is open to the wrong interpretation.

Added to this is feeling, real or imagined that one is no longer as attractive as they once were. Physical limitations that sometimes inevitably come with age complicate things even farther. People of the same age-group might be more understanding and accommodating to these limitations.

So, where to go for the senior single seeking a companion or partner?

While joining a group or club consisting of people with similar interests may be a starting point, there still might not be as many available (and compatible) seniors. Dating has always been a numbers game. Cruises and vacation packages for seniors could cost a fortune, with zero end-results.

One option that offers the best value is senior online dating. There are dating services dedicated specifically to helping people over 40 or 50 years old find partners.

Surveys by dating sites indicate that the fastest growing segment in online dating (aka internet dating) is the above age 40 bracket. This can be traced to the virtual non-availability of other convenient dating methods open to senior singles.

Senior dating sites are very active and are not just for retirees. Nor are they for perverts simply out to satisfy their twisted cravings. Most people in this age group seek serious relationships. Plus, you need not worry about competing with younger people as they won't be on these sites!

A senior dating service offers several advantages over other dating methods. One big advantage is ability to search among hundreds of senior singles all of whom have one goal, to find a mate. All are there because they are available (no guessing).

Another advantage is that you can search by geographical area, age, height etc., as well as interests. This greatly increases your chance of finding a compatible partner.

Reputable dating sites make huge efforts make your mate-finding experience easy through user-friendly interfaces. They also go to great lengths to protect your privacy.

Online senior personals help bring this segment of people together from the comfort and privacy of their own homes, 24/7. Seniors are able to meet on the internet without having to worry about physical limitations, losing face, or feeling out of place.

Little wonder then, that senior dating is such a growing phenomenon on the internet. Most of the top-rated sites offer free trials. You should at least give senior online dating a try for one simple reason. It works.

Dating: Single Until the Right One Comes Along

Our planet is brimming with a random lottery of people; undeniably though, finding true love can be considered a risky business. Love is supposed to be a beautiful feeling with lots of happy thoughts emanating from the whole package of being in love, so why is finding true love considered a difficult challenge?

Finding love is not hard, but sometimes it takes a long time. So if you are single now, and I assume that you are, then you are likely going to be single for awhile.

Here are some advantages of being single:

1. You are independent Basically you can do what you want when you want. You don't have to wait, you don't have to ask, you can just go.
2. You have more time When you're single; you don't have to sit around doing nothing. Want to go to the gym? Want to join the hiking club? Play an instrument? How about watch your favorite video for 10th time? Want to take a course? Learn a new hobby? Who's stopping you?
3. You don't have to deal with another's personal habits You can sleep without listening to someone's snoring and hog all the blankets all the time and nobody cares. You don't have to pick up after anyone but yourself. And you don't even have to pick up after yourself if you don't want to. Give your patience a well-deserved break.
4. You can be spontaneous Be daring! Do what you want when you want to and who cares if you don't get to dinner until midnight? Do something out of the ordinary, without having to get permission first or calling ahead. This is freedom!
5. You can focus on your career You can channel your energy into your work. Without a relationship, you have a lot more time. Put in those extra hours and impress your boss, or take on new projects.
6. You are your own boss Relationships need compromise and you don't always get your own way. Both people in a relationship have to give something up for the greater good of the relationship. Do what you want and treat yourself more. Selfishness is good for the soul (in small doses).

Don't stress! That special someone is out there and you can and will find them. It just takes time.

In the meantime, enjoy being single. In fact, I believe that if you can't be happy being single, you will never be happy with your soulmate! Kind of like rich and poor. There are lots of poor people who are

happy and lots that are unhappy. Same with rich people — lots are happy and lots are unhappy. Now what do you think would happen if we took a poor who was unhappy, and gave them lots of money?

You guessed it! They would probably be happy for a short time, but it wouldn't last and eventually they would be just as unhappy as they were.

Ever wonder why that is? Being happy comes from inside of you not outside. OK, you are single — enjoy yourself and that special person will come along before you know it!

Dating: Online Scammers

Online scammers mainly aim at people of different income levels, backgrounds and ages throughout the world. There is not any specific group which is more prone to become a prey of a scam. The practice of Scamming is successful because it looks like real. It seems to fulfill your desire and needs. Scammers always attempt to mold you by inducing your nature to create the automatic reply they need. Here are few tips how to identify and avoid scammers at online dating sites.

1. Be cautious in the dating online scene. Use your emotional intelligence. If you have an OK profile without a personal photo on any dating website you will rarely ever get any answers from females. If you get lots of love letters from attractive good looking woman, you should think yourself: Would you be able to step into love with the profile you made that fast? What is there that could make her fall in love that quickly?
 2. The first thing that creates an impression that the person who is communicating with you is a scammer is the mails. Scam letters are sent to a lot of people, are very neutrally, impersonally made for bulk use. The scam-emails can often be used for both the sexes, male and female. They will mention to you that they liked your pictures or description although you don't have a self description or photo on internet. Scamming artist fall quickly in love, they will address you very quickly sweetheart, darling, baby or love honey.
 3. If anyone is interested in you will get a number of questions detailed about your hobbies, life, before the individual decides to meet you. A scammer artist never asks you regarding your personal details. They will use to talk in general manner: How was your day? How is everyone at home? How are you today? Scamming letters are often a different thing from what you mention to them. If you discuss about particular your things, they will not even remember one week later and keep on saying that the season is OK.
 4. If you try to keep in contact for few months and if your date shows great interest and pretends to be willing to spend his entire life with you, ask yourself why is he/she still searching for online love? People who love somebody, will quickly delete their own profile from the dating website, since it's not a big issue to post a new addition if they become single again. If you view your lover still online, you can make a new contact id as a new user from a separate email address and check what reply you get. If your mate is willing to come to you and loves you like anything, you should not get him/her two times.
 5. Never send any money for tickets and visas! Go to the person's place or country and visit him/her there. Use well-established, trustworthy marriage or dating agencies for arranging and meeting trips.
- Dating: Desperate To Date A Girl?

Desperate To Date A Girl? Don't be! Finding the right girl for you to date takes a lot of confidence, honesty and time. A good place to start is visiting the places where a lot of people hang out, at the same

time, places that you love so that you both have a thing in common. If you love going to coffee shops or going to clubs on Friday nights, then look for her there. It is important to meet a girl that do things similar to things that you do.

An effective and interesting way to meet a girl is through online matchmakers. These matchmaker sites will assist you so you can find the right girl for you. Here, you can read about their personalities and traits as well as you can talk to them and see their photos. Make certain that you take time in knowing the girl well before you invite and meet with her on a date.

If meeting girls online is not your “cup of tea” then you can meet girls at social gatherings, parties, clubs, disco or the gym. You can also organize a simple party and let your girl buddies to bring along their friends. The more girls that you meet, you have more chances of meeting that special girl for you. Just remember that you will not meet her just by staying at home. You have got to go out and look for her with conscious effort and a very alert mind.

And when you do find her, although it is a good thing to display your attraction and interest, never over do it; never tell her things that will make her run away from you.

Keep in mind not to ask the girl right away for a date; asking her too soon might scare her off. Instead, be casual and friendly; get to her a step at a time, before you decide to date her. Call her so you both can have a conversation and you will find some things about her. Then when you feel that the time is right and that you like her enough to spend an evening with her, then go and ask.

Congratulations! Now you are ready for a date (in case she answered yes). Here are guidelines on what to do:

1. Spend the evening in a place you know she loves. Since you already know what her “likes” are during your phone conversations, then you will have an idea where to bring her. Also be sure you like the place; this will be of no problem, since you met her in a place that you both enjoy visiting.
2. Dress right. This means dressing for the occasion and for the place; dress that you look and feel good. Take extra effort so that you are well groomed (shaved, smells nice, freshly ironed clothes and clean shoes). Remember, this is your first date and you have to put on that good and lasting impression on her.
3. Relax and be yourself. Do not put too much thought on whether she will like you or not. The fact that she said yes for this date means she likes you. When you are relaxed, you can converse well and make her at ease as well.
4. Be courteous and polite. Be careful of the things you say and do as rude comments or anxious behavior is unpleasant and can offend her. Be considerate and respectful; when you smoke, ask her first.
5. Listen. At some point, let her do the talking and just listen attentively. By listening, your conversation will continue to flow. While it is good to ask her questions so that you can get to know her, be careful with your questions and avoid personal interrogation.
6. Be careful when selecting the food. From your phone conversations, learn what her favorites are. Likewise, carefully choose a menu that is not messy to eat.

7. Never ever get drunk. There is nothing humiliating then having a drunken date.

8. Never talk about your past relationships. Remember, the woman you like is with you now and a potential serious relationship at hand. Forget about the past.

9. End the date right, do not be overly pushy. Evaluate the situation. When you feel that you both had a good time and you like her, a hug or a brief kiss will do. Do not go beyond. This will just send out the wrong sign, signaling to her that you are either very desperate or that you are only out for sex. Do not forget to thank her and tell her that you had a wonderful.

So do not be desperate. There are a lot of women out there and if you will not find them, chances are, they will find you! Just be patient!

Girls can be sometimes hard to convince especially when it comes to asking them out on dates. A person cannot blame the girl if there are reasons why she is not available for the date. She may be busy on her work or she might be attending an important gathering. There could be a possibility that she might be insecure because she is not used to going out with other men.

Asking her out could be a problem to a person who is eager to date a girl. A person can find it hard to hear the magic word “Yes” from the girl he wants to date. Here are some useful tips that would help a person in convincing a girl to go out on a date. These tips have been proven to lessen the pressure in inviting a girl.

1. The best alternative that a person may use to invite the girl is through phone. It is important to dial the number correctly. The person should be composed when asking her whether she would like to come or not. If she said no on the invitation, the person should not feel offended or feel bad about the rejection.

2. The person must stay cool and continue the conversation by asking her if she would be available on a different schedule. If she agreed to come with him in that particular day, then it is time for the person to have a plan set in his mind. It could be better if there are some ideas for her to know what the plans are for the date. It is important for her to know so that she may adjust her schedules and meetings.

3. There are also instances that she may say that she could be available on some other time. The person should have another plan prepared in case she has a tight schedule. There are circumstances that the girl tends to act that she is not that quite sure if she can come because she does not want to offend the person or disappoint him for the rejection.

4. If a person wants to be sure that the girl will surely accept the invitation, confirm that the girl is interested to knowing the person. A woman who is attracted to a person is obviously easy to invite. The person may never use any magic or tricks to convince the girl to go out with him on a date.

5. In asking a girl out for a date, he should be specific on his plans for that date. He must tell the date, time and venue of the date where they will have dinner. If the person has invited her to come in their house to eat dinner with his family, he must pick the girl from her home and drive her to his house.

6. Remember to behave properly on the date. Being a gentle man can establish her thinking that he has good manners. A person should establish a good personality on his dates. This would allow the person

to have courage in inviting her again to go out. If she agrees, this can be a strong indication that she is beginning to like the person.

7. The person should take the opportunity in knowing more about her. He may ask questions regarding her work, past, and dreams. If she entertains the questions, then it is a good sign for him. Listen to her. Most girls love to talk more about themselves. Give her enough time to tell her stories and comments. The person can assess about the information he had learned and he may assess himself if he wants to date the girl again.

8. If there is attraction between the two persons dating, he must make sure to ask the girl again to go out with him as long as their schedules meet. He can be sure that the girl will have no doubts in going out with him again because there could have been a mutual interest on both of them. They would want to spend some time again together.

Do not be afraid to ask a girl to go out on a date as long as there are no bad intentions for asking her out. Assure her that she will have a great time and remember to be calm and natural in front of the girl.
Dating: Talking On The Phone

3 Tricks When Talking on the Phone with a Woman You Have Met Online

You have met an interesting woman online. You two had a great time chatting online and she decided to give you her phone number. Now you have to make her want to see you face to face, and the phone is your only tool. The first telephone call is the most important one. Sure you have her number, but nothing has been won yet.

1. Before you call you should have prepared a list of several topics to talk about. Hopefully your email exchange has provided you with some information to follow up on. Study her profile to think of other topics to talk about. Prepare open ended questions. Start talking about a subject, and give her a chance to speak as well.

2. DON'T: ask her questions about other guys she's seeing, suspiciously interrogate her about how she spends her time, and angrily reprimand her for flaking on you. How she spends her time is her business. A lot of men sabotage their chances with a woman by don't giving her enough credit and respect. You know there's trouble if you're doing all the talking and her replies are short or non-existent. If so it either means you haven't hit on the right topic to talk about, or, more likely, she simply isn't interested. Also, if she ends the conversation early or "has to go", leave it up to her to call you again, if she wants to. Usually, she won't. So, when talking to a woman on the phone DON'T worry about impressing her. Have fun. Enjoy the conversation. Amuse yourself.

3. At first phone conversation is better to stay away of complimenting her. I think giving women compliments can be very powerful. But when you give a woman compliments within the context of trying to win her over, you become a wuss. Usually women are curious why the men they are talking to online decided to pick them instead of other thousandths of profiles. Most of them will ask you about these "reasons" and by doing this are giving you the opportunity to make her compliments. So, wait the moment. :)

If the conversation flow easily, effortlessly, if you find her fairly responsive and you can keep up the conversation for at least a half hour you can ask her out. Her answer seem to be: "YES".

Dating: Types Of Women To Avoid Dating

8 Types Of Women To Avoid Dating

A recent survey revealed that fifty two percent of men date for intimacy. Men are looking for that “someone” to get romantically involved with and a potential mate for life.

There are women that a man should avoid dating. Here are signs to watch out for:

1. The overly feminist. This type of woman assumes and believes man is the cause of all the pains and suffering of a society. It is her strong belief that women are much more intelligent than men and are capable of doing things “the correct way”.

Men would not want to spend some time with these types of women, anything that a man will do will always be negative to them. They can never be pleased by a man.

2. The material girl. She is just after the money! These types of women are “high maintenance”. They not just expect, but often demand that a man should finance all her luxuries in life. To her, the man has the responsibility to pay for dinners, drinks, trips, jewelry, flowers etc. while she absolutely feels compulsion or guilt to reciprocate.

Simply put, she is a prostitute in disguise. She is a greedy person, having no perception of the feelings of others and her only concern is achieving and obtaining things that she wants. Never be fooled; some appear to be really nice at first, until they know that you would do anything for them. Then the asking for material things starts!

3. The hopeless romantic. These women live inside a perfect world of romance in novels, where love and relationships are perfect and her knight and shining armor will always come and they will live happily ever after.

She has always been pampered by her and considered a “princess,” thus have no idea that what the real life is. She will expect the man to take care of her constantly and that all her wishes be given; if not, she can turn out to be a screaming nag.

4. The angry girl. Similar to the feminist, she actually hates men. They often look down on men accounting a long list of all the injustice and transgressions of every guy that they shared a relationship with. To her, all men are “creeps”, “pigs.” and jerks. These women have boiling rage at men that can, at any given moment explode.

5. The insecure Miss. They will seem to be very pleasant, loving and accommodating at first, treating men very well. Later, when all her innermost insecurities go up the surface, she can be annoyingly calling the man she is dating at least ten times a day, asking where are you, or that she just missed your voice.

This woman demands frequent and persistent reassurance that you love her and you find her attractive; because of this insecurity, she worries continuously about her hair, make up, clothes etc. She can be clingy, needing constant attention and insistently torments you with her thoughts that you will leave her soon if you find someone better.

6. The abstract or elusive type. She is romantic but with a mysteriously dark side. She has been hurt in past relationships and has not gone over it. These bad experiences drive her to subconsciously stay away

from or damage her new relationship.

She will be very frustrating to deal with, as at first, she will show a lot of interest with the man, however runs away very quickly; she will repeat this cycle again and again. She will date and flirt with the man, but will insist that they both remain as friends.

7. The desperate Miss. She is desperate to get married. She does not even choose to know the man; she just wants to trap him and bring him to the nearest altar!

8. The controlling type. She can be very nasty in a very subtle way, but when given the opportunity, will direct each phase of a man's life. She will always have a "say" as to what the man wears, where must the man go, who should the man talk to, who can a man have as friends, what a man can and can not eat; as in everything! The man can not insist on his own rights or else, there will be no sex, a lot of crying, screaming, pouting and everything just so the man will give in.

To all men, careful!

Dating: Sugar Daddy Dating

10 Good Reasons for Sugar Daddy Dating

Well after all, this is the 21st century and the stigma of an age difference between couples is not such a big deal anymore.. Women who date older guys will tell you it has its benefits..

A growing percentage of females openly admit to preferring the company of an older guy on a date, rather than same age or younger. The present day Sugar Daddy is a far cry from his 20th Century counterpart, who would be more inclined to keep such a relationship totally private, enjoying clandestine meetings at secretive venues. Today, an older guy will display his younger partner openly, publicly and with pride.

Here are ten good reasons why sugar daddy dating is becoming more and more popular within the online dating arena. The comparisons are based on age difference relationships with long term in mind.

1. Generally speaking, a female will feel safer in the company of a more mature sugar daddy type date, especially on first meeting. He is more inclined to suggest coffee or dinner in a crowded venue as a first meeting place, or be quite happy for her to suggest a locale where she would feel comfortable. Her ease-of-mind, during that first date in particular, will be high on his agenda.

2. Although there are exceptions to every rule, women dating the older sugar daddy types notice the higher level of respect shown to them during such relationships. The emphasis on romance overshadowing his desire to get her into bed is often more apparent. He is less likely to be interested in a superficial encounter.

3. The prospects of a long term relationship are usually very real, his playing around days are obliterated in the past. His mature mindset now focused on the many other aspects and indeed the benefits of being in an adoring long term union.

4. The 'sugar daddy meets sugar baby' relationship is often centered around the male's need to protect and show support towards his younger partner. Many misconstrue this notion as a 'sex for favors' arrangement. Yet in his mind, sex is far from being a pre-requisite. His pride would be severely dented

if he thought for a moment that the sexual encounters were brought about as a direct result of his demonstrations of kindness.

5. Loyalty too will be of great importance. His desire to protect and support will be extremely focused, and once he discovers his belle, his eye is less likely to be turned in other directions. The strength of the relationship is an important issue and he will defend that vigorously.

6. Baggage can often be a problem in any new relationship. Whether it be family responsibilities, ex partners or even financial issues, baggage from the past can often deflower an otherwise perfect opportunity. The older, more mature male is less likely to allow external issues to spoil the possibilities and will often take his partner's external responsibilities on board with grace, understanding and a positive attitude.

7. Sexually, although not quite the opportunist he used to be, his need to delight and satisfy will oftentimes be stronger than seeking his own satisfaction. He will take time to seduce her mind, his idea of foreplay has evolved way beyond 'fumble on the couch' status. The aftermath of those intimate encounters too will be loving and warm, with pillow talk becoming a tender part of the process.

8. Romance is an important aspect of any dating relationship, but a sugar daddy will pay much more attention to the romantic suggestion. This is not simply manifested with flowers, gifts and material things, but the hand holding, public shows of affection or little notes left discreetly for her to find.

9. On the maturity front, it is accepted that a female is far more mature than a male at any given age. Therefore it makes sense that she would have more in common with an older guy than one her own age. They will hold each others attention for longer periods, they will have more interests to share and they will be much closer as friends within the overall plan.

10. The genuine sugar daddy will enjoy spoiling and pampering his young lover and take every opportunity available to make her feel like a princess. Not necessarily by way of showering her with material things, but generally taking care of her needs. Making her feel that she is important to him, loved.. cherished.. protected.

The 1920's version of the sugar daddy would typically shower his young lover with gifts and often cash, as a 'reward' for her company or sexual favors. These days the arrangement is centered around a relationship, a solid bond between two willing partners. The spoiling, pampering and protection satisfying both his need to give, and her need to receive. This twenty-first century sugar daddy sugar baby arrangement can often develop into a powerful union of mind body and soul, leaving the conventional relationship in the dust.

Dating: 52 Free Things To Do With Partner

52 Free Things To Do With Your Partner On Date Night

One of the things that works to keep relationships alive is spending quality time with each other. In this day of the information age, it is becoming increasingly difficult to carve out the necessary time to nurture our relationships. What with long work hours, helping kids with their homework, transporting them around to their extracurricular activities, getting dinner, cleaning up and going through the bedtime routine, what time is left?

Unless you orchestrate the time for your relationship, other less important things will crowd in and take

what precious little time you do have. Pick a night that will be “date night” with your partner and make a game out of being as creative as you can be. Try to see how many things you can do without spending money.

To get you started, I’ve come up with some suggestions to help you for the next year. What follows are 52 ideas for how to spend creative time together without spending money. Feel free to add or modify any of the items on the list to suit your particular relationship and circumstances.

WINTER

1. Take a drive to look at the Christmas decorations.
2. Play cards—perhaps strip poker.
3. Watch a movie together.
4. Go outside and have a snowball fight.
5. Get some finger paints and create your own body art with each other as your canvass.
6. Go sleigh riding.
7. Go ice skating.
8. Work out or exercise together.
9. Stage your own improvisation show.
10. Sing to each other.
11. Review or create a photo album or scrapbook of your memories together.
12. Play a board game—perhaps chess, Scrabble or Twister.
13. Go to a book store, get coffee and read for hours.

SPRING

14. Work on a remodeling project together.
15. Plan and complete a yard work project together.
16. Do the spring cleaning together—room by room. When done, reward yourself by making love in the room you’ve cleaned.
17. Put on old clothes and mud wrestle after some drenching rain.
18. Give each other a massage.
19. Play catch—football, baseball, softball or Frisbee.
20. Go to a car dealer and test drive the car of your dreams.
21. Shoot basketball together.
22. Dance together.
23. Take a shower together and wash each other—everywhere.
24. Take a free adult education class together.
25. Go to a mall and have a contest to see which one of you can get the most free samples.
26. Go rollerblading or bike riding.

SUMMER

27. Build a campfire and roast marshmallows.
28. Go swimming or skinny dipping.
29. Give each other a manicure or pedicure.
30. Go somewhere crowded to people watch.
31. Go to a free outdoor event, perhaps a concert.
32. Lie on a blanket outside and watch the clouds or stars.

33. Go on a picnic.
34. Watch a fireworks display.
35. Be creative and engage in sexual role plays. Be anyone you'd like to be for the night who is also exciting for your partner.
36. Sit by the water somewhere.
37. Do a prolonged strip tease for each other.
38. Have a water balloon fight.
39. Sit outside and read poetry to each other.

FALL

40. Go for a drive together.
41. Go window shopping.
42. Incorporate food into your love making—chocolate syrup, whipped cream, fondue, strawberries—anything you and your partner enjoy.
43. Call or write to someone you haven't had contact with in a while.
44. Cook something together.
45. Spend an evening just talking with each other. Talk about the things you have done, plans you have for the future, important people in your lives or current events.
46. Take a bubble bath together.
47. Go to a free movie or museum.
48. Take a drive and find the potential in old houses and their properties.
49. Create an imaginary story together—either orally or in written form.
50. Take turns being each other's genie in a bottle by fulfilling your partner's every wish and fantasy.
51. Play in the fallen leaves.
52. Create an exciting scavenger hunt that ends in your bed.

Now you have 52 suggestions for things to do with your partner for every week of the year divided by season. Certainly you don't have to follow my suggestions. Feel free to add your own or to repeat your favorites as often as you'd like.

The main point is not to see how kinky you can get. The idea is to keep your relationship alive by making time together a priority. It is important that you find things to do as a couple that you can both enjoy. If you have vastly different interests then you can enter this with the spirit of taking turns and each agree to happily participate in the activity chosen by the one whose turn it is that week.

As long as you make a habit of making your relationship a priority and allocating time each week for rejuvenation of the feelings that attracted you in the first place, then you stand a good chance of staying together for the long haul.

Please don't let insidious boredom enter into your relationship through the back door. This is what frequently happens when we are busy placing other things ahead of our time for each other. You know what I mean—the job, the kids, our friend in crisis, etc. There will always be a competing interest for the time you've set aside for each other.

Other than natural disasters, threat of death or major crises, do not allow your time together to be invaded by any outside forces. Make sure to create opportunities for you to do things together without outside influence. With more than 50% of today's marriages ending in divorce, make this small investment in the longevity of your relationship. You have nothing to lose and everything to gain.

What's stopping you? Start today.
Dating: Truthful To Your Online Date

Advantages Of Being Truthful To Your Online Date

Think you found someone who might be your next serious partner online? The long nights you spend chatting and sending each other private e-mails everyday can really get one's heart skip a notch higher. When you finally set a date to meet each other, are you sure you are confident enough? Or will you fret because you told your online date that you are six two instead of five three in height? Then you suddenly realized you should have been less of a liar on your previous conversations.

Honesty is very important in any relationship. Read over the advantages of being truthful to your online date and you'll agree for sure.

*Get more people to check out your profile

Not even a psychologist would know that what you have in your profile is really who you say you are. Fill out your profile with an honest detailed description of yourself. Sprinkle it with a little humor about your yet- to- improve qualities and you're guaranteed that someone will message you in a matter of minutes. The key is to turn your flaws into something funny and forgiving.

*Get a good first impression

A good first impression would mean: "you're sexy just as you told me you are" and not "I thought you would be three inches taller." When you tell your online date about your physical attributes, you can count on a second date.

*Lying requires a lot of thinking

Lying, compared to saying the truth, requires more brain activities. It would be obvious if you're lying if it takes you five to ten seconds to answer a simple question such as, "Are you fat?"

*Gain his/ her trust

Friendships built on sincerity are more likely to turn into a serious relationship. Trust is just as important as love and respect. Being truthful to your online date makes it easier for her to trust her heart to you.

*Strengthen your confidence

Being true to your self shows how you respect your identity. Knowing your challenges and improving your personality would get others attracted to you and would like you as you like yourself.

*Be less burdened

Don't be pressured if an online date doesn't have the same hobbies that you have. It doesn't matter if she likes rock music and you like country music. As long as you have a blast going out, lying to get her approval is not necessary.

You can find true love anywhere, even online. Just be wary and safe when meeting strangers. You might not get your lifetime partner here, but meeting someone that would make you smile and laugh is always life's simple pleasures.

Dating: Meeting Her Parents

Advices To The Gallant Man When Meeting Her Parents

Is your valor put to the test, when facing (her) Mom and Dad? Is meet-the-parents-day, a dreaded event in the near future? Do you enjoy each other's company that Mom's opinion or Dad's plan is already part of the daily conversation? If things are going good, then you should expect that you would meet her parents sooner or later. But don't dread the day, and instead welcome it with open arms. For here are sound advices for you, the gallant man, when the day comes to meet her parents.

First of all, not all parents are alike; so don't assume that they'll be like Mom and Pop. But, hopefully like her, you would want to impress, respect and not offend your own parents, wouldn't you? Ask your girlfriend about her family. It would be useful to know any history on her father or mother's side, her siblings, their work background and major health issues. It would be wise to find out about the parents' politics, what kind of sense of humor they have, cultural or entertainment preference, if any. Asking these key questions will also show your girlfriend that you're interested in knowing all about her family and that you attach a lot of importance in meeting her parents.

A careless remark about the latest bloopers by the country's president may not sit well with her parents if they are staunch republicans from a red state. There are countless of other ways you can go wrong with her parents if you don't do your homework. The objective is to leave a good impression on her father and mother after the first meeting.

Now, you would think that of the two, the father should be the primary focus. But, no; it is best to get your girlfriend's mother on your side first. Think about it, she's actually the one hosting the dinner in the house, isn't she? Moreover, most mothers would partially judge you according to how happy their daughter looks being with you. When you're hitting a rough spot in your relationship, your girlfriend would most likely run to her mother. In these times of trouble, her mother might become instrumental in bringing you back together again.

Fathers will generally have a harder time accepting you. Rightly so, because he was the main man in your girlfriend's life. Now, it will obviously appear to her father that you are taking over that role. In some instances, the father might resent that. In most cases, they will size you up to see if you are really fit to take care of their daughter. So, come to think of it, fathers have a more natural obstacle to get close to you. But this will happen in time, especially if you're careful in your first meeting.

Now what do you really do during the actual meeting? If it's a dinner at their house, always bring a gift. You can give them a floral arrangement. Depending on their tastes, traditional items like a bottle of wine or a box of sweets also work.

When you get into a conversation with them, show interest in their family life. Look for common interests, hobbies and expound on them. Politely ask for their opinion and listen. It's easy to talk about sports, pets and their line of work. Other good topics are your job, your family, movies, and current events. It would be wise to steer the conversation away from jokes, politics, personal matters, religion and money matters.

Flatter your girlfriend's mother on her cooking, clothes or the home interiors. Compliment her cooking by finishing your plate. After dinner, offer to help clear the table or wash the dishes.

Eventually, your girlfriend's parents will start to ask you some direct questions. You won't panic if you're prepared for this. Relax, look them in the eye and answer as nicely as you can. Try to think about their reason for asking the question and relate to this when answering the parents.

Remember, in the first meeting, be yourself and make sure to always observe good manners. Show respect to your girlfriend and her parents. Your girlfriend has probably told all of them about you and how great you are. So come prepared for the meeting and prove to her parents that you deserve to be with their daughter.

Dating: Bad Date Survival

Bad Date Survival Tips

Occasionally, a bad date happens to one person at a certain point in his or her life. One should do some assessment before writing off the person for life. No sparks at all? Too nervous to open any topic? Is he or she being rude? Here are some things that you can do.

How to deal with a bad date? Or when you are the one who's about to make it bad...

1. If you are feeling too nervous opt for a date over coffee. You will have less time fidgeting due too over-nervousness since after finishing your coffee you can easily bid your date a quick "ta-ta".
2. There is no excuse for a date that is obnoxious and rude. Walk away Renee.
3. You and your date are not on the same wavelength? Endure the date, maintain your composure and leave politely. If your date asks for an extension, say an after meal drink, you can always politely (again) say no.
4. If you unintentionally insult your date, simply apologize then move on. If your insult is not that severe, your date might just forgive and forget.
5. Never provide entertainment at your expense. Humor is cool, self-bashing is not. It is not worth it to make your self feel uncomfortable trying to impress your date.

How to move on?

1. Don't punish yourself for a date that went horrible. Save it somewhere in your mind that is remote. Or better yet, commend yourself for being able to go through it. Learn from your mistakes.
2. Share the details with a friend. This way you can treat it more of a laughingstock than something that will haunt you for life.
3. Get occupied with other activities so you can forgive yourself and forget about the bad date. Exercising, eating something sweet or watching a movie will make the bad vibes go away sooner than you expect.
4. Honesty and kindness are a good combination when it comes to turning down a bad date that would like a second round. Say something a bit blunt but peppered with some praise — is that an oxymoron?
5. Now, if you think that the person still deserves a second chance, by all means, give him or her the second try. You can always laugh the bad date incident away when you are more comfortable with each other.

Bad First Date Ideas And Other Things You Should Avoid Doing

First dates can be really stressful especially when you're the one planning it. You'd want to make it as simple as the conventional "dinner and a movie" setting but this is often considered a bad first date idea. You may feel uncomfortable sitting in front of your date while eating because you'll be conscious with the way you chew your food, the way you speak, the way you sit, and anything else in between. Letting out a big smile might show some of the food stuck between your teeth or while talking, huge saliva might spray from your mouth. These scenarios are major turn-offs. First dates are supposed to be about first impressions due to the fact that this may determine if there is a possibility of a second date.

You have to avoid making your first date a movie date because this eliminates the crucial ingredient of communication. You'll be sitting side by side silently in the movie theater and your date might think that you're not interested in knowing her. Also, avoid first dates involving your group of friends. Instead of focusing on your date, you might end up gabbing about the latest basketball game with your guy friends. These are bad signs for establishing a supposed relationship.

Another thing to avoid if you are still on the dating stages of the relationship is sending naughty sms to the girl you are currently courting. These naughty sms might send negative signals to her. She might think that instead of making her laugh, you might just be after her physical attributes. In short, you just wanted to get it on with her on the bed. This is a big no-no especially if she's the conservative type of girl. Just reserve your naughty sms when she's your girlfriend already.

If you wanted to impress her with your wits using your mobile phone, why not send her funny sms, love sms, wise words messages, good morning sms, good night sms, love quotes, and anything that provides a friendly or neutral tone. You don't want to scare her off with naughty sms, always remember that. You can also send her funny egreetings on her email address to make her smile even if you're not with her.

Always remember to make an impression. You can do this by sending her a sms message that makes her feel important. You can ask her how she's doing, wish her a great day ahead, and even tell her you're looking forward to your next date. Impressing a girl with a simple message is easier than you thought and sometimes this can be the way to her heart.

You might be stressed out but you have to think about what will be good for you and your date. First dates should involve communication, entertainment, and loads of fun. If you're nervous, chances are your date is nervous as well. Admitting that you're nervous will enable you and your date to relax and before you know it, you might be chatting about all the things that you both enjoy. Listen carefully for some hints of second date ideas so that you won't be stressed out planning it. Remember to have fun, to be honest and to show your humorous side.

Dating: Bird Dogging

Bird Dogging – Tell Her Friend Bye – Bye

We have to recognize that many of us, men, would like to have a beautiful, sexy lady as a partner, the woman of our dreams. But, in the same time, it's not a secret for many of us that usually these beautiful women are not too available, most of them being into a relationship.

What happens if you fall in love with a beautiful girl that has already a boyfriend? Let's say that you have met a fantastic girl, you really like her, but she already has a relationship. What you should do?

You have two choices: or you take action to get her, or you let her go. This depends on how much you care about her, if you are ready to make all is necessary to get her.

Even it is a frustrating situation, you shouldn't be discouraged. Even if she has already a boyfriend she may be pretty curious about you and wouldn't want the existence of a boyfriend to scare you away. She might be even considering dumping him in favor of you, if she considers you the best for her. So, you should start your plan to get her.

First, you have to establish a method of constant contact, like getting into her group of friends, or maybe you know her already because is your neighbor; anyway, you have to try to become her friend. After you become friends, acquire a private method of contact like telephone number, email address. Also, you should take a look at her relationship. She may have a great relationship with him and love him very much, then your chances to get her are minimum, she may have problems in her relationship and want to end it anyway, or she may get rid already of her boyfriend, and this is the easiest situation to get her. If she sees you already as a friend, the next step for you is to make her sees you as a potential partner.

If you are friends for some time, when you are alone with her, you may start flirting with her. Also you have to have a lot of patience, until she sees your good points. You have to cover up your bad points, and show only good points, even if you don't really posses. So, do romantic stuff to make her think that's the kind of guy you are. Let her know that you are interested and willing to give her everything she is lacking in her actual relationship.

As an advice for you, do not bring up the fact that she has a boyfriend when you are with her. You'd better wait until she begins to talk about him, in this way you can find out her actual level of interest in him. All you have to do is to keep up your flirting skills and work on how attractive you are to her. Remember that your purpose is to turn her interest away from him and to make her be interested in you more. So, intrigue her and make her curious, to make her start see in you all that is missing in dating with the other.

If she starts talking about him, you need to take a different approach, and go ahead and talk about him by asking a lot of questions. In this way you may find out what is missing her in that relationship and assure her that you can offer her all she doesn't get from the other. But never talk negatively about him; it is not in your advantage.

Your job is to get rid of her boyfriend and turn all her attention to you, but in a nice and positive way, without critics and lies.

So, after all, bird dogging is not such bad idea to get the woman you like, if you really love that girl. Bird dogging is definite as a situation when another guy steals a girl from her boyfriend; it is used as a nasty, unethical and immoral tactic. But we all know that there are no rules in love and war.

Dating: Success On First Date

Dating – How To Get Big Success On First Date?

I have read many questions from worried daters about how to get success. They do not think about getting success on the first date. Unfortunately they are worried so much about their success that they feel they would be happy if they manage to get success after many attempts. Why such negative thinking and such low goals? Let me tell you how you can get big success on your first date itself.

Dating and worry do not go together- please understand that worrying about the result of the date will spoil your success chances. Why get worried? You are only going to meet a person of opposite sex for some time. Whether the chemistry develops or not, what do you have to lose? Why worry so much-the sky is not going to fall.

Dating and confidence is a success mix- are you a failure in life? Are you a loser? Are you not intelligent? Are you not a deserving person? Are you not smart? If you are all that, why do not you feel confident when you date? Let your partner worry, why are you worried? You have to be won over and not vice-versa. Go for the date with confidence. Your confidence will help you handle every situation.

Dating requires open and honest communication – why act and think of dialogues that are not your own. Similarly why think about lying? Be honest and open about everything. Talk as if you are talking to a good friend. Confidence should ooze out of every word you speak.

Dating needs charisma- yes; charm or charisma makes a person very attractive. Show yourself as somebody very desirable. Your body language should be that of a charismatic person.

Dating can be success if you do not worry about it and show yourself as a very desirable person. For once, let the other party worry if he/she can win you over. You will get success right on your first date.

Dating – How To Impress With Confidence

Many people find it stressful to go on a first date. You feel under pressure to impress, you feel that you are under scrutiny and your faults will be exposed, you feel that some chance remark you make could be enough to ruin the entire evening. The effect of all these things can be greatly reduced by boosting your confidence. If you give out self confidence, this will be more attractive to your date and you'll enjoy the evening more. So how can you make yourself more confident?

Having confidence is just a state of mind, and it's more a matter of what "stories" you're telling yourself than it is about any good qualities or skills you might have. By this I mean that you keep telling yourself you are one of those people that are always the center of attention. You know the type – the person that everyone is looking at and that everyone wants to talk to. If you tell yourself you are that kind of person then you are more likely to become that kind of person. So picture yourself as a confident person, work on keeping that mental image of yourself at all times.

Remember that it's only a date after all. It's not a matter of life or death. It won't decide the whole rest of your life, unless you end up marrying the person you're going on the date with! So just enjoy the date for what it is, and keep telling yourself that's what you're there to do. This kind of thinking can take a lot of pressure off you, and make you seem more relaxed, which in turn will make you more attractive.

Tell the truth. There's no point in trying to pretend you are someone you're not or that you can do things you can't really do. For one thing it's hard work remembering what you've said when you made things up. Also, if you go out on another date with that person, eventually they're going to find out that you didn't tell the truth. This can be awkward at the very least and might lead to the loss of a potentially nice relationship. So just be yourself.

Of course, you want to play up your strengths and play down any weaknesses you might have. That's only natural. But don't do that at the expense of telling the truth. here is a difference. Your date will

almost certainly be trying to highlight their own good points as well, that's just one of the rules of the dating game.

If you tell yourself that you are a special person, and an attractive person, and you talk yourself into confidence in yourself, it's more likely than not that your date will have confidence in you too.

Dating – How To Look Like A Prince Or A Princess?

Look at a blue-blooded prince or a princess. Apart from looks, you will notice a quality that you may not be able to define, but you can notice. That is the quality of cool confidence. Every royal person need not be a great looker, but the attraction can still be magnetic. If you develop such magnetism, do not you think that you will attract prospective dates in droves? Let us discuss and find out how to do that.

Body – Taking care of face is not enough. Your smallest body part, the toe should be equally clean and well kept. Every body part should be given equal attention and like a true royal your body should look like great. This need not cost you a lot. We pay more when we visit beauty salons. You can carry out all the treatments except few at your home. The idea is to keep yourself absolutely clean and take great care of everything that nature has given you. You need not be a great looker but every body should notice that you know how to take care of what nature has given to you.

Posture – Keep a straight posture. Learn the art of walking, sitting, table manners, hand movements and such from an expert. This investment will fetch you very good returns. Good posture makes a huge difference. Please do it as soon as possible.

Voice and Talking style – Be careful about how you speak, your choice of words and your tone. Do you expect a royal to use dirty words or common slang? Avoid them. Imagine that you are a prince/princess and use words and modulate your voice accordingly.

How To Win The Best?

I believe that enough is being written about what you should do and what you should not in dating. Let me ask you another question – whether you deserve the best partner available out there? Is your answer is in yes, or are you getting scared with the thought? If you are a man, do you not think that you deserve to get the most beautiful, intelligent and loving lady? And if you are a woman, do not you believe that you deserve a prince and nothing less than a prince?

Not many of us think of this at all. We have all developed habit of satisfying ourselves with our low self-esteem and low desires. We dare not think of what I said earlier. Why not? Do you not think that you are good? Are you not the best? Unfortunately most of us do not believe that we are the best.

What stops us from thinking that we are the best? Money, physical beauty, personality, intelligence and reputation in society are some of the factors that make us believe that we are not the best. When we look around, we find people better than us in all these departments and that dampens our spirit. This is where we all make a mistake. Not many people have all the qualities combined. And believe me, that it is your idea that the best person out there is looking for somebody with loads of money, beauty and intelligence. You may be surprised to know that they may be looking for somebody like you.

The first requirement is to stop calling yourselves average. The second requirement is to make improvements wherever possible. And the most important requirement is to change our thinking and

start believing that we deserve the best person out there. Please do what I have suggested. You may get a pleasant surprise.

Dating: People Who Stammer

Dating Struggles Of People Who Stammer

Forming relationships with members of the opposite sex is hard enough for many fluent people. Just think for a few moments about how difficult it is for people who suffer with the speech impediment known as stammering to have the confidence to form a long lasting relationship with a man/woman.

I am Stephen Hill and I had a stammer up until the age of twenty-two, at this point I managed to overcome the problem after a lot of hard work. Stammering badly affected my confidence and self-esteem. For many years I wondered if I would ever meet a girl who would be willing to be my girlfriend. I used to think in a very negative way and would often ask myself questions such as, why would any girl want to go out with me? What kind of girl is going to want to date somebody who has a lack of confidence and a stammer?

At the age of sixteen I started going out with my friends to pubs and clubs. My friends seemed to find it quite easy to form relationships with girls where as I did not have any confidence in my ability to talk to them.

I used to think things like:

If I meet a girl I will have to buy her a drink. No problem you might think, however I found it very hard to order drinks at the bar.

If I meet a girl I will be expected to phone her at least once a day. The phone was my worst area of speech and something I only used if I had to.

If I meet a girl I will have to meet her friends and family. I used to dread meeting new people as they always seemed to ask so many direct questions such as where do you work? I wanted to have a shirt printed with all of the answers to the most popular questions as I would normally stammer under the pressure. It would be so much easier just to point to the answer or to say number one for example.

I met my first ever girlfriend when I was eighteen, what a stud! I have to say she was superb and did not seem to care that I had a stammer. She was even happy to order my drinks and food for me and was basically a very nice girl. For whatever reason I did not believe that I was good enough for her and constantly worried that she would dump me. As you can see I was a very positive person. How would I cope if she left me? How long would it take me to meet somebody else who would be willing to date somebody with a stammer?

This girl did leave me but I did date her for fourteen months. I did cope despite my reservations and was surprised to find that most girls/women that I met after this did not care that I had a stammer. I still found the whole dating process very difficult especially at the outset.

Dating: Mistakes By Men On First Date

Dating Tip : Top 5 Mistakes to Avoid on Your First Date With Her

This article is a simple dating tip guide that talks about the 5 most common mistakes that guys make on

their first date with their dream girl, and how best to avoid them in order to have a successful first date.

So you finally succeeded in getting that first date with your potential honey. What's next? Well, you will do yourself a world of good to avoid making some common mistakes which can make or break your day, and possibly your ego. In this dating tip guide, I have outlined 5 mistakes that you should avoid at all costs. Ready? Read on.

1. Flashing your cash at her

You may have loads of cash, or you may not have a single dime. Whatever it is, never try to use money to buy your date's love. This is the number one mistake to avoid on your first date. This is supposed to be a chance for you to find out if your date is compatible with you. You are not going through an arranged marriage, mind you. If it really works out fine, then good for you. But if it doesn't, then you will look back on all the cash you spent on the expensive dinner, the movie ticket, the roses, the collar for her golden retriever.....

OK, so you might just be lucky enough to get a second date. You figured that you want to do better than the first date, so you bought her diamonds, a new golden retriever, a mansion, an island, and heck, you can fly to the moon and back. Your woman will be so impressed by you. Well, not you exactly, but your fat wallet. But when the money in it disappears, then she will disappear with it too. Then you go back into your shell, and kick yourself for being a sore loser.

2. Talking about another woman in front of her.

There are probably a thousand and one topics that you can discuss with your date, but the one thing which you can ill afford to bring up during a conversation, is the name of another woman. Never mind if you are drooling over Jessica Alba, never mind if it is your ex-girlfriend, never mind even if it is your maid. The bottom-line is this : women just don't like it when they hear about another woman. Your date would expect you to be thinking only about her, and no-one else.

3. Shagging is on your mind

This mistake is just as disastrous as the first two. Talking about sex on your first date with her is an absolute no-no. Unless you want some spaghetti thrown at you, please do yourself a favor, and stay well clear of the subject of sex. Let's face it. If a woman really needed some sex, then she wouldn't even bother to go on a date with you. She would be busy in her bed. Get it?

4. Getting your hands full on her.

On your first date with her, make sure you restrict yourself to just a friendly handshake at the beginning, and maybe guide her by the small of her back while crossing the road. And when sending her back home, a gentle little peck on her cheek would do very nicely. Do not be a maniac, and move your hands all over her. Chances are, she will have the sheriff coming down on you in no time. So please control yourself, and your hands. Be a gentleman, not a moron.

5. You try to be someone you are not.

I can't stress this enough. On your first date, just be yourself. Do not try to be someone you are not. If you are that sporty person, then so be it. If you are that guy of the casual look, then so be it. Never try

to impersonate a Brad Pitt, or a George Clooney. You will only be making a fool of yourself. So don't try anything funny. Just be your natural self. And also, do not brag to her about anything. Don't tell her that you are going to fly to the moon, and bring it down for her. Remember, whatever goes around, comes around. And in time to come, you will find that your bragging will come back to haunt you.

There you have it. The top 5 mistakes which you should avoid at all costs on your first date, outlined very neatly for you in this dating tip guide. Ignore them at your own peril. Because if anything goes wrong on your first date, chances are, you will remember this article of mine.

Dating: Finding Your Muslim Significant Other

This article debates the issue of ways of finding your Muslim life partner along with suggestions and helpful information about the entire process.

In our days, finding a life partner is a very hard to do although online communities in this area are in a large number. The problem with these communities is that they are filled with insincere people that you can't trust. The problem remains the same for the so-called Muslim marriage websites. The society is suffering tremendous changes and the influx of reverts to Islam affects many of the Muslims as they don't have the same opportunities as the rest when it comes down to choosing a life partner. Statistics show that the traditional route for Muslims as far as choosing a partner is concerned brings not so great results as many of them remain unmarried after they reach 30.

For this particular reason, on the Internet there are some websites that have been created to fill this important gap and help Muslims get together in a trustworthy environment with no potential risks like fake profiles and other similar issues.

Quality websites allow users to create a very complex profile where they can make a small description of themselves: hobbies, passions, education and other similar aspects that define a person. This will help finding the perfect match easier and fortunately, very fast. Once a visitor has finished editing his profile, a summarized version will be posted on the website while the full profile will only be available upon request by other members of the website. Muslims have now the possibility to find their life partner using these websites where joining is free but the request for contact option is only available for the gold members of the website.

These websites have a very specific goal: facilitating Islamic marriages for those people that are looking for such a marriage and they will do everything in their power to provide satisfactory results to their members so that more and more Muslim families will be born in a loving and caring environment. The process for such websites is quite simple, as follows:

—Visitors first have to enter their e-mail address on the homepage to receive the link to the website's online profile.

—Step two is about filling the profile with as much information as possible so that the chances of finding the perfect match will be higher.

—Once the visitor finishes filling out his profile, the details will be added to the website's database.

—Depending on the website, on one of the days of the week, the user will receive an e-mail with potential matches.

—If a user requires more details about a certain member, he has the possibility to ask for a full profile (along with a photo) of that specific member.

—Afterward, if the user finds that profile interesting he will contact the administrator of the website who will contact the member on his behalf.

—The contacted member will receive an interested member e-mail with the user's full profile attached to it. After this step, it is up to the contacted member to reject or respond.

All thing considered, such websites that facilitate Muslim marriages aren't hard to use and the results can be not only great but they can come in a very short period of time. The key is to fill out the profile with as much information as possible so the likelihood of finding a match will be higher.

Dating: You Don't Know What To Say

3 Things That Can Save You When You Don't Know What To Say

You are dating a beautiful but a shy girl or one that is not a talkie. You have already talked about your hobbies, your families and your jobs and nothing else come into your mind and she is not really helping you (that's what you believe).

One of the best ways of having a good, healthy and wholesome chat with your girlfriend is to start with small talk. The small talk will give you a general picture about her likes and dislikes, as well as what she would like to discuss and what she would rather leave alone. Once the small talk gives you a general idea, you can go ahead and discuss your common likes and dislikes.

But what is really freaking you are those moment of silence. Uhh... horrible moments. :) The key to avoid or get over these horrible moments are:

1. Compliment her

The fact is most people are shy about meeting new people. I used to be enormously shy. But when you think about it, shyness is merely a fear that others won't like you, or that you may be rejected in some way. It's natural for us to desire acceptance. So try to make her know that you like her by making a compliment. But find something that you really find attractive about her, about her lifestyle or her personality. She will become more confident and more open to share her believes and her shyness won't be a problem for a fluid conversation.

2. Asking open questions

How you ask questions is very important in establishing a basis for an effective communication. Effective questions open the door to knowledge and understanding. The art of questioning lies in knowing which questions to ask when.

My favorites questions are "why" and "how" questions. You can use these frequently without being annoying. She will feel that you are interested in what she is telling you and will develop her answers.

Therefore, you should think carefully before speaking and taking up subjects that might be repugnant to her.

3. Listen, listen, and listen.

Usually when the woman starts talking about her favorite subjects (feelings, family, relationships, friends and her work) many men lose interest or bring the conversation back to themselves. This is one of the biggest mistakes men are doing all the time.

They also like to exchange jokes and anecdotes and spend a fair amount of time playing one-up and boasting. Stop doing that!!!

Allow HER to have HER points of view, while you have yours. Men have felt like they have either had to abandon their own beliefs in order to try to get a woman, OR they had to fight with women about what they believe in. Both approaches lead to failure.

She is not there with you just to hear about your hero "qualities", but to have a great time!
Dating: How To Get Girls

5 Great Tips On How To Get Girls

Among the many emotions that man was destined to experience, it seems that love is the best emotion ever created.

No wonder why many people are wishing to find their own true love to be happy and live a life that is full of contentment and satisfactions in spite of the many trials that life has to offer.

According to some surveys, most of the people would want to marry some day, that is why each of them are willing to go out on dates. In the U.S. alone, nearly 53% said that they have dated more than one person at the same time.

However, the concept boils down to the fact that even if dating seems to be the ideal way to start develop a great relationship founded on true love, still it cannot be directly concluded that the activity is relatively easy.

Take for example the idea of getting a girl. Many boys are having a hard time finding the best strategy to get girls. This is because many boys also have their own fears, especially the fear of rejection.

So for those who want to know how to get a girl and ask her on a date, here are five ways that will surely make you get one and have fun:

1. Create a dazzling personality

According to some statistical reports, almost 30% of the adult population in the U.S. who are engaged into dating activities stated that the most important attribute that they are looking for in a guy is the personality. That is why most girls insist that the looks are not that important, what matters most is the personality of the person.

So if you really want to succeed in getting a girl, try to create an impression first that you have the best personality in the world. This can be projected through your sense of humor, confidence, and the way you carry the conversation with wit.

2. Be cool

The key to getting a girl should not project an air of desperation. Even if you have not dated a girl yet, try to be cool and create an impression that you want to get the girl because you like her and not because you are in desperate need of a partner.

3. Be ready for rejections

The problem with most people, especially guys, is that they have too high expectations when it comes to dating and relationships. In fact, almost 62% of those who are into dating have asserted that the people's probabilities and expectations are very high these days.

Hence, it is a must that people must learn how to face rejections, especially men, so that getting girls would be easier. Keep in mind that girls can still say no even if you have the best car, good looks, and dazzling personality.

If in case you were not able to get the girl that you want, try to reflect what might have been the cause why she had rejected you. Also, there are still other girls out there that you can turn to, so do not be despaired

4. Consider the "No" of the girl

There are many cases wherein a girl might say "no" for two possible reasons: one is that she does not like you, and the second reason is that she wants to go out with you but not tonight. These are two different situations that must be clearly understood.

The problem with some guys is that they take it personally whenever they receive some forms of rejections. So it is better to analyze the situation and the intention of the girl by saying "NO."

5. Be casual

The best way to get a girl is to make her feel that the date would be very casual and would not necessarily involve a conventional date or anything that would imply romantic involvement.

What matters most is for the girl to enjoy her time with you such that if both of you stand a chance of having a good relationship in the future, the memory of your first date should have been vested on good recall.

The bottom line is that guys should never make the girls feel pressured in saying "yes" every time they are being asked to go out. What matters most in getting a girl is to make it sure that the person concerned will be comfortable and would feel that she will be in good hands.

Dating: Relax Before Big Date

8 Quick Ways to Relax Before a Big Date

Let's face it dating can be a high stress experience, and none more so than first dates. You want to impress your date by doing and saying the right thing but you're so nervous that it seems impossible. The key to avoiding mistakes is to reduce your stress levels before heading out on your date. Follow these 8 practical ways to reduce stress before your next date and you might even find you actually

enjoy yourself!

So you haven't been out on a date in a while and you're nervous that you'll do or say the wrong thing. Or perhaps your last date was such a disaster that it should have had a rating 5 on the weather channel. Getting nervous before a date is understandable. Will they be attracted to you? Are you both on the same wavelength? Will you be able to control your mouth from saying something your brain knows is stupid?

Mistakes usually occur when stress levels are high. And let's face it dating is a stressful endeavor. The best thing you can do before a date is * relax *

I know that is easier said than done but here are 8 easy ways to chill-out before your date arrives so that you actually have a good time on your date without any jittery mis-steps.

1. Meditate or if that sounds too mystical just close your eyes and focus on your breathing, feel it as it goes in and feel it go out. Can you feel it flow through your nostrils into your lungs? Does your stomach expand too? If it does then you know your breathing deeply and you'll get the most benefit from the activity. See if you can focus on the pause between breaths and that between an inhale and an exhale. Do it for 5 minutes or do it for 20 – the length is not as important as your focus during this time.
2. Sing. Really loudly. Obviously this isn't going to work in an office but it's great in the car, especially at night if you're worried about other people looking at you oddly.
3. Stretch. Try standing with your feet hip width apart and then take a deep breath, rise up onto your toes and reach up to the ceiling with your fingertips. Hold for as long as you can. And then slowly release your breath, your arms and finally put your heels back on the ground.
4. Go for a walk even if it's just around the office or your living room. Or you could walk to the mailbox or do 6 star-jumps or put on some dancing music. Anything to get your body moving and those endorphins flowing.
5. Give yourself a quick massage – your feet or hands are good places to start for a quick treat. Keep some hand cream or body lotion at your desk or in your bedside table and you'll always be ready to treat yourself. And take your time – after all YOU know the bits you like.
6. Connect with your inner child – Do a handstand or a cartwheel – this isn't going to work indoors but if you're wearing trousers there's no reason why you can't do it in the park on your way to meet your date. And while you're there have a go on the slide too (not a good option if you're wearing white and it's probably a good idea to make sure the ramp is clean before you slide).
7. Go somewhere private and be as unbelievably angry as you possibly can and try to stay angry – you'll find that 9 times out of 10 you won't be able to sustain it. The idea is not to get all worked up and then go and spray your anger at your date. It's about getting it all out and then dealing with whatever situation needs addressing. In order to do this you need to make sure that you don't leave your private space until you feel like your anger has all gone. We hear so much about anger management when it's not really about managing it, but rather letting it out. Just remember the golden rule: it's OK to get angry but it's not OK to take it out on someone or something else.

8. Read fiction – almost everyone agrees that fiction is a wonderful escape from the day to day. There's nothing quite like stepping out of your own life and into the lives of the characters in a good story. And a good short story is just the thing for a 15 minute chill-out session.

Hope these tips work for you on your next date. You might even find you enjoy it!

Dating: Safety Tips Online Dating

When you are looking to give online dating a try, you must know from the beginning that online dating, just as a traditional dating, does carry with it a few risks. However you like to do it, dating is a dangerous game.

When you are looking to give online dating a try, you must know from the beginning that online dating, just as a traditional dating, does carry with it a few risks. However you like to do it, dating is a dangerous game.

While Internet dating can open many doors for daters, you need to be smart and safe when meeting people online. Many people online are honest and sincere people who are looking for a partner, but there are also many people with ill intentions. When getting to know people online you should follow some basic safety rules.

To make the online dating experience a great one, you should keep in mind some safety tips such as:

- you have to be patient; online dating requires a lot of patience; even if you are anxious to meet new people, don't rush into meeting with strangers; you should take time to know the person before you meet in real life

- one of the most important rules is that you should keep your personal information private; if you don't know who you are dealing with, do not provide personal information about yourself; don't share your real name, phone number, place of work, address, or any other identify information while chatting or emailing until you are comfortable doing so; this information may fall into wrong hands

- also never give out personal financial details of wages, salaries, savings, investments, bank credits or card details

- even if you decide to make a date, you should not give personal information about yourself until you know the person better

- if you decided to meet the person face to face, you better choose a meeting during the day and in a public place, definitely not in a home or out in remote off-road

- but you shouldn't jump from online chats to a face to face meeting; first you have to collect some information about that person; it is better to talk on the phone, and use it as an additional checkpoint; a phone can reveal much about a person's communication and social skills; in this way you can protect your security

- ask for a photo, this will give you a good idea of the person's appearance; if she comes with excuses, it means that the person has something to hide

- also it is important that you use a recent picture and be truthful in your description about yourself;

think about the fact that maybe someday you will have to meet her face to face and then she will get angry to see that you have lied from the beginning; so you can end a possible relationship before it begins

- don't be afraid to flirt a little if that's how you feel, but don't be too flirtatious as it could be taken the wrong way

- wait until you find your soul mate, don't fall in love with the first person who is chatting with you; make carefully choices about the information you provide to a date and also be conservative regarding choices of physical and emotional intimacy

- take all the time you need to test a person to see if the person is lying and pay carefully attention along the way; if you think the person is lying, act accordingly; move on to someone you can eventually trust

- if you feel something is not right, listen to your gut and get out the situation; use common sense to make good decisions; trust your instincts and immediately quit corresponding when you feel unsure; if the person is not your type let the person know politely by proposing her to be just friends

- so if anything makes you feel uncomfortable and if you have some doubts about that person, walk away for your own safety and protection

- watch out for someone who seems too good to be true because may not be who she says

- stop communicating with anyone who pressures you for giving your private information

- you can ask a lot of questions and make sure you are satisfied with the answers you get

- only meet when you are ready, and when you consider that you have all the information you need about that person

- never meet someone who argues against your instincts or pressures you in any way

- it is better to stick reputable and honest online dating services for your safety

I wish you good luck in finding your soul mate and it is up to you now to keep your own safety and protection.

Dating: Office Romance

Professionals often spend significantly more time at the office than at home. So much so that there is always a generous amount of single men and single women who don't have the time to meet new people. So the logical choice for them to meet other single men and women is naturally, the office.

When single people spend at least 40 hours, in some professions 50 hours and more, with like minded people of similar backgrounds and interests, relationships are a tempting side effect. Although it's a logical choice to look within the office for romance, there are definitely good and bad aspects to the office dating scene.

The good in office dating

There are several advantages to office dating one of which is obvious — the time you have to check out the available singles is during your work hours so no longer do the constraints of office hours apply. Also the awkwardness of first introductions is usually eliminated as initial conversations are done within the pretense of a work environment once again relieving the stress of having to make such a critical first impression since the impression would be based on some sort of work objective as opposed to strictly a personal objective like you would have in the normal dating process.

A second advantage is knowing the person before you date them, at least to some degree. The truth is you may interact with a potential date several times on a business level and get to know something about their personality and themselves without being on the spot as you would in a normal social setting. This helps avoid the common pitfall of most early relationships — incompatibility.

A final advantage, is the ability to quickly build a relationship as the time you see each other is significantly more than people who would meet outside the work place?

The bad in office dating

As with any dating scenario there is defiantly a bad side to office romance. For example just as being in constant contact with each other due to sharing an office can be an advantage it can also be a huge disadvantage. This amount of time spent together can cause a relationship to fall apart just as quickly as it developed, why? We all need alone time and seeing each other five days a week for eight hours or more and then spending time together on the weekends makes for precious little alone time.

Another disadvantage to the office romance is when a person must exercise their professional responsibilities which might include having to discipline or even fire the person they are dating . Although this might seem like a remote idea when you being the relationship, I don't think you would be very comfortable having to tell your boyfriend or girlfriend, "your fired". Another example of this might be a need for one of the participants to go out of their way to show the rest of the office they are not playing favorites maybe even to the point of not promoting the person even though they might be the most deserving.

A final disadvantage to office dating could be jealousy especially if the relationship is "under cover". If you see your office-mates flirting with your date the natural reaction would be negative and why would being in a office environment generate any other reaction than a natural one? With that reaction might come a unnecessary reaction including punishing someone for something that is not work related at all.

Before you entertain the thought of dating the cute secretary on the fourth floor or the hot hunk VP you saw during the last office meeting, entertain the consequences of dating that person, balance the pros and cons and if you decide to move forward keep an eye out for all of the things that can go wrong and have an understanding of how you might handle any of those situations. Remember you are dating a professional single so to keep your job keep the professional in front of the single.

Dating: Perfect Kiss

The Secret Of The Perfect Kiss – Learn How To Kiss Like A King!

Set The Mood

Set the mood by treating her like a queen. Take care of her every need so she can just lay back and let

the day's stresses wash away. If it's your first date, just relax, take your time and make the entire date all about her (which means you have to tell her stuff about you too!) Look, she wants to feel like a million dollars, so treat her as though she is.

Pick The Right Situation

Take her out to a restaurant, for a moonlight walk, or cook dinner at home. Whatever the situation, create an ambiance that's all about romance. Make sure the music is just right, give her your full attention, and if at all possible use candles! Candles are the secret-weapon of romantic guys everywhere. There isn't anyone who doesn't look mysterious, and glamorous by candlelight.

Sweet, Sweet, Breath And Soft, Soft, Lips

Guys, no one likes fish-breath! Or cigarette-breath come to that. Now wine-breath or chocolate-breath may just be OK, depending on the tastes of your partner, but you know what? To play safe, brush like a dentist! If you can't do that, then always have breath fresheners with you—any brand as long as they are peppermint or spearmint—and don't forget the lip balm.

Learn From The Masters

Too many guys dive straight in and have her pinned against the wall in three seconds flat. Look. She's most likely very tentative so be tentative too! She'll like that a lot. You must have watched the masters at work in those wonderful old classic movies starring Bogart and Cary Grant? It may take an entire 90 minutes to work up to THE kiss, but when it finally happens the sexual tension is just explosive! Well watch those movies again. Take note of the body language; the flashing eyes; the meaningful looks; the brushing of fingertips. What's NOT being said is louder—and way sexier—than any porn movie!

Nuzzle Her Neck And Kiss Her Face

Why do so many guys miss this amazing ace card? Unlike guys (most) women are slow starters. They take a while to warm up, and this is sort of kissing foreplay. Spend some time “investing” in the kiss to come.

Kiss Her Lips Without Touching Them (The Non-Kiss)

Have you seen that movie called “Derailed” with Jennifer Aniston and Clive Owens, where he says he can kiss her lips without touching them? Well when women see that, about 80% of them hold their breath and shiver in anticipation (the other 20% scream: “get on with it why don't you!”) I know it seems odd, but women love the promise, the potential and the frisson of anticipation; proof that sometimes the journey is better than the arrival

Press Your Body Against Hers (Gently).

OK. So you've finally arrived at the moment. Now draw her to you gently, and press your entire body against hers. Gently now! This is about promise, not proof! Using the same principles as the “non-kiss,” this will tease, not terrorize her.

Go Gentle With That Tongue!

Why do guys think most women want a tongue sandwich? Sure use your tongue but use it teasingly. Don't choke her with it, and don't slobber all over her either! The tongue may say "passion, desire and virility" to you, but to her it says "whoa, waaay too much!" For a fool-proof kiss, follow her lead. In other words follow her tongue and then gently raise the bid.

Lips Open, Eyes Closed, And Say "Mmmm"

When you're talking to her the eyes need to be fully opened, but for the kiss, closure is the way to go. Keep your lips a little open, firm and warm, and make quietly appreciative noises (not grunts, but rather the kind of sigh you'd make when sipping a fine wine—or supping a cold beer!)

Use Your Hands Wisely

What do you do with the hands? Well a little like the "non-kiss," perfect the "non-grope." Just skim your hands gently over her back, and then pull her to you firmly but gently. Again follow her lead. Match your pressure with hers. She's already telling you all you need to know, if you only listen.

Dating: Men Have To Lie

3 Situations You HAVE To Lie To Your Woman

It's no surprise that both genders rely on lying to some extent. They just do it differently and sometimes for different reasons.

All humans, especially women say they want their partner to be honest. Is this the truth? Can you keep a relationship up and running if you are telling the truth all the time?

Imagine that you just have brought your girlfriend at your home, to spend the night together for the first time. You have made a great effort to arrange and clean your home and especially the bedroom. You are proud about this and ask your partner what she believes about your home.

She responds "It is a little old fashioned... and something smells bad in here". Ups! OK.

You two pass through this awkward moment, then you start kissing each other, but you make a joke about... the size of your penis, and instead to hear the most used reply: "hey, relax, size really doesn't matter", she tells you that her ex was quite huge.

Ups... Not again. :)

If she were to say just two little lies everything could be great, but now...

The truth is, telling a few lies can be one of the best ways to keep your relationship healthy.

So if you want to keep her happy and keep getting laid, you're going to have to learn how to lie – and lie convincingly. The trick is figuring out what she wants to hear.

1. Never mention your sexual past... especially if it was a good one. If your girlfriend asks you what it was like or how good your ex was, you can tell a lie if you have to. Say it wasn't all that good. Don't ever mention her. Even if what you're saying is uncomplimentary, it will still have a negative effect. You bringing her up hints that she's still on your mind.

2. When it comes about how she looks, if you picked her to be your partner, you have to make her feel that she is a WOMAN. Every woman has something beautiful, something sexy and attractive, and if you make her know that you find her attractive she will be more confident, wilder and more passionate. But when she asks you about something you don't really like at her look, never but never tell her your true opinion. Just say that it is OK and pass over the moment. If you are telling her that you don't like something at her, she will feel frustrated and become more inhibited.

3. Everybody knows that women have more sensibility than men. So pay attention to her sensibility and don't make bad jokes about other people (especially her family) or let her know when you are up to take the cat and throw it out through the window. She will find you insensitive and you will lose points. Use your common sense and try not to hurt your woman's feelings even if you have to say a little lie from time to time.

Overall, lying is a bad thing to do. But when it comes to women, you really have no choice.

The little white lies don't hurt anyone and are only meant as reassurance every now and then

It's therefore okay to tell a person what they want to hear.

Dating: What Do You Want?

Dating – What Do You Want From Your Dating Partner?

When you begin dating, try to know what you want from your dating partner. Let me make this clearer. All of us date for different reasons. Sometimes these reasons are unknown to our conscious mind. With application of thought and reflection, we can find out what we want from our dating partner.

You may be looking for following and some other needs to be fulfilled by your dating partner. They are primary, and there may be many secondary reasons. Let us discuss them.

Every one is dating – I want to date and have a partner because everyone is doing that. I am happy otherwise and can continue without a partner happily for many more years. But I want a partner because everyone is having one.

Physical needs – I need a partner primary for my physical needs. I need a biological partner.

Companion and friend- I want a friend who will be with me through pain and pleasures of my life.

Fulfillment- I feel unfulfilled. I want fulfilled. I am not able to define this vacuum but I think that a partner will do it.

I want my own – I want to have someone my very own. In front of who I can laugh and cry. Who will support me through life and whom I will support like wise? I want to walk watching the sunset hand in hand with my beloved.

I want love – I need love and pampering. I never got it in my childhood. I need it badly. I want someone who will treat me gently and give me love.

There may be many other wants that one desires the dating partner to fulfill. Once you know what

precisely you want from your dating partner your choice becomes narrowed down and you will get better results. Knowing about our requirements always helps in satisfying our needs.

So, what the hell do you want?!

Dating: Seniors Looking For Romance

Dating can be a bit daunting when you are a senior but you deserve to be happy so why not take the chance and try to find that special person that can add some romance into your life. The hardest step is making the actual decision to go ahead and get back into the dating game.

Here are some tips that can help you re-enter the dating scene.

1. Enter the dating scene with an open mind. Remember that you are much older than you were when you were dating as a teen or young adult and the men you will be dating are also much older. Physical attraction is important but just don't expect a James Dean lookalike. Compatibility is also very important and you want to date someone with similar interests that you will be comfortable spending time with.
2. Don't expect to find the right one on your first date; it is never as easy as that. You may need to go on a few dates with different people before finding the right man for you. Often love finds you when you aren't looking for it so just be open to meeting new people and even widen your circle of friends, you never know where you will find the right one.
3. Don't be in a rush to find the right one, just take your time. When you start dating someone just take things slowly and let the relationship progress at its own pace. Just go out and enjoy yourself and if the lover you date isn't happy to take things slow, then he probably isn't the right one anyway.
4. Don't spend your first date talking about your ex. There is nothing that will scare a man off faster than someone constantly talking about their ex. It doesn't matter if you talk about him in a nice way or a bad way, just don't talk about him much or at all.
5. Join a dating club, a seniors club or an online dating site. There are many ways to meet new people if you put yourself out there and join some of these organizations. Just sign up and enjoy yourself doing it, if you are too apprehensive this will come across to your potential date. You will be much more attractive to a man if you are seen as someone who enjoys life.
6. Be honest. Although you are older and think that a photo might not attract any dates, the truth is that if you use a fake photo, the truth will come out eventually when you meet the lover. Use a photo of yourself but use one that is flattering. You will also want to use one that is reasonably recent, there is no point putting a photo of yourself when you were 20. When you write a description about yourself be honest there too. You can write flattering points as long as they are honest. Remember, the truth comes out eventually.

The most important point when you get back into the dating scene is to enjoy yourself. You only live once so you might as well enjoy it. If someone doesn't like your sense of humor or doesn't like your photo, then they aren't worth dating anyway. The right one will come along and he will like you for who you really are, so just go out and have some fun.

Dating: Are You In Cyberlove?

Are You In Cyberlove?

Cyberlove. Millions of singles worldwide are enjoying this fairly new phenomena. Online dating services are connecting singles worldwide on a daily basis, and it seems a growing trend that a lot of offline singles are missing out on.

Joining an online dating service is a very straight forward exercise. The most difficult part would be choosing your dating service. With so many available, and so many categories, choosing the right one can be the difference of being in cyberlove or cyberlust.

Online dating services cater for religions, age groups, body types, sexual preferences and many more categories. If a single happens to fit into one of these niches they will find thousands of like minded singles ready to meet someone just like them. This will benefit a single much more than just joining the most popular dating service out there.

If a single is deep into their religion they will be able to share their beliefs instantly with other singles. This saves time either before a relationship has started or even worse after the relationship has started, of having to explain their religious beliefs to a new partner. Although not the worse thing in the world to tell someone, it may come as a bit of a shock to a small minority.

Senior singles are also enjoying the benefits of their adventures of finding cyberlove. There's no need for them to get out and about any more, they have all they need right at their fingertips. They're giving younger generations a lesson in going after what they want, and getting it.

Cyberlove gives singles the chance to find love across oceans and seas as well. There's no boundaries, they don't have to find another single in the local bar. Long distance relationships have expanded ten fold since the launch of online dating. Singles no longer limit themselves to local dating when the whole world is right at their keyboard. The world has many beautiful countries, so there's no other easier way to explore them than online.

Whatever you do in cyberspace nothing will come close to the feeling of being in cyberlove. It's helping thousands of singles everyday fulfill their fantasies, and start relationships that never would have happened offline. Who knows maybe love is just a mouse click away for you.

You should read this book, a novel based on a real cyber story!
Dating: I Am Worthy

Dating Secret for Men To Attract Women

I am going to let you in on a little secret that not too many men want to talk about when it comes to your problems attracting and being with beautiful high quality women.

It is your own fault and it's all in your mind.

If you're a man who either doesn't know how to get beautiful women, keep beautiful women, or be happy with the beautiful woman in your life. Then you need to work on your inner game right now.

Fixing your inner-game isn't going to happen overnight, imagine your brain is an information Highway and right now for whatever reason the life you have had led you to the Belief "I am NOT Worthy".

It had become a part of your life and unconsciously you began to build and had let others build more and more “Highways” leading to “I am NOT worthy.”

What if after reading this you are beginning to realize that you need to create a highway towards the cities of “I am WORTHY” and “I am MORE than I Know I AM.”

However, just like Rome was not built in a day, neither will your own Highway to the “Great Cities.”

Yet even though you realize that to build your highways to these great cities will take time I want you to imagine right now what it will be like when you find yourself on the highway and have begun to enter the City of “I am WORTHY” roll down your window and feel the breeze upon your face is it cool or warm?

Take a deep breath and allow the aroma of “I am WORTHY” to encompass your entire body and see just exactly what it is as you hear “I am WORTHY” say welcome and enjoy.

Now use this as motivation and if you need help building your highway to the “Great Cities” know that’s what I am here for.

RELATIONSHIP

Title Content Relationship: How Often To Call Your Woman?

How Often Should You Call A Woman?

We all know that communication is key to a healthy relationship. What some men might not realize is the importance of phone calls. How often to call a girlfriend? When to call a girl? How often to return a girl's calls?

The telephone- a miracle of the modern age, allowing communication through vast distances. Although this wonder tool has been one of man's most important assets throughout human history, it has also been the source of some of man's biggest dilemmas and many a headache, particularly pertaining to girls. This dilemma is only compounded by the advent of answering services, caller trace and other suchlike devices.

Knowing when and how often to call is something every guy should know if he wishes to master the art of telecommunication with the fairer sex. After all, this knowledge can really make or break a relationship even before it has actually begun.

Calling for the first time

So you meet the girl of your dreams in a club one night. You somehow build up the courage to talk to her and BAM!, instant connection. Interesting conversation then ensues. She actually laughs at your jokes and, wonder of wonders, she gives out her phone number.

So, mission accomplished, right? Wrong. Sorry son, but this battle has barely just begun. The first call is often the most daunting, and causes men the most agitating problems. Basically screwing this up can mean clipping the wings of a possibly beautiful relationship before it has a chance to take flight.

Timing is everything

Be sure not to jump the gun. It is important to time the first call properly for maximum effect. Calling too soon to ask a girl out can give the impression of being too eager. Around three days is an ample waiting period. "Huh? Who is this again?" Waiting too long can be just as bad. Nothing is worse than being forgotten. It's important not to wait longer than a week to avoid a possibly embarrassing conversation.

So now you've finally got a girlfriend. You've been dating for a while. Telecommunication is still an important part of the relationship.

Here are some things to remember:

First and foremost, when you say you're going to call her, call her. Not calling when she's expecting one can cause her to contemplate your intentions. This may lead the girlfriend to think you're not really into it. She might even start looking elsewhere for some tender loving care.

Avoid calling during work. Once in a while when you have a valid reason is okay, but too much can be distracting to her.

Schedule your call after working hours. Even if you have nothing to do the whole day, she does not need to know that. It's imperative to give the impression of having a busy and eventful life. Of course, it's even better if you actually have one. Also, it's best to call in the middle of the week if you're going to ask her out for the weekend. This will allow plenty of time to prepare for the possible rendezvous.

After leaving a message, all that's left is to wait for a return call. Days later, could it be possible that she's not calling back? No, that's not possible. The message must have gone astray, right? Well, if the message was left to somebody else, there's a relatively good chance that she didn't receive it. So feel free to call back after a day. If it's left to some sort of answering service, chances are she received it and just doesn't want to call back.

If she leaves a message, you might want to wait a day to call back so as not to seem to be at her every beck and call. Exceptions apply when the message goes somewhere along the lines of, "Help, my house is on fire!"

If you find yourself geographically apart for a time, you don't have to necessarily bombard her with phone calls. Just make sure that the calls you make are meaningful. You might even send a personalized gift or card just to remind her of you.

Generally you can't call your girlfriend too often unless of course she's finding reasons to cut the conversation short. This is a sign that she is showing traces of suffocation. Three times a day just to say howdy is a bit much.

As is with the other important things in life, when it comes to calling your girlfriend, it is the quality and not the quantity that matters most. And above all, don't forget to call when you say you will.

Relationship: What Is A Boundary

What Is a Boundary?

My friends often explain to me how they set a boundary. They tell me something like, "I set a boundary. I told him he has to stop putting me down in public," or "I set a boundary. I told her she has to be on time from now on," or "I set a boundary. I told him he has to stop being critical of me."

This is not a boundary. A boundary is not about telling another person what to do. It is about telling another person what YOU will do in the face of the other's continued unkind or undesirable behavior. While it is hard for most people to accept, we cannot control another's behavior. What we can control is our own response in the face of others' behavior.

A boundary is about telling your truth and taking action on it. For example:

“I’m no longer willing to be with you in public when you put me down. The next time you do that, I will announce to everyone that I’m unwilling to be put down by you any more. Then I will leave and take the car or a cab home.”

“I’m no longer willing to be late to events because of you being late. The next time you are late, I will leave without you. If you continue to be late, then I will just plan on taking separate cars.”

“Your constant criticisms feel awful to me. From now on, when you are critical, I will tell you that it feels awful and leave the room.”

Then, of course, you have to take the action you have said you would take. If you do not take the action, then what you have said is a manipulation rather than a truth. A boundary means nothing until you are willing to take the action.

The tricky part of this has to do with your intent. If your intent is to control the other person rather than take loving care of yourself, then your statement and action is just another form of control. If your desire is to take responsibility for yourself, then your tone of voice will be calm and matter-of-fact – just letting the other person know what you will be doing or are doing. If your desire is to control the other person, then your tone of voice will be angry, blaming, and accusing, and your energy will be hard and closed.

We cannot hide our intent – it will always come through in our energy and our tone of voice. However you might try to mask an intent to control, the other will always pick up on it and probably react to it with his or her own controlling behavior.

You are coming from a place of personal power when your intent is to take loving care of yourself rather than control the other. Since you cannot ultimately control another, trying to will leave you feeling frustrated and powerless.

The challenging part of this is taking the loving action on your own behalf. In order to take loving care of yourself, you need to be willing to let go of the outcome regarding how the other person will feel and behave. If you are focused on controlling how the other person will feel in the face of your actions, then you will not be able to take the loving action. If your focus is on the other person, such as, “He will feel hurt and angry if I leave the party,” or “She will be furious with me if I leave without her,” or “He will feel rejected and tell me I am running away from conflict if I leave the room when he is critical,” then you will be unable to take the loving action.

Only if you are in compassion for yourself will you be able to act on your own behalf. Compassion for yourself means that you are 100% willing to take responsibility for your own feelings rather than trying to get someone else to do it for you, or rather than trying to control another’s feelings. It means that you are willing for the other person to be upset with you rather than continue to be treated unkindly.

People tend to mirror how we treat ourselves. If you tolerate unkind treatment, you are letting others know that it is okay to treat you badly. By taking loving care of yourself in the face of others’ unkind behavior, you will find that generally others will respect you and treat you well.

Relationship: What We Get From Counseling

What Do We Get From Relationship Counseling?

Ideally, everyone would like to be in a good relationship. In order to have such a relationship, it is necessary for us to continually develop and maintain it.

It is indeed a lifetime commitment for us. Whatever age bracket we belong to or experience in life our relationship will encounter new and demanding challenges. For us to meet these challenges, we should develop flexible skills and better understanding. And there are different types of relationship. The relationship of a couple is perhaps the most important in our society.

It is the primary relationship in the life of the people. It is the basic unit of society. Some relationships are basically sexual. All relationship that are healthy and good are based on mutual respect and can communicate effectively to each other.

But we cannot deny the fact that there will always be problems in the relationship later on. Now the question is how are we going to solve the problems? And that will be the role of relationship counseling. It will guide us to make the right decision. The role of the counselor is not give the solution but to lead us in the process of decision making. This is in contrast with the role of an adviser wherein he is expected to give a definite decision by the concerned individual.

Relationship counseling will give us new outlook and helpful alternatives. The counseling itself will equip us updated methods and way in order to face life's challenges. In the counseling process, the couple will be given time to express their needs and fears and later on they will decide wisely whatever ill feelings and misunderstanding. It helps in the removal of hindrances for an intimate relationship. Conflicts are easily resolved by both parties. The skills in communicating are enhanced. Relationships are very much improved. People at present are very effective in communicating their thoughts and ideas. They could respond to situations instead of criticizing and complaining. Differences of ideas and beliefs are discussed instead of destroying the reputation of the other person.

The parties involved in the relationship must be aware of their behavior in order to know how the relationship is affected. Let us remember that the main concern of relationship counseling is about the relationship. Relationship is actually is put to the test most of the time. We have a wounded relationship. That is the reason why relationship is taken as a patient to be cured and fixed. Relationship counseling is centered on how both parties answer the different issues they are supposed to face. There are some of them who do not respond, while others respond effectively. The good of the relationship is the primary concern for some people, while others do not bother.

If we are going to undergo relationship counseling, then what are some of the things we could learn as and individual and a couple? We could mention a lot of them.

As an individual

- We will be able to discover a healthy relationship.
- Improvement of one's relationship.
- We will be able to know what is needed in a relationship.
- Knowing the obstacles of being close and committed.
- Be able to make the relationship full of life, healthy and more fun.

As a couple

- Acquire a relationship that is full of love and fulfillment.

- Be able to discuss the reasons why we have relationship problems
- Able to end conflicts in a healthy manner.
- Able to resolve issues in relation to commitment.
- To have more intimacy and enjoyment in the relationship

Relationship: You Understand Your Lover?

Do You Understand Your Lover?

This sounds a different kind of title – Do You Understand your Lover? Doesn't everybody do? Sadly not many of us understand our partners fully. If we had understood our lovers, the rates of separations and divorces would have gone down substantially instead of increasing. You may ask- if I don't understand my love then how are we so good partners? Why he/she enjoys me? Why are we together? Let me talk about these.

What does it mean by understanding? It is again a difficult question. Knowing about likes and dislikes does not mean understanding. To understand means to know the values, the life goals and the priorities of a person. To understand means to know what incidences made what impacts on that person. To understand means – you will be able to predict the reaction of your partner at a crucial moment. Can you do that with surety?

In the beginning of our relationship, we all talk about good things of life. Our focus is more to please our partner. Our focus is to get more pleasure in their company. we never think about the underlying psychological motivators at that time. After the relationship develop little further, we find that many times we get baffled by what our partner says and vice-versa. That side of his/her character we never knew. If this is something, we can accept easily, we will forget about it, or fissures will develop at this juncture.

Not many partners are totally honest with each other about their deepest thoughts, desires and fears. If I fear that you may one day leave me, because I doubt your long term loyalty, will I ever tell you about that fear? Such hidden thoughts create a wall between the partners that can be never crossed. Only few manage to break it. Once you do that and tell everything about yourself and your thoughts and get to know everything about your partner, the relationship will grow stronger. These kinds of relationships were common in the earlier days but are rare now.

Relationship: Improving

You Can Improve Your Relationships

Is there magic to what makes some relationships last longer than others? Maybe. Do some people just sit back and sulk, while others seem to let life go by right over their heads and problems? It sure seems so. Or maybe it's just that some people learn secrets of success from their grandparents or other relatives or friends. And since the latter is probably more accurate, here are some tried and true tips from people who have enjoyed long, happy relationships.

1. REFRESH – Take time to look back, refresh your memories and share what brought you together. Especially when times are difficult, lean back and rely on these old memories as your foundation and glue yourselves back together with them (not literally, of course!)

2. DATES – Keep dating each other. Even if life seems too busy, meet at the end of the evening for something light and easy, like viewing your favorite sitcom (record it if necessary) together or playing

a game of Euchre.

3. FUN – Couple tend to have fun on dates, then get married and too serious. Lighten up. Head to Yahoo Games (off Yahoo.com main site) and join in any number of card or other games. Or head to a local rental shop and rent an Xbox or other game player and some games.

4. FORGET – No need to “always” remember the bad things that happened during an argument. Actively “forget” sometimes. Be the first to apologize and make up. Go for it!

5. SPACE – Give each other some space. Either you trust or you don’t. Get on with life, though. People need time alone and time with their mates and other friends. Be sure to give and take your fair share of space.

6. DISAGREE – Agree that it’s okay to disagree on some issues, and leave it at that. No need to create a new religion or political movement just to appease both of you. You don’t HAVE to agree on everything. And you won’t. And that’s okay.

7. MEMORIES – Make some together. Enjoy special moments, special anniversary dates and events. No need to be elaborate. For example, maybe you enjoyed watching a hot air balloon race one spring day. The next year, you might schedule time to watch it again. Make it an annual event. Collect postcards with balloons on the, playing cards, toss pillows...over time it becomes a theme.

So don’t just sit back and sulk. Take short steps to improve your relationships and let life’s problems magically pass by while you hold on to your relationship.

Improving relationships require knowing what to do and how to do it. If you follow some tried and true tips, it is possible you can also improve your relationships.

You Can Improve Your Relationship

It seems as if creating successful relationships with our significant others and parenting children are two of the most difficult jobs we face and yet we get no formal training in either. It’s as if people believe that we are born with an inherent ability to do these two things. Yet, look around us. In the US, the divorce rate is slightly over 50%! I don’t know anywhere but baseball where a 50% average is a good thing.

Couples go through life getting along when times are good; and fighting with, ignoring, or leaving each other when things get tough. Most people believe that to seek help with their relationships means to admit a certain kind of defeat that says something about who they are as a person. Or possibly, they believe that relationships are something we are just supposed to be able to manage on our own. Or, finally, some people believe that those out there helping couples can’t know any more than they do. After all, what’s to know about keeping relationships together?

Well, the truth is that there is a whole lot to learn when it comes to relationships. Unfortunately, the only training most of us ever receive is the passive learning we get through the modeling of the adults who live in our house with us and the media. Now, I don’t know about you, but my parents had only received the informal training they got from their parents, and they from my great grandparents and so on back through the generations. There is so much more to know about relationships than that!

Also, my parents have helped support that 50% statistic cited earlier in that they divorced sometime around their 25th wedding anniversary. What I learned about relationships from watching them is that couples never argue, especially in front of the children. On the surface, my parents had a very happy marriage but my father experienced a stereotypical mid-life crisis and suddenly questioned the meaning of “life” and decided marriage was holding him back somehow.

In some ways, this type of training may have been as bad as those who have parents who argue all the time. Disagreements are a natural by-product of relationships. It is virtually impossible for two people to come together and create a life without some of their ideals, values, opinions or day-to-day activities coming into conflict with each other. The question becomes how the couple manages this conflict.

There are many things to consider when speaking about couples and their challenges and areas for growth and development. The first is compatibility. I know there is an expression that says opposites attract and I believe there is some accuracy in that statement when you think of attraction as that chemical interaction that occurs when two people meet and are attracted. This chemical attraction doesn't care what the other person's values are, what is important to him or her, the personality characteristics involved, or what either of you likes to do in your spare time. Compatibility is a key for a successful, healthy relationship. Go to www.therelationshipcenter.biz and take the free Assessment to determine your compatibility with your partner.

A second consideration is simply that there are major differences in how men are in relationships compared to how women are. Women generally don't understand men because the men don't act like women and similarly, men don't understand women because they don't act like men. And since a woman has never been a man and a man has never been a woman, how does each learn about these important differences? John Gray researched and wrote about these issues in his book, *Men are from Mars; Women are from Venus*. But I would say that the majority of people in relationships don't take the time to learn about these gender differences. It is easier to point a finger and blame the other person for his or her “irrational” behavior.

As mentioned earlier, a third area of growth is learning how to manage conflict. There are time proven methods for resolving conflict that we don't learn in school or from a book. There are ways to actually hear each other in relationships. By placing the relationship FIRST in importance, these methods can be implemented by couples to greatly improve their satisfaction.

There is so much to learn about satisfying relationships that your parents never showed you. Please don't become one of the statistics of divorce or perhaps worse, stay in a miserable relationship to honor your marriage vows while having so many regrets about your life as the time ticks away.

Take charge and take control of your life. Learn some new ways to improve the relationship you are already in or to prepare yourself for being a better, improved partner for the next person in your life. Contact Kim at 708-957-6047 or email at Kim@TheRelationshipCenter.biz about relationship coaching or take one the many Teleclasses scheduled on the Events Calendar at www.TheRelationshipCenter.biz. Don't wait until it is too late.

You Can Be Romantic!

Why is it that so many people believe that they don't have time or take the initiative to be romantic? Maybe most people don't believe that they are creative enough to be romantic. Everyone is creative! The definition of being creative is having the ability or power to create. The word create offers a much

broader definition than most people accept when it comes to the process of being able to come up with something original or simply well thought out.

Gifts that are considered to be traditionally romantic like candy and flowers are wonderful, but sometimes you need something that goes one step further. If your spouse enjoys flowers, you don't have to settle for roses because they can sometimes become unexciting after a while! Present him or her with something completely original such as a daisy or another flower where petals can be counted. Ask him or her to play the childhood game of 'they love me, they love me not' and watch them pluck the petals as they go. However, don't allow for the possibility of him or her arriving at the 'they love me not'. Count the petals before you present the flower to your spouse and trim it so that there is an odd number of petals for the right outcome!

Arts and crafts used to be a fun break from the monotony of the school day, but believe it or not, it will come in handy when it comes to creative romantic gestures. Instead of promising that you will love him or her forever, show them. Take a piece of paper, ribbon or other material you choose and write "I love you" on both sides from end to end. Twist the paper 180 degrees and connect both ends of the paper until you have made what looks like the figure eight. Tape or glue the ends together. You can present your love with a symbol that shows them your love for them is an endless love.

Creativity comes in many different forms! Being creative can mean creating an atmosphere. If you want to plan the ultimate romantic evening but funds are low or you simply don't want to have to leave the house, shut down the electricity and imitate a power outage (it's up to you whether or not you tell him or her!). You won't have any distractions or heat, so it is up to both of you to keep the other warm and entertain each other.

Maybe romance is on your mind, but he or she is going out of town. Did you know that people on airplanes are typically hopeless romantics? Any flight attendant would be more than happy to make sure that your spouse receives a special present after the flight has left the ground. Simply approach a crewmember after he or she boards the plane and they are usually more than happy to oblige a hopeless romantic like you! (You might want to make sure that the gift is unwrapped or keep it to a single rose due to heightened security.)

Creativity doesn't have to come in the form of gifts every single time. Gestures like getting up and dancing with your spouse when a special song comes on the radio is quite creative and incredibly romantic! Whenever the mood strikes you, allow your creative juices to flow!

Relationship: Solving Problems

Tips In Solving Relationship Problems

It can not be denied that relationships have been considered as the source of a loving relationship that is full of support, enthusiasm and pleasure, whether the relationship is in the family or to somebody you are intimately in love with. And we would like to experience such a relationship to last until death. Hence, we exert so much effort in order to nurture and to make it perfect if possible.

Whether we like it or not it can also be source of sadness and distress when it fails to address the basic elements for a good relationship. This is the reality of what they call relationship problem. To have a relationship problem does not necessarily follow that the relationship we started will automatically doom to failure. That will not be the case to happen. There is still a chance to fix it.

However, we will be required to do some extra effort to keep things intact. There are many couples who take things for granted. They do not bother their relationship problems, still with great hope that the problems will just disappear by itself. They reconcile with each other but never bother to examine what had occurred or why it happened and to find some solutions to the problem.

In view of this indifference, a majority of the couples are going through series of problems. There are some problems which are not too difficult to solve compared to others. And there is a need to really to ask for professional help from a counselor. A number of people believes that the professional guidance helps them in recovering their relationship and enabled them to discover different ways to work out their problems and resolve that it will not happen again in the future. Therefore, it is a must for every couple to deal immediately with their problems in order to be in the back in the right path and continually improve the relationship. Always seek some ways of getting back and relight the fading intimacy of love.

Relationship problems will always be part of our human existence. What do you think are the causes of such problems? Being too close to somebody can give us moral support, consolation and joy, but it could also be a source of grief, disappointment and misery. Secondly, we have ups and downs of being attracted. Sometimes, we do not feel to approach the person. We want to be alone. There are times that we are passive and not eager to see our beloved. And this can strain the relationship.

Sad to say, we have minimal control along this line of the relationship. Thirdly, we have the demands from our work and financial stability. We can not do away from their concrete pressures because are the sources of our life as a human being. They provide the basic necessities of life. Lastly, the differences in our goals to achieve and our expectations from each other so as to sustain the relationship. I suppose these are the areas of concern that we should immediately address in order to make some changes for satisfaction of the relationship. It will eventually lead us to grow together.

What are the most common problems of a relationship? We have the following problems namely, the communication is very poor, poor skill in solving problems, lack of support from one's companion, and no quality time for each other.

Relationship: About Abuse

What is Abuse?

Abusers exploit, lie, insult, demean, ignore (the "silent treatment"), manipulate, and control.

There are many ways to abuse. To love too much is to abuse. It is tantamount to treating someone as an extension, an object, or an instrument of gratification. To be over-protective, not to respect privacy, to be brutally honest, with a sadistic sense of humor., or consistently tactless – is to abuse.

To expect too much, to denigrate, to ignore – are all modes of abuse. There is physical abuse, verbal abuse, psychological abuse, sexual abuse. The list is long. Most abusers abuse surreptitiously. They are "stealth abusers". You have to actually live with one in order to witness the abuse.

There are three important categories of abuse:

Overt Abuse

The open and explicit abuse of another person. Threatening, coercing, beating, lying, berating,

demeaning, chastising, insulting, humiliating, exploiting, ignoring (“silent treatment”), devaluing, unceremoniously discarding, verbal abuse, physical abuse and sexual abuse are all forms of overt abuse.

Covert or Controlling Abuse

Abuse is almost entirely about control. It is often a primitive and immature reaction to life circumstances in which the abuser (usually in his childhood) was rendered helpless. It is about re-exerting one’s identity, re-establishing predictability, mastering the environment – human and physical.

The bulk of abusive behaviours can be traced to this panicky reaction to the remote potential for loss of control. Many abusers are hypochondriacs (and difficult patients) because they are afraid to lose control over their body, its looks and its proper functioning. They are obsessive-compulsive in an effort to subdue their physical habitat and render it foreseeable. They stalk people and harass them as a means of “being in touch” – another form of control.

To the abuser, nothing exists outside himself. Meaningful others are extensions, internal, assimilated, objects – not external ones. Thus, losing control over a significant other – is equivalent to losing control of a limb, or of one’s brain. It is terrifying.

Independent or disobedient people evoke in the abuser the realization that something is wrong with his worldview, that he is not the center of the world or its cause and that he cannot control what, to him, are internal representations.

To the abuser, losing control means going insane. Because other people are mere elements in the abuser’s mind – being unable to manipulate them literally means losing it (his mind). Imagine, if you suddenly were to find out that you cannot manipulate your memories or control your thoughts... Nightmarish!

In his frantic efforts to maintain control or re-assert it, the abuser resorts to a myriad of fiendishly inventive stratagems and mechanisms. Here is a partial list:

Unpredictability and Uncertainty

The abuser acts unpredictably, capriciously, inconsistently and irrationally. This serves to render others dependent upon the next twist and turn of the abuser, his next inexplicable whim, upon his next outburst, denial, or smile.

The abuser makes sure that HE is the only reliable element in the lives of his nearest and dearest – by shattering the rest of their world through his seemingly insane behavior. He perpetuates his stable presence in their lives – by destabilizing their own.

TIP

Refuse to accept such behavior. Demand reasonably predictable and rational actions and reactions. Insist on respect for your boundaries, predilections, preferences, and priorities.

Disproportional Reactions

One of the favorite tools of manipulation in the abuser's arsenal is the disproportionality of his reactions. He reacts with supreme rage to the slightest slight. Or, he would punish severely for what he perceives to be an offense against him, no matter how minor. Or, he would throw a temper tantrum over any discord or disagreement, however gently and considerately expressed. Or, he would act inordinately attentive, charming and tempting (even over-sexed, if need be).

This ever-shifting code of conduct and the unusually harsh and arbitrarily applied penalties are premeditated. The victims are kept in the dark. Neediness and dependence on the source of "justice" meted and judgment passed – on the abuser – are thus guaranteed.

TIP

Demand a just and proportional treatment. Reject or ignore unjust and capricious behavior.

If you are up to the inevitable confrontation, react in kind. Let him taste some of his own medicine.

Dehumanization and Objectification (Abuse)

People have a need to believe in the empathic skills and basic good-hardheartedness of others. By dehumanizing and objectifying people – the abuser attacks the very foundations of human interaction. This is the "alien" aspect of abusers – they may be excellent imitations of fully formed adults but they are emotionally absent and immature.

Abuse is so horrid, so repulsive, so phantasmagoric – that people recoil in terror. It is then, with their defenses absolutely down, that they are the most susceptible and vulnerable to the abuser's control. Physical, psychological, verbal and sexual abuse are all forms of dehumanization and objectification.

TIP

Never show your abuser that you are afraid of him. Do not negotiate with bullies. They are insatiable. Do not succumb to blackmail.

If things get rough – disengage, involve law enforcement officers, friends and colleagues, or threaten him (legally).

Do not keep your abuse a secret. Secrecy is the abuser's weapon.

Never give him a second chance. React with your full arsenal to the first transgression.

Abuse of Information

From the first moments of an encounter with another person, the abuser is on the prowl. He collects information. The more he knows about his potential victim – the better able he is to coerce, manipulate, charm, extort or convert it "to the cause". The abuser does not hesitate to misuse the information he gleaned, regardless of its intimate nature or the circumstances in which he obtained it. This is a powerful tool in his armory.

TIP

Be guarded. Don't be too forthcoming in a first or casual meeting. Gather intelligence.

Be yourself. Don't misrepresent your wishes, boundaries, preferences, priorities, and red lines.

Do not behave inconsistently. Do not go back on your word. Be firm and resolute.

Impossible Situations

The abuser engineers impossible, dangerous, unpredictable, unprecedented, or highly specific situations in which he is sorely needed. The abuser makes sure that his knowledge, his skills, his connections, or his traits are the only ones applicable and the most useful in the situations that he, himself, wrought. The abuser generates his own indispensability.

TIP

Stay away from such quagmires. Scrutinize every offer and suggestion, no matter how innocuous.

Prepare backup plans. Keep others informed of your whereabouts and apprised of your situation.

Be vigilant and doubting. Do not be gullible and suggestible. Better safe than sorry.

Control by Proxy

If all else fails, the abuser recruits friends, colleagues, mates, family members, the authorities, institutions, neighbors, the media, teachers – in short, third parties – to do his bidding. He uses them to cajole, coerce, threaten, stalk, offer, retreat, tempt, convince, harass, communicate and otherwise manipulate his target. He controls these unaware instruments exactly as he plans to control his ultimate prey. He employs the same mechanisms and devices. And he dumps his props unceremoniously when the job is done.

Another form of control by proxy is to engineer situations in which abuse is inflicted upon another person. Such carefully crafted scenarios of embarrassment and humiliation provoke social sanctions (condemnation, opprobrium, or even physical punishment) against the victim. Society, or a social group become the instruments of the abuser.

TIP

Often the abuser's proxies are unaware of their role. Expose him. Inform them. Demonstrate to them how they are being abused, misused, and plain used by the abuser.

Trap your abuser. Treat him as he treats you. Involve others. Bring it into the open. Nothing like sunshine to disinfest abuse.

Ambient Abuse

The fostering, propagation and enhancement of an atmosphere of fear, intimidation, instability, unpredictability and irritation. There are no acts of traceable explicit abuse, nor any manipulative settings of control. Yet, the irksome feeling remains, a disagreeable foreboding, a premonition, a bad omen. This is sometimes called "gas-lighting".

In the long term, such an environment erodes the victim's sense of self-worth and self-esteem. Self-confidence is shaken badly. Often, the victim adopts a paranoid or schizoid stance and thus renders himself or herself exposed even more to criticism and judgment. The roles are thus reversed: the victim is considered mentally deranged and the abuser – the suffering soul.

TIP

Run! Get away! Ambient abuse often develops to overt and violent abuse.

You don't owe anyone an explanation – but you owe yourself a life. Bail out.

Open Site Encyclopedia – Family Violence

Violence in the family often follows other forms of more subtle and long-term abuse: verbal, emotional, psychological sexual, or financial.

It is closely correlated with alcoholism, drug consumption, intimate-partner homicide, teen pregnancy, infant and child mortality, spontaneous abortion, reckless behaviours, suicide, and the onset of mental health disorders.

Most abusers and batterers are males – but a significant minority are women. This being a “Women's Issue”, the problem was swept under the carpet for generations and only recently has it come to public awareness. Yet, even today, society – for instance, through the court and the mental health systems – largely ignores domestic violence and abuse in the family. This induces feelings of shame and guilt in the victims and “legitimizes” the role of the abuser.

Violence in the family is mostly spousal – one spouse beating, raping, or otherwise physically harming and torturing the other. But children are also and often victims – either directly, or indirectly. Other vulnerable familial groups include the elderly and the disabled.

Abuse and violence cross geographical and cultural boundaries and social and economic strata. It is common among the rich and the poor, the well-educated and the less so, the young and the middle-aged, city dwellers and rural folk. It is a universal phenomenon.

Relationship: Fairness And Female Relationships

About Fairness And Female Relationships

One of the biggest mistakes men make in their relationships with women is projecting into them their male thinking.

One of the masculine features they usually project into women is fairness.

When this mistake comes back to bite their asses they do not understand what happened, they cannot understand why their girls come back to them in such a self-centered, selfish way in response to their fairness.

Well there is a simple reason for it:: fairness is – in fact – an invention of men.

Men have been providers to women and children along all the thousands of years of Evolution so they feel terribly guilty if everything is not “shared in a fair way.”

This is the responsibility you feel when you know you have the power.

Women are different: their job was for thousands of years to invent ways to have the men give them and their children part of the preys of their hunting, for the seek of their survival.

Being fair was easy to men: they had the power and access to food and resources. Being fair was much more difficult for women under such conditions and could have impaired their own survival and the survival of their children.

It comes out that if you are fair to a woman she will draw a long list of very unpleasant conclusions about you and your personality of which these are the most important:

– She will think about that is you are fair to her it is because you are tired of hunting and want to rest and please her. In a word what is for you a good, noble thing is for her a weakness. She will draw the conclusion that you are less fit for survival than usual and give you the last hit. In fact if you are less fit for survival it may be the last time she gets your preys away from you.

– She will draw the conclusion that she is permitted to steal from you the prey of your hunting and believe me: she will.

Guys listen to me.

This is one of the main reasons for the failure of your relationships with your wives and your girlfriends: if you look backward there was a moment where you started to feel:”This is not fair, I am more powerful, I should raise her at my level”.

Soon after you wondered why you get absolutely no “thank you” from her and why she seems to want more and more and more out of you.

Guys tell me the truth: each one of you has been in his marriage or relationship with a woman in the point where he has to ask from himself:”What the fuck is going on here? The more I give to her the more she takes!”

This process went on until.. you were made weaker and she went out of the relationship with you with half of your property.

Or until you had to stop her from doing that in a pretty rough way.

No matter how balanced and sexy a woman is, no matter how great you and she get along she will have to be reminded not to be selfish. She is incapable of what you guys call “altruistic” behavior toward her same-age partner.

She can only be “altruistic” toward her children.

That doesn’t mean you can’t teach her how to behave to relate with you in a different way. What you need to take out of your mind is that you will be able at a certain point to have her internalize fairness.

That will never happen.

When a male perceives himself in a situation in which he is taking advantage of the other person, he tends to feel guilty

He either constructs psychological defenses that allow himself to continue in the one-sided business in which he gains at the other person's expense or, he somehow goes about increasing the gain for the other person while reducing his own until that point at which he feels things are "fair" or "equal" again.

In other words, he somehow tries to build an altruistic balance.

When a female, on the other hand, perceives herself to be involved somehow in a one-way relationship, she recognizes it as such but then doesn't take the next step. Instead, her typical response is to attempt to perpetuate the situation, cause it to continue, figure out how to make sure she continues to get that stuff.

It isn't nasty behavior from her; it is, simply, her own instinct to preserve herself. When her children get messed up she sacrifices herself; but not before that time. Well maybe some modern women not even when their children get messed up.. but those are extreme cases.

So if you set yourself in a relationship with a woman in the position of being "fair" to her in everything she will take out of you everything, even the last penny. Instead the position you need to take towards her is the one of constantly teaching her how to give you things in return for what you are giving to her. You have to teach her that whatever you give to her is not for free. You need to teach her fairness and altruism.

When you do this you achieve her respect: you are showing her that you can hunt around and also hunt her.

How you do that on daily basis? Like this:

- Your leadership over a woman is not for free. Every time you lead her you need to communicate / sub-communicate that you do that only if you are treated well and get something in return. If she stops giving you stop leading. Verbalize this at need.
- Be specific in asking things from her. Women like to take care of you. You can be specific about how you want her to make love with you, in which way you want to be touched, tell her openly what pleases you sexually.
- You can be specific in regard on how you want her to behave socially, how you want her to dress, how you want her to come close to you, of which subjects you want her to talk with you and so on.

When you teach her to give things back to you in return for your existence in her life you are behaving with her like her Prince. Women love to be devoted to Princes because they are usually the best hunters.

Instead if you get into the downward spiral of giving her all what you have for the sake of fairness you will be taken into a black hole, her attraction and respect for you will go down and you will finally lose her.

She will think that you are pleasing her because you want to rest and stop hunting and will behave accordingly by taking all what remains of your prey out of you. An alpha male cannot rest. That is an illusion. If you are alpha you know that you can rest only in your grave.

Put your energy into business, pick-up, seduction and never enter a relationship where you are being made weaker !

To be able to understand the deep differences in psychology between you and women is a very important skill.

If you are a single man willing to seduce women to get a wonderful girlfriend.

Or a husband willing to make his own wife happy in the relationship.

Or a playboy willing to have a lot of fun.
Relationship: Abusive Women

Relationship- Men Also Get Abused By Women

Emotional and physical abuse is believed to be only for women. Men are the abusers and women the victims. Do not women abuse men? Yes they do get abused and mercilessly. A woman can be brutal when it comes to blames and accusations. She can invent many lies and kill the soul of the man with every sentence she speaks. She may not abuse the man physically, but her emotional abuse may be enough to drive a man to lunacy.

I do not know why the abuse is considered to be prerogative of men? Is it because they are considered the stronger sex? What about emotional strength? Some men are very soft and especially when they deal with a woman, they act more softly. The woman wants to abuse the man will have no such compunctions. She can raise her voice, she can use crying, she can corner the man with all her blames because she wants to hurt him. She succeeds because a good man will not retaliate.

There is no help for men who get emotionally abused by women. They do not want to hurt the woman so they keep taking all the abuse. Let me add something here. Women on who their men have greatest faith do most abuse. So when the woman turns a abuser, the first reaction of the man is total disbelief. This surprise continues for a long time, because the man continues foolishly believing that her woman is getting it wrong. She is not abusing him. She cannot do that because she loves him. This thinking process is very dangerous. Evil recognizes no sexual difference. If a man can be evil, so can be a woman.

Relationship: Behavior Around The Campus

Bad Or Good College Relationships: Control And Define Your Social Behavior Around The Campus

College life could be one of the most challenging parts of everyone's life where brand new interaction with totally different individuals may seem intimidating at first but will prove a significant step towards making your social and whole outlook in life as flexible and as exciting as possible. This is also the stage of our lives where the start of taking special note of serious matters over gradual transition of our personality development is taking into account. College, in truth, is actually not a lot different from our lives in general but this could be the turning point of our assessment to our wants, goals, or desires in

life. The excitement of dorm life, those new items you are going to bring to the college, new college life schedule, fraternity/sorority life, research papers, term papers, essays: these could all together bring fun, frustrations, exhilaration but could be fulfilling at the same time especially if you were able to manage well with harmonious balance with your college academic and social activities.

One of the most exciting aspects of being in a college is the relationships you establish with the people around you. Your parents, classmates, peers, college instructors, college professors, acquaintances and colleagues are mostly those who surround you that in one way or another, the kind of relationship you establish with them would affect significantly the lifestyle you will be confronting your college life with. However you treat your relationships, this would reflect largely into the performances and actions you convey all throughout your battle with the-sometimes-complicated-part of one's life in the university. College relationships can give you the best or most difficult part of your college experiences depending on your own discretion.

The relationships you surround yourself with will ostensibly cultivate a form of a lifestyle that would manifest all your behavior. There is a saying that college relationship is the kind that could either break you or make you focused on your goals. Good college relationships are those you have favorably built with friends that encourage you to have fun while not sacrificing the hard work of studying. On the other hand, if you surround yourself with friends that constitute to a bad college relationship, this could pull you down and keep you focused on elsewhere and consequently could ruin the semester or the whole college life for you. The importance of relationships in college is that it could last a lifetime. This could be realized especially when you have formed healthy relationships with your college friends.

Another thing is that while having positive college relationships could enable you to move freely around the campus and always foster a smile for your brighter days all throughout your college life, throwing on with negative college relationships could lead you to a social isolation. Social isolation has become an enigma to the college surrounding as this is found to be a channel to the student's ultimate withdrawal from the college. Hence, it is essential that before you develop social isolation deter those inhibitions and qualms from eating away all your confidence. Those are the components that are interrupting your social activities. It could arrest your emotional and psychological being and take control of your self-esteem so that the idea of conforming to the college campus social behavior threatens not only your studies but your social well-being.

Good relationships or bad relationships in college are formed because of the college student's choice. If you care enough for your particular interest towards successful college endeavor, you would bind yourself with good relationships by making healthy and favorable contacts with people that has a sense of constructive persistence and demonstrate positive interaction so that a healthy environment could be constructed all around you. And in no time at all, you'll find yourself a better person due to the positive college relationships you have erected around you.

Relationship: Lasting Love

Creating Lasting Love

Many people are able to get into relationships. And many are able to attract partners who are suitable for them, physically and mentally. But for many people, their relationships do not last much more than 3 months! This is a shocking truth of the dating world. Why does this happen? Why can't we make it last? I'll give you three reasons:

*1. Treating a Relationship as a Transaction

You cannot be calculative when it comes to love. Counting who did what for whom leads to the death of generosity. Theoretically speaking, there's a hidden universal law guiding human relations, which is, "If you stop giving, you stop getting." And if that's the way the law is, then we must not stop giving or else the relationship will die. So if you are calculative, you will count to a point where you will say, "Yep, that's enough. I've given my fair share. Now it's your turn." But your partner may not feel it's their turn yet. So don't calculate. Keep giving generously and your partner will return your love when the time is right.

*2. Not Being Patient or Sensitive Enough

Relationships are delicate because human emotions are delicate. You can bring the strongest relationship to its knees with a single quarrel. You don't even need to do it in person; over the telephone will do. You can end a good relationship with words that hurt, no meeting needed. So if you treasure your relationship, never blow your top. Your partner deserves your best behavior. And the more love you invest in them, the more they will love you for it.

*3. Idealistic Demands

Some people are more idealistic than others. They have a vision in their minds of how they want their ideal partner to be – and they will not compromise. Usually in life, the partners we end up with do not meet our original criteria. Maybe she doesn't have the perfect figure or maybe he's not exactly Prince Charming. But in the end we still choose this person. Why so? It's because our criteria have changed. By living long enough, you see different kinds of people. And you will start editing your criteria of what you want in a partner, circling those qualities which are important, and mentally scratching out those which are not. So if a person has a list of rigid, uncompromising qualities that they follow to the dot, they might just kick out the partner that was right for them.

If it were so easy to make a relationship last, our divorce rates would be lower. Even if people do not fall into the three traps listed above, there are other problems such as the possibility of meeting someone more attractive (high chance). What should you do in such a case? Here's a principle to guide you:

"A great love relationship is not something you find, but something you build and commit yourself to."

There are tons of beautiful people in the world and many who are physically more attractive than your partner. To some people, the grass is always greener on the other side. So what do they do? They hop over to the neighbor's lawn! But then the lawn doesn't seem so green anymore because they see the weeds of the person's personality. But it looks like there's a greener lawn next door, so they hop again! They do their partner hopping, dating and exchanging in search of the greenest lawn, but they'll never find it because a beautiful relationship, like a beautiful garden, must be tended to and cared for. You can have 'happily forever after' with the partner you choose, but you must commit yourself to it. Without commitment, nothing lasts.

To sustain love, two people have to choose each other. If either partner defaults or is unsure, the whole relationship falls apart. It doesn't matter how much you love the other person, if they do not return your love. This reminds me of those Chinese drama serials where they are fond of saying, "Ai Qing Shi Bu Neng Mian Qiang De" – translated it means 'you can't force love'. And this will be the time when the

male suitor will grip his head and cry, “Why! Why?!!” Then he has no alternative, but to drown his sorrows in drink, and maybe get knocked down by a truck. Then the girl will visit him in hospital, where with his dying breath he whispers his last words of undying love... then he dies.

An Uncommitted Partner

Sometimes you might find that although you are ready to commit, your partner doesn't want to settle. They may be on the lookout for the ideal person who can fulfill their whims and fantasies... some idealistic vision of what a lover should be. Many people believe that they can hold on to their partner and make them stay. But this isn't true. If your partner wants to go, they will. A lover is not an inanimate object – you can't 'hold on' to them – they are human beings with free will and dreams and ideals of their own. What you can do is realize that each person seeks their own happiness. Sometimes it may be with you, at other times it may not. And if you still care for this person, the best you can do is allow them to follow their dreams. Gracefully step aside and wish them well. The right partner will come along for you one day.

Case Study – “Mr Y”

Last week we talked to Mr Y about his hope of winning over a girl who already has a boyfriend. This week, let's flip it and talk about what it's like to be the person who's about to lose their partner.

A reader wrote in regarding Mr Y's case. She suggests that we put ourselves in the boyfriend's shoes and see whether we like someone trying to break up our happiness. The reader suggests that Mr Y should take an altruistic approach, where he is happy the girl he loves is happy and well-looked after. I didn't want to agree (an urge to protect my client)... but after serious contemplation, I yielded because the reader has a point. The easiest way for Mr Y to be happy is to realize that he cares for the girl even though she's chosen to be with someone else. In a way, Mr Y is a martyr who sacrifices his desire to be with her, for her happiness. Could a man do that if he loves a woman? I'm sure he could, but I doubt she would even notice his sacrifice.

“Dagger in the Heart”

Mr Y said he felt a sharp stabbing pain in his heart, when he found out that the woman he loved had recently found a boyfriend. I said, “I understand that sharp pain feeling.” Everyone who has been on the verge of losing a romantic partner has felt this sharp stabbing pain. If you haven't, then you have not loved with all your heart.

The more you love a person; the more you care about him or her, the greater the feeling of being stabbed in the heart when they betray or cheat your love. Although the normal reaction to being dumped is to go ballistic and tell your lover what a piece of trash they are, your heart feels like a knife has sliced through it. This heart-pain is there because buried under your anger, there is love.

When our partner betrays our love, there are two immediate feelings – the part that feels cheated, and the part that still cares. On one hand we hate them for hurting us, and we want to hurt them back. On the other hand, we still have feelings for them, so just the thought of breaking up is hurting our soul. So what you need to realize is the deep stabbing pain you feel in your heart is not the pain of rejection, but the pain of trying to hate someone you love. Only when you can admit that you still care, and stop trying to hate them, the two parts dissolve and become one whole. The pain disappears.

If you want to find an ideal partner, you first have to BE an ideal partner. Give your partner first-class treatment – be infinitely patient, loving, and giving. This doesn't mean you do not settle differences, but that you do it in a calm and gentle manner. Don't be calculative about giving. Give with all your heart and trust that your partner appreciates the love you give. They will return it to you when you least expect it. Realize that some of your demands are idealistic and unnecessary, drop them or change them. And finally, strive to become the best you can be in mind, body, and spirit; socially, financially, and emotionally because the better you become as a person, the better a partner you will attract.

Good luck and may you build the love life of your dreams.

Relationship: When To Say The 3 Words

The Right Time To Say "I Love You"

Saying "I love you" for the first time is one of the sweetest things a person can do in his life and hearing it for the first time is one of the best experiences one can have, especially if the feeling is mutual. However, there are risks that are involved in saying "I love you" and if it is not done properly, all will be going down the drain from there.

Timing is one of the most essential elements in expressing one's love towards another person. Knowing when to express one's love can seal the deal between two potential lovers.

Here are some things which should be taken into consideration when planning to profess love to another person:

-Readiness

Saying "I love you" will bring a person into new horizons. Most often than not, saying "I love you" entails readiness to enter in a commitment. You profess your love with an assumption that you are ready to take in new challenges and that you are ready share yourself with someone else. The process shouldn't be done haphazardly.

An assessment of one's readiness to enter a relationship is a prerequisite to saying "I love you." Every facet should be taken into consideration since a commitment entails additional time, effort and a decrease in the benefits one gets as a single person.

-Do you really love her?

A careful assessment of one's feelings should also be done before saying "I love you." When people date, feelings are often mixed and one feeling can be interpreted as another. Feelings of infatuation, admiration and lust can become synonymous to feelings of love especially when the relationship is in its heat.

One must ask himself if he really loves her a thousand times before professing his love to her. It sounds like a cliché but this must be done so as to avoid making mistakes regarding this matter.

– Consequences

One must weight down the consequences which will be brought by saying "I love you." There are times when the right thing to do is to say nothing at all. At times, being silent about one's feelings is a

way to manifest true love.

Many people fall in love with married persons. This is a classic example which can be used to describe the importance of weighting the consequences of saying “I love you.” Refraining from saying those three words maybe the right thing to do in this situation.

-Read her thoughts

In saying “I love you,” one must be ready for whatever response that is to be given by the listener. Maybe not all relationships get past the I-love-you stage, but there are relationships which can really benefit from the right timing of saying “I love you.”

If one feels that the feeling is mutual, this is a good sign to continue. But of course, evaluating the girls’ thoughts should be done with complete honesty so as not to force the issue.

-The moment

When all the assessments have been done, it all boils down to timing. If one wishes to say “I love you” to another person, it would be best if he do it in style so as to make a good impression and to show his sincerity in saying it. Several things should be taken into consideration when planning for this moment. The schedule, venue and mood should be set to be able to get the best delivery. Practicing in front of a mirror might seem pathetic but it would definitely help.

-Be ready for her response

Saying “I love you” is a very exciting moment and the risks that it carries add up to its excitement. When someone says “I love you” he must be prepared to take whatever response is given to him. Not all love stories end in happy endings. Think about possible situations which can happen after you say “I love you.” The response can bring utmost happiness or crushing hurt to the person who is professing his love. Be careful and learn to accept her feelings.

Saying “I love you” can be a daunting task. A lot of preparation should be done to be able to get to that specific moment that could lead to a new relationship. Not all things go into plan but no matter how lousy one gets when professing his love, it shouldn’t really matter as long as he’s sincere and he knows what he is doing.

Relationship: Transform A Virtual Relationship

Mary’s quest in finding a suitable partner for romance seemed impossible. She found the singles scene at clubs to be uncomfortable and her social circle seemed to consist of more married friends with a shrinking amount of singles.

Although she had heard of internet dating and saw the ads, she had hesitated to take what she imagined was a rather drastic step. What would her experiences be like? How would she find someone online? What were the risks?

If you are in this situation then quite likely you’ve considered venturing into online dating to meet someone.

Our lives are increasingly dependent on technology as opposed to face-to-face contact. It is not at all

surprising that millions have already ventured into online dating as a way to find a relationship rather than waiting for a chance meeting.

But what are some of the findings as researchers spend more time analyzing the behavior of online daters?

In a study reported on CBS News, 15% of Americans with internet access have visited an internet dating site. 27% of them were 18-29 years old. Obviously online dating is a popular pastime.

The same study showed that 33% of unmarried internet users thought that dating online was a safe way to meet people although 34% acknowledged knowing someone who had a bad experience.

In another study reported by BBC News, online dating was seen as a way for women to feel empowered in relationships. The conventional inhibitions that they had in face-to-face relationships were replaced by a more upfront and in-control attitude when given the anonymity of the internet. Could this improve their chances at finding a perfect relationship?

Professor Helen Petrie was quoted in the BBC interview as stating “There are people who lack interpersonal social skills and would find it very difficult to meet people in bars. They may find it easy to meet in an internet room, but they still have the problem of meeting them face to face and if they have gone too far with the internet relationship, they may find that traumatic.”

The truth is, many individuals find the anonymity of online romance encourages a certain amount of exaggeration or lying. While some claim that we always hide things at the beginning of a relationship, trying to put our best foot forward, the internet makes it easier to hide such things as facial expressions, income, marital status and even criminal records.

So while you may find, like Mary, that finding a romance relationship in the ‘real’ world is difficult – if you are still considering online dating it is wise to use caution and common sense. Be careful what you say about yourself and try to verify as much information as possible before meeting or personally contacting anyone you’ve met online and never meet them alone.

Love does not see any distance. The history tells, love always gets stronger, while two lovers live at distance. Ancient Indian poet Kalidas wrote poetry called meghdut on the same line thousand years ago. In his poetry the Yaksha Kumar (Man) send a love message to his dearest one by the way of moving clouds.

In the present time, circumstance does not allow people to live together, so Valentine is the only way to showing your affection with your partner on this very special day. If you live in Chicago and last year your love one gets shifted to New Jersey for sixth month training.

In February, if you are busy with your present office work and not able to go to New Jersey to celebrate valentine day with your spouse. Despite of this if you want to celebrate the auspicious occasion and you want to give something special to your dearest one you must takes extra care for that because distance make the difference to take care of her emotions and attachments. In this modern world, there are lots of ways and means are open to send soft messages cards. You can send flower across the border at your choices by just logon to any b2b site. In spite of how far away from each other, there are lots of things you can do for your dear one. Here are some ways to express your love to your dearest one at distance.

1. Send Valentine Card available on the Internet through various websites
2. Send a bouquet of flowers to your lover's place via special delivery or send flower online.
3. Set message via telephone services as wake-up call for Valentine's morning, ensuring that the first words your lover hears on Valentine's Day are either "I love you".
4. Send singing Valentine mail to surprise your sweetie at home or at work place.
5. Send packets of chocolates, candy along with your recent photograph.
6. Send the love letter or putting together a Valentine's scrapbook to send to your lover the following day.
7. Send a poem you wrote yourself.
8. Schedule a chat via messenger toward the end of the evening
9. Promise your dearest one to plan a trip for a weekend to enjoy belated Valentine's Day.
10. Give surprise gift like diamond ring, watch or jewelry to your spouse while you meet at weekend.
11. In case your spouse has every, consider a gift certificate as a special gift of her choice.

Distance does not make any difference; you can enjoy your Valentine with equal emotions with your love heart. I believe, this may get more closer with your love one. Enjoy a great day with your love at distance and promise her to touch her emotions in the next meeting. Have a Great Valentine both of you.

Let's suppose that you are meeting someone online and that person seem to be the match of your life, but is living far away from you. Does it worth to spend your time in a long distance relationship with this person? What if this person is really your soul mate? You may be surprised how much a relationship can grow if you work at it.

If you know and apply some simple rules, your relationship can turn out to be one of the most successful and happy relationships that ever existed. Distance, combined with phone calls and writing, electronically or through regular mail, can foster an enviable intimacy which results from learning about another's qualities, values and ways of thinking, sensitivities, dreams, and aspirations. This type of intimacy can make your coming together much more special. And, as if relationships weren't complicated enough, having them across a long distance is extremely challenging.

Just read the following rules and try to keep them in mind and apply them:

1. The quality of a relationship is more likely to increase if both people develop the ability to share feelings openly with each other. Do not be afraid to tell your partner what you really need and want from him or her, he or she deserves to know the truth and judge whether they can give it to you.
2. Make the relationship a high priority. Avoid canceling reunions or putting off a phone call.

3. Keep in touch daily. If large phone bills are a concern, send e-mail, letters, cards and even faxes. And when you do make contact, don't just stick to love talk, but keep each other informed on the day-to-day aspects of your lives. This way each of you is aware of how the other is thinking, feeling and developing. Late-night talks and thoughtful letters can convey a lot of what is most important in the long-term: your goals, values and dreams.

4. Be prepared to be flexible. Tell your partner of how much you think about and love him or her and you will score some important points. Making them miss you more and you'll fill them with the constant urge to see you. But don't be possessive. Being paranoid and accusing will only grow doubts, insecurity and tension between you and none of those will help the relationship develop successfully. If your partner truly wants to be with you, then they would not want to wait forever to have you next to her or him. As long as you both trust each other, inform one another of your personal lives, keep in touch, your relationship can turn out into a happy normal relationship. Ultimately, a fabulous relationship is your goal – right?

Relationship: Basics Of Developing Rapport With Others

Let us take a peak at the basics of developing rapport with others.

In a nutshell, what it takes is to ask questions, have a positive, open attitude, encourage an open exchange of communications (both verbal and unspoken), listen to verbal and unspoken communications and share positive feedback.

Here are important details on each step:

1. Ask Questions

Building rapport is similar to interviewing someone for a job opening or it can be like a reporter seeking information for an article.

Relax and get to know the other person with a goal of finding common ground or things of interest. You can begin by simply commenting on the other person's choice of attire, if in person, or about their computer, if online, and following up with related questions.

For example, in person, you could compliment the other person on their color choice and or maybe a pin, ring or other piece of jewelry and ask where it came from.

In online communications, you could compliment the other person's font, smile faces or whatever they use, mention that the communication style seems relaxed and ask if he or she writes a lot.

Then basically follow up, steering clear of topics that could entice or cause arguing, while gradually leading the person to common ground you'd like to discuss.

2. Attitude

Have a positive attitude and leave social labels at home (or in a drawer, if you're at home). Many people can tell instantly if you have a negative attitude or if you feel superior. So treat other people as you would like to be treated. And give each person a chance.

3. Open Exchange

Do encourage others to share with you. Some people are shy, scared or inexperienced in communicating and welcome an opportunity to share. So both with body language and verbal communication invite an exchange. Face the other person with your arms open, eyes looking into theirs gently (not glaring or staring), and encourage a conversation with a warm smile.

4. Listen

Be an active listener. Don't focus your thoughts on what YOU will say next. Listen to what the other person is saying and take your clues from there, while also noting the body language.

For example, if the other person folds his arms and sounds upset, you may need to change the subject or let him have some space and distance; maybe even try approaching him later on and excusing yourself to go make a phone call (of head to the buffet table or somewhere to escape).

On the other hand, if the other person is leaning towards you, following your every word and communicating with you as if you were old friends, BINGO. You've built rapport!

5. Share People like compliments

So hand them out freely without over doing it. Leaving a nice part of yourself like a compliment is a good memory for the other person to recall – numerous times. That's good rapport. But do be sincere! False compliments aren't easily disguised.

Relationship: Relationship Killers and How to Avoid Them

I have discovered five major relationship killers:

CONTROLLING BEHAVIOR

Most people enter a relationship with a deep fear of rejection, and this fear motivates various forms of controlling behavior. Controlling behavior falls into two major categories – overt control and covert control.

Overt control includes many forms of attack, such as blaming anger, rage, violence, judgment, criticism and ridicule.

Covert control includes compliance, enabling, withdrawal, defending, explaining, lying and denying. Often a person at the other end of attack will respond with some form of covert control in an attempt to have control over not being attacked.

Controlling behavior always results in resentment and emotional distance, bringing about the very rejection that it is meant to avoid.

RESISTANCE

Many people enter a relationship with a deep fear of being engulfed and controlled – of losing themselves. The moment they experience their partner wanting control over them, they respond with resistance – withdrawal, unconsciousness, numbness, forgetfulness, and procrastination.

When one partner is controlling and the other is resistant – which is really an attempt to have control over not being controlled – the relationship becomes immobilized. Partners in this relationship system feel frustrated, stagnant, and resentful.

NEEDINESS

Many people enter a relationship believing that it is their partner's job to fill their emptiness, take away their lonesomeness, and make them feel good about themselves. When people have not learned how to take responsibility for their own feelings and needs, and to define their own self-worth, they may pull on their partner and others to fill them with the love they need.

SUBSTANCE AND PROCESS ADDICTIONS

Most people who feel empty inside turn to substance and process addictions in an attempt to fill their emptiness and take away the pain of their lonesomeness and loneliness. Alcohol and drug abuse, food, spending, gambling, busyness, Internet sex and pornography, affairs, work, TV, accumulating things, beautifying, and so on, can all be used as ways to fill emptiness and avoid fears of failure, inadequacy, rejection and engulfment. And they are all ways of shutting out your partner.

EYES ON PARTNER'S PLATE

Many people are acutely aware of what their partner is doing that is causing relationship problems, but completely unaware of what they are doing. For example, you might be very aware of your partner's resistance or withdrawal, but totally unaware of your own judgmental behavior. You might be very aware of your partner's anger, but completely unaware of your own compliance. You might be very aware of your partner's addictive behavior, but very unaware of your own enabling. As long as your eyes are on your partner instead of on yourself, you will continue to believe that if only your partner changed, everything would be okay.

RESOLVING RELATIONSHIP KILLERS

All relationship killers come from fear – of inadequacy, of failure, of rejection and of engulfment. As long as you are coming from any of these fears, you will be behaving in one or more of the above ways.

The way out is to develop a loving adult self who knows how to take full responsibility for your own feelings and needs. You will move beyond controlling, needy and addictive behavior only when you learn how to fill your self with love and define your own inner worth. When you are willing to take your eyes off your partner's plate and turn your eyes fully on yourself, you can begin to do the inner healing work necessary to heal yourself and your relationship.

A good place to start is to download our free Inner Bonding course and begin to practice the Six Steps of Inner Bonding. The daily practice of these steps will move you out of your addictive and controlling behavior and into the personal responsibility necessary to heal your relationship.

Relationship: Ways to Show Your Love To Your Partner

There are many ways to express love to your partner other than quoting the actual words "I Love You." Too often these words are spoken but not really felt. Usually the fire in relationships dies down after a

while and the feeling of your heart pounding with the excitement of being with your significant other is not felt nearly as often, or even at all.

So, how do we get back that love, passion and warm feeling that wraps around us and penetrate our thoughts in the beginning of a relationship?

Many say actions speak louder than words so below I have listed 5 secrets of seduction to help you show your partner how much you truly love them:

1. Flirt

This is a light-hearted seduction with the intent of conveying love! Why not send a sexy text message or email while you are at work? This reminds the other person that you are thinking about him or her. It also increases the intensity of love so that you actually look forward to seeing each other when you return home from work.

2. Candles

According to Feng Shui, the seduction candle is red and the ingredients are musk, patchouli, pine, cedar and juniper. This secret of seduction can put back the romance in your relationships. Why not fill your room with scented candles and turn off the lights just to relax in each others arms? The extra effort goes a very long way!

3. Food

It is said that “the way to a man’s heart is through his stomach,” however this is also thought to be the secret of successful seduction of women too. Show your love by setting up a surprise dinner for two. Add flowers, soft music and incense to create a seductive love nest. Aphrodisiac foods such as oysters, chili, chocolate, figs, honey and walnuts are said to aid in the stimulation of your loved ones hormones.

4. Love Letters and Poems

Why not leave a love note for your loved one? This can be posted in the bathroom or kitchen before you leave to work. You could also leave a nice love poem under the pillow so that your partner finds this at night before bedtime or first thing in the morning. Or send a hand written love letter to their work address. This will stir up the feeling of love in the privacy of your bedroom as well as in your relationship. Inspiration can be taken from music or love poem books.

5. Get Away

There can be a lot of distractions in your relationship such as work or children. There are many short vacations available for the weekend or just for a day. You may arrange a trip to the Health Spa or a Hotel so that you are in a different environment than usual where you can both relax and concentrate on each other.

Using the five techniques above to show your significant other just how much you truly love them will certainly spice up your love life, strengthen your relationship, and keep you and your partner happy for years to come!

Respect is one of the basic human values. As it applies to people, is defined as an attitude of admiration or esteem for a person. This feeling is generally a result of a person's achievements. While all people deserve respect, not many of them receive this. Everyone wants to be respected by others but not all of them get it.

It's important to first define who a respectable person is before giving respect to him.

First of all you have to keep in mind that in order to demand respect, you will have to treat others with equal amount of respect. 'Respect' is just a word, but what it means and what it distinguishes for us can make all the difference in how we observe ourselves and others as well as how we relate to future possibilities and choices.

Many successful relationships have been built around different political or religious beliefs, but it all boils down to respect. They are based on the belief that both partners are equal, that the power and control in the relationship are equally shared. In a relationship, respect means to listening each other, valuing each other's opinions, and also understanding the other's emotions. If you want to make you respectable by your girlfriend, here are some helpful tips which may use.

1. First of all it is very important to have self respect. Treat yourself with respect. If she sees that you don't have any respect for yourself she might consider that she doesn't have to show you either, because it is not important to you at all.
2. What you give is what you take. Show respect if you want to be respectable. Everyone wants to be admired and appreciated. If you show your girlfriend that she is important to you, you'll be easily in their good graces. Be attentive, give compliments, and make her feel comfortable with you and content. Simply admire the person you are with and listen carefully when she talks. So, she'll love to spend time with you.
3. Relax. Women think men are mediocre because they have a boring personality. So, when you have a date with her relax and have fun so she will feel great with you, because if she finds you boring you may get dumped. If you make her feel good she will respect you for the funny guy you are, being the person who can make her smile even when she is very sad.
4. Don't lie. We all know that women don't like to be lied to. If she had caught you with a lie she will definitely not have any more respect for you. But, if she sees that you are sincere to her all the time, she will be proud of you and will show more and more respect for you.
5. Be confident and polite. Look into her eyes when she talks to you and make her feel that you are a person who can trust in. Show her that she can talk with you about any subject or problem she has and can count on your help. Don't forget to be polite, this will bring a reciprocal respect.

When you are in a relationship you must be treated with respect, which means your beloved must act like this: – lets you feel comfortable being yourself – is able to admit when she is wrong – is willing to compromise – respects your opinions, feelings and friends – tries to resolve conflicts by talking honestly – accepts when you're saying no at things you don't want to do So, take a deep look at your relationship and watch out if your beloved is making all these things for you and if not you should try these tips to make her respect you.

Relationship: Warning Signs That She Is Not Interested In You Anymore

To break up a relationship is a harder decision when we talk about a long term one. In most cases when woman is no longer interested in a relationship she doesn't want to be the one to end it. But even when she has already made the decision to break it up, she will take some time to give you some signs to prepare you, before she tells you.

If you feel that something is going wrong it is time to take a closer look at your relationship. Here are seven warning signs she is no longer interested:

1. This is probably the most classic subtle signal of all: her life become too hectic. She hasn't picked up the phone for a few days and when she does, she is busy and pretending that she doesn't have time to meet you. This isn't necessarily a sign that it is over, but if you are used to meet her frequently then there is something wrong.

2. Eventually, when she decided to spend some time with you she keeps looking around to find something to do or someone else to talk to. However, when a woman is interested, she puts in the effort by giving you her full attention.

3. She's secretive and no longer wants to tell you where she has been or who was on the phone.

4. Don't forget that women love to talk. If she doesn't ask you questions and shows no interest in what you have to say and when you ask her questions she limits her answers to "yes" and "no" she has a problem. Can it be the relationship with you?

5. Is she causing arguments over stupid little things? If nothing you do or say isn't right anymore and all that goes wrong is your fault you can start to worry.

6. She refuses the presents you make. Women love to get presents, so if she turns yours down, she can feel guilty because she is thinking to break up with you, especially if you know she was about to buy that thing for herself.

7. She talks about divorce or break up of other people relationship, as a positive thing. Maybe a friend of her just has braked up with her boyfriend and now she is doing much better. In the game of romance, few things are black and white. Most of the points above are assumptions based on commonly used techniques. There is room for interpretations and misunderstandings but all this can make you wonder if everything is OK and discuss the problems you might have.

Relationship: Ways To Improve Your Relationship

Choices you can make that will not only improve your relationship, but can turn a failing relationship into a successful one.

TAKE RESPONSIBILITY FOR YOURSELF

This is the most important choice you can make to improve your relationship. This means that you learn how to take responsibility for your own feelings and needs. This means that instead of trying to get your partner to make you feel happy and secure, you learn how to do this for yourself through your own thoughts and actions. This means learning to treat yourself with kindness, caring, compassion, and acceptance instead of self-judgment. Self-judgment will always make you feel unhappy and insecure, no matter how wonderfully your partner is treating you.

For example, instead of getting angry at your partner for your feelings of abandonment when he or she is late, preoccupied and not listening to you, not turned on sexually, and so on, you would explore your own feelings of abandonment and discover how you might be abandoning yourself.

When you learn how to take full, 100% responsibility for yourself, then you stop blaming your partner for your upsets. Since blaming one's partner for one's own unhappiness is the number one cause of relationship problems, learning how to take loving care of yourself is vital to a good relationship.

KINDNESS, COMPASSION, ACCEPTANCE

Treat others the way you want to be treated. This is the essence of a truly spiritual life. We all yearn to be treated lovingly — with kindness, compassion, understanding, and acceptance. We need to treat ourselves this way, and we need to treat our partner and others this way. Relationships flourish when both people treat each other with kindness. While there are no guarantees, often treating another with kindness brings kindness in return. If your partner is consistently angry, judgmental, uncaring and unkind, then you need to focus on what would be loving to yourself rather than reverting to anger, blame, judgment, withdrawal, resistance, or compliance. Kindness to others does not mean sacrificing yourself. Always remember that taking responsibility for yourself rather than blaming others is the most important thing you can do. If you are consistently kind to yourself and your partner, and your partner is consistently angry, blaming, withdrawn and unavailable, then you either have to accept a distant relationship, or you need to leave the relationship. You cannot make your partner change — you can only change yourself.

LEARNING INSTEAD OF CONTROLLING

When conflict occurs, you always have two choices regarding how to handle the conflict: you can open to learning about yourself and your partner and discover the deeper issues of the conflict, or you can try to win, or at least not lose, through some form of controlling behavior. We've all learned many overt and subtle ways of trying to control others into behaving the way we want: anger, blame, judgment, niceness, compliance, care-taking, resistance, withdrawal of love, explaining, teaching, defending, lying, denying, and so on. All the ways we try to control create even more conflict. Remembering to learn instead of control is a vital part of improving your relationship.

For example, most people have two major fears that become activated in relationships: the fear of abandonment — of losing the other — and the fear of engulfment — of losing oneself. When these fears get activated, most people immediately protect themselves against these fears with their controlling behavior. But if you chose to learn about your fears instead of attempt to control your partner, your fear would eventually heal. This is how we grow emotionally and spiritually — by learning instead of controlling.

CREATE DATE TIMES

When people first fall in love, they make time for each other. Then, especially after getting married, they get busy. Relationships need time to thrive. It is vitally important to set aside specific times to be together — to talk, play, make love. Intimacy cannot be maintained without time together.

GRATITUDE INSTEAD OF COMPLAINTS

Positive energy flows between two people when there is an — attitude of gratitude. Constant

complaints creates a heavy, negative energy, which is not fun to be around. Practice being grateful for what you have rather than focusing on what you don't have. Complaints create stress, while gratitude creates inner peace, so gratitude creates not only emotional and relationship health, but physical health as well.

FUN AND PLAY

We all know that “work without play makes Jack a dull boy. Work without play makes for dull relationships as well. Relationships flourish when people laugh together, play together, and when humor is a part of everyday life. Stop taking everything so seriously and learn to see the funny side of life. Intimacy flourishes when there is lightness of being, not when everything is heavy.

SERVICE

A wonderful way of creating intimacy is to do service projects together. Giving to others fills the heart and creates deep satisfaction in the soul. Doing service moves you out of yourself and your own problems and supports a broader, more spiritual view of life.

If you and your partner agree to these 7 choices, you will be amazed at the improvement in your relationship!

Relationship: 10 Common Lies Told By Women

Why are some relationships more honest than others? Why are some couples more truthful with each other while others like to deceive the partner? Nobody deserves to be lied, but there are no doubts that women are telling lies considerably and often. But so men do the same.

If you have trust issues in your relationship, in general, a woman may lie to you. Trust is something that you must build from the beginning of the relationship. Even though, a lot of people say white lies” in order to make others feel better. Some women lie because, as caring creatures they want to spare the feelings of the man they are dating or seeing.

So, here are some common lies told by women that you should know. Someday you might hear them from your partner and it is better to know their real meaning.

1.You're perfect. I love you just the way you are and I wouldn't change a thing about you. Let's be serious; nobody is perfect. At the beginning of a relationship all of them say this because they didn't know you very well but after some time will definitely find something that needs changed. So, if she tells you something like this, don't be too enthusiastic because she finds you perfect just for a couple of days, and after that she will ask you to change.

2.You're right. Every time you are arguing with you're girlfriend usually ends up by telling you that you are right? Maybe this makes you feel proud of you, but you have to know that this is a big lie. She said this just to make you shut up, even if she didn't consider that you're right. She knows that after a while you will see that she was right, and may be waiting for apologize.

3.Nothing is wrong. The most common lie ” I'm fine” when asked if there is something wrong is the most used by women. You see that she is upset, she is acting strange or doesn't want to talk to you too much and ask her what is the problem she says that everything is fine. They don't want to tell the real truth but they are expecting that men to figure out that something is wrong and those they had a

mistake with something.

4.I do love sports honey. Maybe she agrees to stay and watch with you every week at a football game but this doesn't really mean that she like it. She accepts to do this just to show you that she is different from other girls and you have common interest. You may be thinking that you have found the perfect girl for you, because not many of them would like to stay to watch football, but don't be too happy because after a while she might had enough and get angry every time you sit down to watch a game.

5.I like spending time with your friends. At the beginning this is OK, but not too much. Even if they are good friends of you, she would like to spend more time alone with you and not with your friends. If she didn't tell you already this, she will ask you to keep visits from your buddies at minimum and then she might keep pretending she loves them.

6.Your family is adorable, so I like spending time with your family. The truth? Maybe twice a month. Think about it. Do you really think that she likes to spend time with your family where everybody is criticizing her and watch her every move? She agrees to spend time with your family when is necessary but she doesn't do it with much pleasure even if she is pretending in front of you that she likes them.

7.Your bank account doesn't matter. I hope you didn't believe this. We all know that this is definitely a lie. All women want a guy that is financial stable and independent, a guy that can assure her a future with no financial problems. This doesn't mean that you have to be very rich to have a girlfriend, but you have to have some money.

8.It doesn't bother to me if you look after women or go with your boys at strip-clubs. This is too good to be truth. Even she says that this is OK, she will definitely be upset that you want to go. They hate to feel second best to a night out with the guys, and accept this in order to make themselves seem less pathetically needy. If you choose to go, she will make you a lot of comments after, so you better think twice before you go.

9.You are very good in bed. If she choose to speak about this topic without you ask her, you don't have to believe all she says. If she starts to compliment you about your sexual experience it doesn't mean that she really believes that. Often a woman who cares about a man tell him all that she knows he wants to hear just to make him feel good about himself. So think about your girlfriend, your relationship, your sexual experience and see if you really deserve compliments on this topic.

10.Don't worry, it happens to everyone. If you just make a mistake, or fail in bed, you might hear this lie from your girlfriend. She doesn't want to show you how upset she is on you but in her mind thinks something else. I wouldn't be too sure that your mistake is forgiven and I would worry in not making too many "accidents" like these.

With all these presented, now will be more easy for you to know when your girlfriend is lying. As you see, what a woman says is not what she really thinks.

Relationship: Reasons Why Some Relationships Do Not Work

You are single, bored and you just have nothing to do. It is another miserable day like the day before. You need someone to talk to and you are turning on the computer, browsing some... dating sites. There are so many people... singles, like you are. What should you ask from them? Can they change your life for better? The answer to the last question is up to you. Would you let a person you have met online to change your life? Are you willing to do this? Do you trust someone you have met this way?

Some people simply do not have the courage to let an online relationship to develop and change in a normal healthy relationship. Are you one of them? Let me re-ensure you that online relationships really are working, and yes it can change your entire life, in a good way. But there are some impediments or mistakes which are leading to the end of the relationship between two people that could have had a good future together:

1. First of all if you do not take people you are taking to too seriously, you will be treated the same way.
2. Being too secret and reserved. If you do not tell things about you and you are not working to develop a relationship, nobody will make this for you.
3. Trust or lack of trust is the biggest impediment of an eRelationship. You have to try to get the people you are taking to trust in you, and then find out if that person is a trustworthy one. There are so many ways to check out this.
4. Being shy. If you are interested in someone and you want to meet her/him offline, let her/him know this. What do you have to lose?
5. Fear of disappointment or fear of becoming a victim of someone with bad intentions can make you paranoid. It is good to be preventive but not exaggerate about this. It is not funny and will pull people away.
6. Unbelieving. If you do not believe that an eRelationship can become something more then it is, you will not pay too much attention and... You get exactly what you give and some more, don't you?
7. Do not make that relationship a priority in your life. Any human needs to feel that is important for someone, that is the center of someone life, even if you have meet that human online. Don't you feel the same? Wouldn't you pay more attention to someone if you would know that you are a priority in his/her life?
8. Not making the next step. Talking online can be fun but it is not enough to get to know a person better and after a while it can become boring. Talking on the phone can help you two to develop the relationship and do not forget that you can feel chemistry only when you two are meeting face to face, touching each other, feeling the smell of her/his perfume.
9. Bering insincere, pretending that you are something that you are not will lead you eventually to the end of any relationship. So be honest from the very beginning, maybe you have just meat the mach of your life, don't take the risk to lose her because of a stupid mistake.
10. Thinking that online dating sites are some kind of shops where you can find a lover like you find a pear of shoes, and if you are braking the shoes you can go back to that shop and buy another pair just like the first. It is not true, every human, every soul is unique. If you lose her/him it is for good. So I am sure that you will have problems like all couples have but it is worthy to make the effort to solve these problems together. Be happy that the technology gives you the chance to meet your match online, but do not waste this chance, it could never come back to you.

Relationship: Loving In The Fast Lane

Do you ever feel like you catch up with your partner infrequently, often late at night when you're too tired to speak? Or when your timetables happen to collide? There are work dinners, school outings, sporting practice, dinners with friends, homework to supervise, household chores and so the list goes on. Do you feel like you need to make a date night just to spend some one on one time with your other half? Time when you're not sleeping?

If this sounds like you then I'm sure you will enjoy these tips for keeping each other close at heart, even if you can't always be as physically close as you'd like.

Its all about communicating and sharing the little things that make up our lives. Here are ten easy ways to make your feelings known:

1.Birthday love letter. There is something powerful about a letter. A few years ago my husband and I agreed to write a love letter for each other's birthday. I think I picked it up from a magazine article about Nicole Kidman and Tom Cruise. Apparently it's something they used to do in lieu of expensive presents. Obviously it didn't work for their marriage but we've found it has become the part of our birthday celebrations that we enjoy the most.

Writing down all the things that you love about the other person and then giving it to them is a very personal and thoughtful thing to do. In many cases its better than any gift you could possibly imagine and something to appreciate and cherish even when the birthday is a distant memory. You can do it for your children too if you have any and they will never need to doubt that you love them. Of course, you don't have to wait until it is your loved ones birthday to send them a letter anytime is a good time to tell them how you feel about them.

2.Sit down and talk about your day. When we can we sit down at the table to eat our evening meal and take it in turns to talk about what we did in our day. Even our two and a half year old joins in. For a long time he would talk about who he saw rather than what he did but now he's getting the hang of it. The other thing we take it in turns to do is name the best and worst things that happened that day. Sometimes so much happens each day that it helps to pause and reflect on what were the highlights and lowlights.

3.Celebrate all your partner's successes with them from a high five to a glass of champagne. Whatever the scale of the success calls for, make it a joint celebration.

4.Allow yourself to be impressed by your partner and let them know. "I'm proud of you" is something that I think everyone loves being told by someone they care about.

5.Never underestimate the power of a hug train your kids to hug you back. My five year old son Jack loves hugs. He loves giving them and getting them. Sometimes he will spontaneously hug someone if he feels they are a bit sad, although usually he asks first if they would like 'a Jack hug'.

6.Send them a photo that means a lot to you and tell them why its important you could use a Show & Tell Card. It's a new type of greeting card that lets you stick your photo on the front and is blank inside so you can write what you like. Go to <http://www.showandtellcards.com> for more information.

7.Share an experience. It could be a movie, a new CD, magazine article, or a short story. Talk about what you read or saw and why you liked or disliked it. And do it regularly.

8.Compliments. Everyone loves getting them so never pass up the opportunity to give one of these reliable mood boosters. You can give them in person or write them on a small piece of paper and leave them somewhere unexpected for your loved one to find.

9.Dance. It doesn't take long to find a great song you both enjoy, put it on and dance around the living room floor probably 5 minutes maximum but it is a wonderful way to physically reconnect with each other in between dinner and desert or at the end of a long evening or you could make it an unusual way to start your day.

10.Thoughtful gestures. Doing something unexpected, especially when you're loved one is busy and stressed, is a lovely way to show that you understand what they are going through and that they have your support.

Showing your partner how much you love them need not take a lot of time and you will be rewarded many times over for your effort. Get loving today!

Relationship: 10 Top Relationship Tips

What's the key to a successful relationship? Some might think that's the million dollar question. Sometimes it's just the simple things, that we easily forget or think are unimportant that hold the key to a healthy and happy relationship. Read through the helpful tips below on how to make your relationship go the distance.

1. Without quality time together, your relationship will not survive. Aim to devote at least half an hour a night, and at least one day a month for the two of you spend time exclusively together.

2. You both want to feel secure within the relationship. A good relationship is built on compromise and a lot of give and take from both of you.

3. Often those little things that first attracted you to your partner can turn into nasty annoying habits. Learn to love your partner warts and all. Don't try to change them into something they're not, after all you fell in love with them just the way they were.

4. Money is one of the top conflicts between most couples. For the relationship to work, you need to address your finances and maybe even work out a budget.

5. Learn to argue well. Never say something to your partner that you wouldn't want to hear said back. Just remember, the one good thing they say about arguing, is the making up afterwards.

6. Communication is vital to all healthy relationships. Listen to your partner and avoid blame and judgment. Don't let your emotions dictate your behavior. Remember just talking things over can help you to both have a deeper understanding of each other.

7. Sort out your sex life, it may start to go downhill over the years, don't just accept it. As soon as you notice it, address it with your partner and work out why, and what to do to bring back the passion. Maybe one of you prefers more sex than the other. Why not experiment with new ideas in the bedroom. Role play, dressing up, or maybe take your sex life out of the bedroom and try new places. The introduction of marital aids into the relationship can also help to spice things up. Whatever you decide, remember communication is vital.

8. Try to keep your dependence and independence in balance. Tell your partner how much you need them, but don't get to dependent on them and cling to them all the time, as that can make your partner feel trapped. On the flip side of this, don't allow your partner to think you don't need them, by going or doing things without them. Try to keep a happy and healthy balance between the two.

9. Learn to forgive. If you know you will never forgive your partner over something important, and feel the trust can never be regained then give yourself, and him a break and start again, with someone new.

10. Don't ever think that going to counseling is a sign of a failed relationship. It can turn a bad relationship around and can also turn an average relationship into an excellent one. More and more people are turning to counseling today than ever, it shows you are both prepared to try and make things better, which can't be a bad thing at all.

The fact remains, that whether you're dating or married, relationships are hard. It takes 100% commitment from both of you. However, healthy and long-lasting relationships are achievable and many couples have proven just that. Not everything is always going to be perfect but if you both choose to make it work then it can. And remember it's the little things that you sometimes do that can go a long way to making your relationship work.

Relationship: 13 Love Kill Phrases

To be in love with a girl and start a relationship is a wonderful thing. Long term relationships are usually based on love, trust and honesty. Even if honesty is very important in a relationship, sometimes may be hurtful. There are some things that can't be told to the partner because it may hurt her, or make her change the opinion about you. For example, some bad things you've done in the past, a truth about her that will make her feel bad if you tell her, and so on.

Even if you love her very much and you are getting pretty close, these things that can affect your relationship should be kept in secret. Sometimes you can best show her your love by keeping your mouth shut. So, before you start to be too confident and directly with her, you should take a look at these things that may destroy your relationship.

Never tell her she is getting fat

Even if this is true, you can't tell her this. It will make her feel very bad, and will think that you don't like her anymore. Think about how she would feel if you go there and say: "honey, you could stand to lose a little weight". Let her decide when is the time to lose weight because she will do it without you hurting her. In most of the cases when a man told her girlfriend that she got fat, he gets dumped.

Don't tell her how your mother would have done things

I know that for men their mothers always represent a model in life, but we have to admit that all the families are different. So, we have been raised by different kinds of parents and in different ways of life. Everyone is taught to do things in their ways and that's why you can't ask your girlfriend to do things or to live like your mother. A woman can have her views and opinions, and all you can do about this is to tell her stories about how you were raised and how things have been done in your family. You should adapt at this new way of life, without comparing her with your mom.

Don't tell her that you like to visit your mom too often

Maybe in that moment you love your mother more than her, but you don't have to show it. She may think that she is competing with your mom, or worst, that you are depending on mommy. It is not at all in your favor.

Don't criticize her when she is trying to do her best

This is the worst thing you can do. If she sees that she is trying hard to do the things fine and you begin to criticize her, she would feel disappointed that you don't know to appreciate her for the fact that she is trying her best. So you should get over it, and offer you to help her in doing that job. Maybe next time she'll be doing better.

Never tell her if your family doesn't like her

Even if your family dislikes her, it is better to not tell her because she will get angry and insecure. This will create future problems and tension between her and your family. All you can do is to let your family know that she is the one you have chosen and they have to respect your decision. Try to make them change their minds about her.

Don't remind her about your ex in a special moment

Never ever compare your dating nights or things you do together with the ones you have done with your ex. It might happen to go with her in places where you have been with the other, but don't remind her that. It is a hurtful thing for her to see that you are still thinking about the other.

Also, never compare her to your ex in bed. She will feel bad to find out that the other was better than she in bed. No woman likes to be compared to another, in any aspect.

Don't recognize if you have done bad things in your past

If she doesn't find out already, you better keep your mouth shut; it is in your favor. If you tell her that you have cheated your past girlfriends, for example, she will have a totally bad opinion about you, and also feel disappointed. So these things you shouldn't divulge.

Never tell her that a football game is more important for you than her

Even if it is an important game, don't tell her to let you alone in that moment because you are busy and don't have time for her. You better smile and pretend that you are listening to her too, and try to catch the key words. She might ask you what she was talking to you to test you.

Don't tell her that you hate her friends

Because she knows her friends for a long time that she knows you, it is not a good idea to tell her that she doesn't like her friends, or to say something bad about them. She may get angry about this, so you better pretend that you like them and everything is OK.

Don't ask her to relax when she is very angry

When she is very upset, scared, or very angry the worst thing you can do is to ask her to relax. This will make her angrier because she will think that you don't take her seriously. If you upset her by making

some bad things, if you just say her to relax she will understand that you are denying that there is a reason to be upset.

Don't tell her that you are insecure

In a relationship or dating woman is looking after a strong and confident man. So if you are insecure, or you are jealous on her because, for example, she has a better salary than yours, you have to keep this aspect just for yourself. She doesn't have to know it if you want that things between you to go well.

Don't declare your love during a fight

The words "I love you" mean a lot for a woman that's why it should be said at the right moment. But most of guys say this during they have a fight with their partner, in the worst moment ever. When you are mistaking in front of her, and let's say that you feel guilty, you want her to forgive you, so you declare your love for her. It is a wrong choice. She doesn't believe a word in what you say because she considers that if you really loved her you wouldn't upset her. You may say you love her but only after your fight is over.

Do not tell her that you like her girlfriend

Maybe one of her girlfriends is very beautiful and you would like to meet her first, but your actual partner shouldn't find this. If you say her that her best friends looks very good, she will feel hurt, angry and will never trust you around her friends. So keep it secret and make sure to not be obvious from your attitude that you like staring at her girlfriend sometimes.

If you want to have a long and strong relationship you shouldn't permit that some things you may say to destroy it. Don't be completely honest about the things which should not be told.

Relationship: 13 Magical Things To Do In A Relationship

When you know that you have found the perfect woman for you, make sure that she feels the same about you. You are crazy about her and want to make her feel happy with you, that's why you are ready to make all the sacrifices to impress her, to show her how much you care about her, or to not permit that routine to come into your relationship.

With all these efforts to show her your feelings, to keep your relationship as cool as it was at the beginning, you feel that you have to make something more interesting.

That's why you should induce 'magic' into your relationship even if you are hopeless romantic or not. To add more intimacy, love, understanding and compassion in any relationship is always welcome. So, here are some magical things to do in order to impress your partner in a good way and increase your relationship:

1. Surprise her by taking her lunch and coffee at bed right after she woke up; if you didn't do this before she will definitely be impressed; also cooking a pizza for her and cut it in a heart shape it is very romantic; a woman will always find interesting a man who is able to cook for her, no matter what kind of food it is; even if it wouldn't be too tasty, she will appreciate that you have tried

2. Set up a picnic in the park; even it is an usually day, prepare all you need for a picnic, go get your girlfriend and go for a walk; don't tell her from the beginning what you plan to, let it be a surprise; a

“going out” at a picnic in the fresh air is always welcome and relaxing

3. Send her flowers anytime and anywhere, that is unexpected; women love flowers, so sending her flowers without any reason will demonstrate her that you really care about and make her feel loved and special; the most probably that she will answer you with the same love you show her

4. Fill her apartment with balloons or something she likes, maybe it's a crazy idea, but it usually works to impress girls; it will be seen as a funny thing by your partner and remember that some fun is necessary in any relationship

5. If you are good at writing, write her a poem, or create a book for her with a special dedication; this will definitely work if she loves poems; don't begin to write a poem only if you know that you are good at it, other way you will screw up

6. Reading romantic poetry in the middle of the living room on a blanket in soft candlelight, it is a very good way to offer your partner a wonderful evening; women are often more romantic than men, that's why they like to be surprised by men with romantic ideas

7. Massages are always magic when done right; buying different flavored edible bars to experiment with each other can be more surprising; but if you are not good at making massage, go to a spa together and get a couples massage together

8. Go for a romantic meal; make reservations at a beautiful restaurant and create a romantic atmosphere with candles, roses and slow music; offer her a night to never forget

9. Going for a walk at night and looking at the stars and moon is almost such romantic as the restaurant, and is cheapest; so it is not necessary to have a lot of money to offer your partner a lovely evening; it can be very interesting 10. If you can afford it, take her in holiday in an exotic place, like a beautiful island, only you two alone, with sunshine and plenty of water, where you will spend a wonderful time together, and will not be disturbed by friends, family, relatives

11. But, if you can't afford to go in an exotic place, to the sea, there's no problem; bubble baths together are always magic times;

12. Surprise visits; surprise her with your visits when she is not expecting at all; while you are able to surprise her in a good way, she will not lose interest in you

13. Don't be afraid to talk sweet nothings into her ear; make the woman feel good by saying sweet and romantic things to her at any given time; as I said, women love romance
Relationship: Your Killing Jealousy

I want to clear up any misunderstandings that may have some male people thinking that I am targeting only women here. Jealousy and self-esteem issues also can imprison men as well as women. No one is excused from real human emotions. Emotions know no face, color, size or gender. There are two victims here, not just one.

I also feel that I have neglected to reveal how the other party involved in a relationship that suffers from jealousy or self-esteem issues also suffers.

A relationship is a partnership. It is a commitment made between two people, in that we will stand by each other through thick and thin. Unfortunately, when it is a jealousy issue, both parties are effected. We tend to focus on the person that is trapped in the prison of worry, more than the other person that is caught in the line of fire, partly because we need to free that side first, then we can help heal the other.

Well I am now going to share that persons prison of hell as well.

To be accused and mistrusted by the one you love is a hardship and a definite pain that one cannot bear for a long time. They eventually either walk away or take a stand and call out to you, (the attacker) to please stop; to please listen to what you are saying and accusing them of.

Time after time they try so hard to reassure you that they do love you and that they are not interested nor lusting for anyone else. When they try to tell you that it is all in your mind, they risk getting attacked more for defense. It is no doubt a vicious circle. They become paranoid that no matter where they are, you are already convinced that they have betrayed you in some way. They wait for the shoe to drop. Some times it takes a few days, some times it drops immediately. Never the less they have to sit by and worry about when it will drop. They fear that this time they will not be able to say the right thing. They fear we will get even more depressed and irrational with what they say to us. They begin to feel, "damned if they do, and double damned if they don't". I personally hate that feeling. To think that I myself would put someone in that position makes me want to run away faster than Forrest Gump.

The neglect you put on that person through your jealous insecurities is as real to them as your feelings of being trapped in your prison of doubt. There are many scenarios as to why jealousy rises up inside people, but for the innocent ones that really do not ever do anything to trigger that fear inside you, they are the innocent victims.

People that have come to the point of identifying their issues and have began to deal with them, please remember the other person that is there with you. They too need special attention, because they have shared your fears and your pain. In a much different way, never the less, they still ache. Jealousy can destroy so many good things in ones lives. It can destroy our mate, through you, it kills the one thing that you love deeply.

The worst part about it is, that you allow it. You must stop. Would you take a gun and shoot your mate? NOT!! So then why are you allowing this emotion to torture what is so dear to you? I repeat, as long as your mate is not responsible for your fears or if they have made amends and are trying to make things better, then please understand their pain of being mistrusted.

When they see you in pain and they are being told it is because of them, they crumble. Your mate loves you as much as you love them, and to feel they are responsible for your trapped feelings eats them up inside. To see you smile and feel totally loved makes them feel good about themselves in that they are responsible for that smile. That is a good feeling all the way around.

Also be careful not to fall into that habit of being unhappy through jealous feelings. Understand where they are coming from. Are you using them as a reason to get attention? Again, a wrong kind of attention. If you cannot get the right attention you feel you are lacking, then talk to your partner.

Do not let jealous emotions take over and confuse what you really are trying to say. Any weakness in your mind is a direct route for negative feelings to travel through. Once they get there, they work very quickly at bringing you down. So be aware of what exactly you are feeling.

I hope that I have at least opened up some thoughts in your minds as to what else is going on in a relationship that is plagued by jealousy. Both sides are equally being torched and killed. We need to LIVE, LOVE & LAUGH more often with each other. Oh and lets not forget my favorite thing to do... Hug!

Relationship: Alone, Who Are You

Relationships generally begin when both people are in the Alone Stage, although I am aware that often affairs begin when one or both partners are involved with someone else. It is my contention that relationships have a greater chance of success when both parties have spent some time alone and unconnected with a lover.

What does a person do with this time alone? If you are interested in creating the relationship you deserve, then you must become the best person you can be. Each successive relationship we engage in provides us with lessons and information we need to reflect upon. If we are attracting the wrong people into our lives, then perhaps it is because we are not the person we need to be in order to create a relationship with the person of our dreams.

This also means that each wrong person we attract into our lives is exactly the right person we need to teach us the lesson we need to get to move closer to the person we truly want. This is why I never look back at any relationships I have had with regret. Maybe not in the moment, but over time, I have come to understand that I learned valuable lessons in each of my past relationships and I grew, which then helped me become a better person.

Whenever we find ourselves in between relationships, it is not a time to longingly wish for the next partner to arrive. It is not the time to go out prowling for the next person to make you complete. The time between relationships is a very important healing time. It is a time to look back on the past relationship to discover what that person was there to teach you about life, love and yourself. It's a time of introspection to determine who you want to be in a relationship. I'm not talking about playing roles but I am talking about a genuine transformation of yourself into the person who deserves the relationship you seek.

No one dreams their entire life about meeting a mediocre partner - someone who thinks of them sometimes, who loves them a little and takes care of some of their needs. No one looks to get involved in relationships with people who lie, cheat and disrespect them. No one asks for verbal or physical abuse in a relationship. So how can we break the pattern of choosing the same type of person over and over again? I believe the key is to look at each relationship as the perfect relationship you needed at that point in time and then go about attempting to figure out what it was about the person that made him or her perfect for you during that period in your life.

Once you figure this out, you will have learned a valuable lesson. If you take that lesson and put it to use in your life, then you have one half of the equation.

The other half is about preparing yourself to be the kind of person who will attract the relationship of your dreams. If you are seeking a person to be loyal and to stand by you no matter what, then ask yourself the difficult question of whether or not you have those same traits and characteristics you seek. If there is something in your character that has caused you to be disloyal, then do some introspection to learn what you need to heal in order to become the person you truly want to be.

Relationships only act as a mirror, showing us those things about ourselves we don't want to see. When we welcome the information and seek to learn from it, doing so will move us closer in the direction of becoming who we want to be.

It also helps during this alone time to take an inventory of the traits, qualities and characteristics we want in our perfect mate. It is far more likely that we will attract the person we want when we become crystal clear about exactly what we are looking for. My list included having someone to love me for who I am, not in spite of who I am. I wanted a partner with loyalty, integrity, honesty, good looks, intelligence, a sense of humor, romance and availability (not involved with someone else). I wanted a man who was strong but gentle, decisive but sensitive and confident without being conceited. I wanted someone with whom I shared common interests and someone who didn't feel the need to control me or compete with me. Guess what? After I was clear about what I was looking for, the perfect person for me walked into my life.

Another thing I find extremely helpful during the Alone Stage is to remember that you are perfect just the way you are. You are totally complete without a significant person to share your life. So often, in the Alone Stage, we are focusing on our lack, instead of our abundance. We look at the one thing we don't have, a romance, and waste the time we have been given feeling sorry for ourselves instead of putting the gift of time to use for the betterment of mankind in our own unique way.

In conclusion I say, first allow yourself alone time. Don't be in such a hurry to jump into the next relationship before processing the last one. Take time to analyze the lesson in your past relationship(s). Use the alone time to search introspectively to assess whether or not you are the person you need to be to allow the person you seek to come into your life. And finally, focus not on your lack of relationship, but rather on what you can do to help others during this time.

Used wisely, your alone time can truly make an incredible difference in the way you experience your next relationship. Don't short change yourself. Maximize and leverage the time you have been given between relationships. It is truly a gift.

Relationship: Signs On The Right Track

It is love that initiated the union between a man and a woman when they finally decided to get married. Before they went through this very important decision of their lives, everything seemed to be on a reverie, with all the goodness and the sweetness that any couple could experience.

When the couple gets married, it is that same love that would keep them together, their bond stronger than ever, and their life transformed from a reverie to pure realism.

The love that keeps two people together is now an issue. This is because some people no longer believe that love really exists on its through sense of the word because of the many divorce cases that the society is facing right now.

In the U.S. alone, nearly 12,326,369 of the female population and 9,032,100 of the males were said to be divorced from their partners. This is according to the 2000 marital statistical report of the Divorce Peers in Michigan.

With that fact, it goes to show that many people are inclined to get married without realizing the true sense of being in love.

Hence, reality goes back to the clear signs of love. The reason why many people fail in their relationships is based from the fact that they thought that they were in love but the truth is that they never were.

Therefore, for those who wish to put a clear distinction between love and infatuation, in which, other people thought they are the same, here is a list of the real signs of true love.

1. You suddenly become interested with the things that you used to detest.

A person can claim he is in love if he is able to accept that things the he used to look down on. This is when everything seems so positive and that there is nothing close that could ruin what you have for the person you love.

However, this does not happen on an instant. This has to go into a process wherein you still hate to do what you despise even if you are already in a relationship. But as soon as you learned to love, everything will change. Things will seem brighter and every challenge seems easy to bear.

2. You learn to value her

To accept and to give something of value are two different things. If you are really in love, it is easier for you to feel that you really value the person and not just because you wanted to stay and sacrifice everything for that person.

Love will always want to find time and ways how to make his or her partner happy. For a great lover, his or her priority is on how to make his or her partner happy, and that this must be above his or her personal feelings.

3. You are in love if you can, with eyes open wide, accept the person that you love no matter what or who he is.

To feel loved is enough guarantee that you are accepted because you are you and not because of anything else that concerns you.

If you are really in love with the person that you really like, you can act or perform freely without the feeling of being awkward with the situation.

4. You are in love if you understand the person that you care for the most.

To feel loved, you must also feel how you are being understood by men and how each love should be able to give you the free will to choose what is right or wrong.

You are in love if you are willing to accept whatever it is with the other person and not on what and who the person is. You will be able to consider his thoughts and feeling even if somehow you disagree with what he believes in. And if you are being loved in the true sense of the word, you know that he will do the same thing to you.

5. You are in love if you know that you really care lot for that very special person

True love serves as a guarantee that the person whom you love will stay true to you, no matter what. You are really in love if you know that you are willing to sacrifice you life just to save your partner.

You are in love if you know that in spite of your partner's flaws and wrongdoings, you will never embarrass him in front of many people. Instead, you will talk to him seriously and ask him what went wrong.

Indeed, love can be too confusing for people who do not know what it really means. Others may regard infatuation or physical attraction as love already.

The point here is that in order to know that you are really in love is to love him beyond the physical attraction, lust, and attachment. These are the three stages of love. Hence, if you were able to surpass these stages, it really must be love.

Relationship: Sucking The Passion Out Of Us

If you are a Lover, your passion is connection, the intimacy of giving and receiving. Whether you are sharing your gifts and talents with the world at large, or you are having a one-on-one love relationship, marital relationship, friendship, a family member, or a relationship with a co-worker, you enjoy fusing your essential being with everything in life. Connecting with other people makes you feel grounded, secure, needed, valued, supported, happy, good about yourself, comforted, and loved.

Since relationship is the main focus of your life, when you're not in a romantic relationship, you're probably looking for one. You can teach others how to love and do intimacy. When the Lover is in bloom, you light up the world. Your enthusiasm, creativity, charisma, and openness make you irresistible. Your glow ignites the glow in others and helps them grow into their full potential. Lovers are wonderful people to know and love.

But as the day is followed by the night, the Lover's glow casts a shadow. At their worst, Lovers are energy vampires, over-connecters who fuse with a grip that can be intensely smothering. As the Vamp, they can be desperately needy, self-centered, and depleting. In anger, they can whip up a storm and strike out with lethal words, wanting to hurt those who have hurt them. Vamps can burn out the people in their lives with drama after drama.

Vamps can be very charismatic and sexy in relationships. When they turn their attention in your direction, they can charm the pants off you. As long as the experience lasts, you'll feel as though you are the most brilliant, fascinating creature in the universe. The trouble is, it may not last long. As soon as they've got you hooked, they are likely to move on to greener pastures because Vamps are attracted to the unavailable. Deep inside, they feel unworthy; therefore they don't want to be members of any team that would have them. Lovers have a special talent for intimacy, but until they learn how to be self-nurturing and to give without expecting something in return, they often use moments of connection to feed off the energy of others. They seduce you so that you'll validate them in the mistaken belief that this gives them an identity. Sadly, they often don't know how beloved and wonderful they are.

If these words seem a bit harsh, just remember that the Vamp is only the unhealed aspect of the Lover. Every Passion Signature or, the signature style you express yourself and seek fulfillment, has light and dark qualities. We all have our share. Knowing the drawbacks to your Passion Signature can help you overcome your commitment phobia and discover your full potential.

In my book, *The Passion Principle: Discover Your Passion Signature and the Secrets to Deeper Relationships in Love, Life and Work*, you will find a guide for overcoming your Vamp qualities and having the committed love relationship and marriage you deserve.

Relationship: To Trust Or Not To Trust

To Trust or not to Trust !

Trust is something we learn as very small babies. We trust the first person that we bond with and it grows from there. Have you ever noticed how cool kids are? They trust every little thing we say. They rarely question us when we tell them something.

Believing our every word; and why not? They have not been exposed to mistrust yet, not that they would recognize it at such an early age.

Then they get older and come in contact with other children. This is when relationships begin., separate from the familiar family relationships that they have grown to know as “normal”. They begin to compare lifestyles with their friends and for some, this is when the first mistrust begins. They find out that it is not normal to be touched by people in their private parts. They find out that it is not normal to be beaten for doing something wrong. They find out that it is not normal to not be fed for a day or even two. They find that it is not normal to watch their dad hit their mom. They find lies, which gives birth to MISTRUST. Their lives turn an entire chapter at that point. They grow up somehow; suffering through the pain and loneliness of living with mistrust. For some they rise above it and use it as a learning tool. For others they become it; mistrusting everyone and everything. A small number of those people seek help and spend many hours and a great deal of energy trying to conquer it.

Then we have our jobs, we trust immediately anyone that has been there longer or that comes off as knowing more than us. We trust our bosses and our co-workers.

It is natural to trust as if we were babies all over again. With any new venture we yearn to trust.

When we first fall in love; What is that saying, “Love is Blind”? Ha! Now that’s funny, because it really is blind. We trust so instantly and genuinely that we potentially set ourselves up for the biggest fall in our lives. Why is that? Is it because we are so driven by nature to want to trust someone? Or is trusting someone just a happier, easier, way of life.

Once a trust is breached, it creates a scar that has it’s own heart and never goes away. We just learn to ignore its beat. We try to reorganize our minds and put it on the farthest burner we have. Some of us can do just that, while others cannot. For them life is not so easy. They find themselves thinking, should I trust or not? It’s like they have to find proof and reason to trust, because their minds already mistrust. This is similar to the term “Guilty until proven innocent”. For anyone out there that can relate to that, and I am sure there are many of you that do just that, life is hell.

If, lets say we love someone and they tell us one thing, and we keep getting mixed signals that stir up our mistrust thoughts, where do we go with that? Books tell us, that we are to trust the ones we love and that’s it. And then, if our trust gets breached, and only then, can we be accurate with our mistrust. “Blah” I say! Oh and we’re also told at the same time to trust our gut feelings. OK, I admit confusion here. I know this subject is really going to cut like a knife for some people and I will apologize now, but we have to deal with the reality of our lives. How else are we going to tackle our insecurities and get stronger. Our goal is to have a somewhat happy life. One that we can talk about to our grandchildren. We have to open our eyes and know what is going on in our wolds. If your relationship has had a breach of trust or if you have experienced mistrust earlier in your lives, then you already have a reason to feel insecure. Now that you know that, you can start to build up on that. Now you need to

identify the exact core of it and toss it. Its old news and its over.

Start a whole new life as if being born again (for lack of a better phrase). I hear you already saying, “Easier said than done”. I totally agree, but how many times have I said, “Anything worth having , does not come easy”? The answer is MANY. Life is not easy. We have to earned all our happiness. I have noticed, and I am guilty of this myself, that we are waiting for our lives to be happy. I have been doing a lot of thinking lately about happiness and if I have realized anything at all, its that happiness is in you and your thinking and how you deal with every little thing. To Trust or not to Trust is in our control. If we choose not to trust, we open the door to all sorts of evil demons, such as jealousy, low self-esteem, anxiety, envy, selfishness, self-torture, worry, loneliness and just plain unhappiness. So when we feel that , “Trust or not trust” debate lurking in our minds, choose to not allow your mind to go that direction. Tell yourself, that you are an intelligent person and you know what is right and what is wrong right now. It’s now that you are living, not then, or the past. We are very good at deciding what we want to eat, right? Or where we want to vacation and spend tons of our hard earned money. So then why is it so hard for us to just change our train of thought? Let me tell you..HABITS!

Bad habits, and for any of you that have read my HABITS blog, then you know what I mean. So go back and read it again and again. I believe that if one really wants to change something, it CAN be changed. “Let your thoughts determine your goals and your goals determine your destiny” (something like that). We are all destined to be happy. We just have to focus on our goals.

Feeling mistrust definitely has been caused by something in our lives. We may never figure it out and some of us have already figured their reasons out. But for whatever the reason, it is a negative emotion and one we can surely do without. Work on it, then work on more trust and more love. When we can trust, love comes naturally and that always invites happiness. So there you have it! I have given you the steps; it is your responsibility to you to climb them. Again I have shared my thoughts with all of you. I would love to hear your thoughts, on anything I have shared with you here.

I take responsibility for my life.

I have the power to make things better.

I always have a choice.

Relationship: Before Beginning A New One

Things to Consider Before Beginning a New Romantic Relationship

Beginning a new romantic relationship can add excitement to your life; the kind of thrill you get when you put your nose in the center of a freshly cut rose, taking in the wonderful aroma. Or perhaps opening up a beautifully wrapped package from someone special and getting the “gift” you’ve always wanted.

Amazing sensations go through your whole body. But we must remember not to get caught up in these wonderful feelings and forget that a successful relationship takes some work.

Here are some suggestions when embarking on a new romantic journey:

- Keep it fresh – Every date, every moment shared together, and every activity you participate in with that special someone should evolve around a fresh and creative idea.
- Leave your baggage at the door – Your new romantic interest will sure to tire of constantly hearing all

the details of your last disastrous relationship. Keep the conversation limited to the wonderful “future” or the “fantastic” here and now.

- Dress to impress – Yes – We know pumps and ties on dates are passé – But, sweatpants and dirty sneakers are best left for all the “comfy” married couples.

- Forgive and Forget – Forgive him or her if they forget your first month’s anniversary or that you don’t like artificial sweetener in your coffee. Expect little and sometimes you get more than you thought possible. Expect too much and we only set ourselves up for disappointment. Forgive their trivial shortcomings and move on. Don’t forget – We are only human and therefore make mistakes.

- Some good things must come to an end – You can’t expect every new relationship to end in “wedded bliss”. If you truly believe there is someone out there for you, give yourself a break and move on. If the relationship turns stale, in the end it is sometimes in your best interest to head in another direction. Not all broken relationships can be mended; so don’t go “crazy” trying to fix every defect in a relationship.

Truly successful romantic relationships are possible. The getting there may be a long road – but once you are there it can be one of the most rewarding experiences you can have.

Relationship: Value Of Good Conversation

The Value Of Good Conversation

One of the biggest privileges we have as humans is the ability to communicate with one another in deep and meaningful ways. No other living creatures have the ability to relate with one another on the level that humans do. While there are many ways that we experience depth in relationship, few things are as significant and powerful in our search for connection as good conversation.

If you think about it, it is quite amazing that humans have the ability to grow up in entirely separate households, cities and sometimes cultures and still be able to have intelligent and meaningful conversation with one another. A child born in the center of London and a child born in the middle of nowhere in Canada could meet and share a conversation because they both have the ability to communicate in the same language. Amazing.

Because the ability to communicate in depth with other humans is one of our most distinguished privileges, we should never take that ability for granted. Instead, we should do all we can to increase our ability to have good conversation with the people around us. Think about all of the opportunities you have each day to engage another human being in conversation. You can talk to rocks, trees, or your favorite stuffed animal for as long as you want and you will never get a response. Saying something as simple as “hello” to another person can elicit a response.

One of the best ways to get good at conversation with other people is simply to practice. Take every opportunity that presents itself to learn the art of making good conversation with other people. Start by saying hello to the people you pass on the street. Ask the person who is checking you out at the grocery store or the teller at the bank how they are doing and ask if they are enjoying their day. Learn to respond with more than just one word when someone asks you a question. You will be surprised at how quickly you learn about conversation by doing small things such as these.

One of the things that is necessary for getting good at conversation is to really care about people and the things that they care about. It will be much easier to have a good conversation with someone if you

are engaged and really caring about the things they are saying. There is nothing worse than trying to carry on conversation with someone that is disinterested in it. So commit to asking people questions that you really want to know the answers to and you'll be a step ahead when it comes to making great conversation.

The ability to have good conversation is valuable because it is unique to humans. Enjoy the privilege you have to learn from others and to share wisdom with them by getting good at conversation.

Relationship: Are Your Relationships Codependent?

Do you constantly have relationships where you feel exhausted because you're trying to rescue your friends or your lover from one catastrophe after another? You may be codependent, and if you are, it may be time to let go, and start looking after yourself for a change.

One of the greatest benefits of having close friendships is that our friends can support and help us when things get rough in our lives.

In exchange for the support our friends give us during a crisis, most of us also help our friends when they need it.

In a relationship between two emotionally healthy adults, the roles of giving and receiving help are balanced. Both people offer help and receive help from each other in approximately equal amounts.

However, there are some people who always take on the role of being the helper, no matter what relationship they are in.

These people have friendships that focus exclusively on trying to solve the problems of their friends. We sometimes call this quality 'co-dependency', and we may label people who are obsessed with helping others 'co-dependent'.

A person who is co-dependent will tend to have relationships with people who have a lot of problems— emotional, social, familial and financial. The co-dependent person may spend much of their own time, money, and energy helping other people who have problems, while ignoring the problems in their own life.

Why would somebody be co-dependent?

A person who is co-dependent often suffers from a deep sense of worthlessness and anxiety, and tries to derive a sense of self-worth by helping or rescuing others. A person who is co-dependent may not know how to relax and feel comfortable in a friendship where both people are equals and the relationship is based on enjoying each other's company.

Co-dependent people may even feel anxious if someone they have been helping gets their life in order and no longer wants their help. The co-dependent person may immediately look around for someone else they can 'save'.

If you frequently take on the role of helping the people who are your friends, how can you tell if you are acting out of genuine kindness and concern, or whether your behavior is in fact co-dependency? There aren't really any hard and fast lines between the two.

Here are some questions you can ask yourself to see whether your 'helping' behavior may actually be co-dependency:

- Do you have a hard time saying no to others, even when you are very busy, financially broke, or completely exhausted?
- Are you always sacrificing your own needs for everyone else?
- Do you feel more worthy as a human being because you have taken on a helping role?
- If you stopped helping your friends, would you feel guilty or worthless?
- Would you know how to be in a friendship that doesn't revolve around you being the 'helper'?
- If your friends eventually didn't need your help, would you still be friends with them? Or would you look around for someone else to help?
- Do you feel resentful when others are not grateful enough to you for your efforts at rescuing them or fixing their lives?
- Do you sometimes feel like more of a social worker than a friend in your relationships?
- Do you feel uncomfortable receiving help from other people? Is the role of helping others a much more natural role for you to play in your relationships?
- Does it seem as if many of your friends have particularly chaotic lives, with one crisis after another?
- Did you grow up in a family that had a lot of emotional chaos or addiction problems?
- Are many of your friends addicts, or do they have serious emotional and social problems?
- As you were growing up, did you think it was up to you to keep the family functioning?
- As an adult, is it important for you to be thought of as the 'dependable one'?

If you answered 'yes' to a lot of these questions, you may indeed have a problem with co-dependency.

This does not mean that you are a flawed person.

It means that you are spending a lot of energy on other people and very little on yourself.

If it seems that a lot of your friendships are based on co-dependent rescuing behaviors, rather than on mutual liking and respect between equals, you may wish to step back and rethink your role in relationships.

If you suspect that your helping behavior is a form of co-dependency, a good therapist or counselor can help you gain perspective on your actions and learn a more balanced way of relating to others.

There are many excellent books available on the subject of co-dependency. Support groups such as Al-

Anon can also help.

Takers and caretakers they often seem to find each other! As a counselor who has worked with relationships for 37 years, I can tell you that this is the most frequent relationship dynamic that I encounter.

Takers are people who tend to be narcissistic that is, they are self-centered with an excessive need for attention and admiration. The taker attempts to control getting love, attention, approval or sex from others with anger, blame, violence, criticism, irritation, righteousness, neediness, invasive touch, invasive energy, incessant talking and/or emotional drama. The taker uses many forms of both overt and covert control to get the attention he or she wants.

Takers not only want a lot of control, but are often afraid of being controlled and become overtly or covertly resistant to doing what someone else wants them to do. The taker might resist with denial, defending, procrastination, rebellion, irresponsibility, indifference, withdrawal, deadness, numbness, rigidity, and/or incompetence.

In a relationship, takers operate from the belief that “You are responsible for my feelings of pain and joy. It is your job to make sure that I am okay.

Caretakers, on the other hand, operate from the belief that “I am responsible for your feelings. When I do it right, you will be happy and then I will receive the approval I need. Caretakers sacrifice their own needs and wants to take care of the needs and wants of others, even when others are capable of doing it themselves. Caretakers give to others from fear rather than love – they give to get.

Neither takers nor caretakers take responsibility for their own feelings and well-being. Takers generally attempt to have control over others giving them the attention and admiration they want in overt ways, while caretakers attempt to have control over getting approval in more covert ways, such as compliance, doing too much for others, and/or withholding their wants and opinions.

Because neither takers nor caretakers are taking care of themselves, they will each end up feeling angry, resentful, trapped, unappreciated, unseen, unloved, misunderstood, and/or unacknowledged.

I tell my clients that whenever they feel this way in a relationship, it is because they are expecting the other person to give them what they are not giving to themselves. When we are not seeing, valuing, acknowledging, or understanding ourselves, and when we are not attending to our own wants and needs, we will always feel upset when others treat us just like we are treating ourselves.

Codependent relationships of two takers, two caretakers, or a taker and a caretaker will always run into problems. Many people leave these relationships, only to discover the same problems in their next relationships. Takers and caretakers can switch places in different relationships and over different issues, but the problems remain the same anger, resentment, distance, lack of sexuality, boredom, feeling unloved and unloving.

There really is a way to heal this.

Relationships heal when individuals heal. When each partner does their inner work, their relationship system heals. When each person learns to take full personal responsibility for his or her own feelings of pain and joy, they stop pulling on each other and blaming each other. When each person learns to fill

themselves with love and share that love with each other, instead of always trying to get love, the relationship heals.

Learning how to take 100% responsibility for your own feelings is one of the essential ingredients in creating a healthy relationship. This means learning to be conscious of what you are feeling and being open to learning about what you are doing to create your own feelings, instead of being a victim and believing that others are causing your feelings. Your feelings come from how you treat yourself and others, from what you tell yourself and what you believe about yourself and others, rather than from others behavior. Blaming others for your feelings will always lead to major relationship problems.

Why not start today by taking your eyes off your partner and putting them squarely on yourself? In reality, you are the only one you actually have control over. You are the only one you can change.

Relationship: Bonding With Your Partner

Bonding has nothing to do with candles, wine and expensive lingerie. It has to do with intent. In any given moment we are in one of two possible intents:

The intent to have control over getting love and avoiding pain.

The intent to learn about being loving to ourselves and to others.

Virtually all of us have learned many ways of trying to have control over getting love and avoiding pain. We learned these protective behaviors when we were children, and as adults we unconsciously continue these learned controlling behaviors, such as anger, criticism, withdrawal, resistance, or compliance. For most people, these protective, controlling behaviors have become automatic and habitual. As soon as any fear is triggered, we automatically protect against the fear by arguing, blaming, attacking, judging, shutting down, resisting, or giving in. In relationships, the fears of rejection and engulfment — of losing the other or losing ourselves — generally underlie our protective behavior.

In a relationship, if one or both partners are closed, protected, controlling, then they cannot emotionally connect with each other. No matter how much time they spend together with candles, wine or expensive lingerie, the connection will not be there when one or both are closed and protected. Ironically, when the intent is to get love or avoid pain, what we create is a lack of love and much pain. Our intent to control brings about the very things we are trying to avoid with our controlling behavior.

Our own intent is the one thing we do have control over. We do not have control over another's intent to be open and loving, but we do have control over our own intent to be open to learning about what it means to be loving ourselves and to others. However, it takes both people being in the intent to learn for partners to emotionally bond.

If both are open to learning, then they will be emotionally available to each other and can bond with a touch, a smile, or a kind word. Bonding has to do with the energy between them, not with anything external like candles, and the energy comes from their intent. A controlling intent creates a heavy, dark, hard, closed-hearted energy, while the open-to-learning intent creates a light, soft, open-hearted energy.

The big challenge in relationships is to stay open to learning about loving. Because we automatically and unconsciously revert to our protective, controlling behavior in the face of fear, being open to learning needs to be a conscious choice. Developing the ability to make a conscious choice regarding

your intent is a learning process. The hallmark of higher consciousness is being able to choose your intent each and every moment, even in the face of fear.

When relationship partners are both able to reliably choose to be open to learning about loving themselves and each other, they create a sweet and safe environment for their love to flourish. Then candles, vacations, and lingerie can enhance their experience with each other – the icing on the cake.

Easy ways to bond? Staying conscious and open to learning is not easy! The concept is simple, but doing it is far from easy. Yet devoting yourself to learning to stay open to learning in the face of fear may be the most fulfilling and rewarding experience in your life!

Relationship: Breaking Up With Her The Nasty Way

Relationships are based on trust, love and understanding. But, in many cases, after a long time this disappear and the couple argue more and more. They can't understand anymore and feel that everything that the other is making is wrong. This usually happens because the partners have tired one of each other, there is nothing interesting in the relationship any more, or just one of them decided that they want to be with somebody else.

You have a relationship for a long time and you feel that it is enough and you want something different, or just to be alone with your friends like before, but you don't know how to ended in a easy way. Or maybe you are dating with a girl for some time and you feel bored and know that is not the girl for you and you want to break up with her. If you don't want to tell her in the face that it's over because you know she will cry begging you to stay with her because she loves you, you should try the following things that will make her consider that is the best to break up with you.

Show no interest in her anymore. Pretend that you are very busy, you have a lot of work to do and you don't have time to go see her today, maybe tomorrow but no for sure. Show her that you have more interesting things to do that meeting her.

Don't call her so often that you did before. You'll see that she will call you every day to see what are you doing and why are you upset on her, but after a while she will see that you don't care about her anymore.

Lie to her. If you tell her lies and she catch you she'll definitely go upset because there is no woman that likes to be lied to. Especially if you say that you are at work and she sees you with your friends.

Upset her when you dating her. Even if she is very happy to see you because she didn't saw you for a long time make sure that you make only things that you know she don't like while you are at meeting with her. For example, look after other women when you are with her.

Be late at the date. No one likes to wait after somebody especially girls after boys. If you are late once maybe she will understand you because anyone can happen, but if you make this a habit she will feel hurt because you don't have a piece of respect for her.

Also, if you want to break up with her not telling in the face, and don't want to upset and hurt her making all this things, you can try to send her a message on the telephone telling her that you consider that is no worth to stay together anymore or that you need a break, you miss your old friends with who you go out before meeting her. You need a space to go out with your guys.

She will get a little upset but finally she will understand that you don't want to continue anymore and she will not have the opportunity to beg and implore you to stay with her.

In a relationship this can happen anytime if you don't know to take care of it, to make always with your partner more and more interesting things to not interfere routine, because you will feel bored one of each other and there aren't many chances to make this work again. But, if this really happens to break up with your partner you have the opportunity to choose on which way you are going to do it.

Relationship: Build A Romance Bridge

Ever run into a brick wall, so to speak, with your mate? Can't seem to pass Go without collecting 200 fresh wounds? Well, it's time to build a bridge and tear down that brick wall. Here are your tools:

ATTITUDE – Get an attitude adjustment first. Lighten up and do a 180-degree about face. Read the Sunday comics, grab an old comic book, turn on the Comedy channel, watch funny videos or DVDs. Get in a better mood and pass it along to your mate. Invite your mate to tune in to comedy with you, too.

FRIENDSHIP – Go back to being friends for starters now that you're in a good mood. Forget the love stuff, if you want. And just focus on being good friends; share compliments, do things for one another, go out and have fun together, enjoy one another's company.

RELAX – Let your hair down. Trust and relax. Be yourself. Don't let old wounds open or fester. Forget the garbage memories and just be in the here and now together.

TIME OUT – If possible, spend extra time together for awhile, like during your original courting days. Hire a sitter, order out, eat at fast food places, grab ice cream cones and go for walks in the park. Get to know each other all over again. That's the key. Then you'll remember why you fell for each other in the beginning and history will hopefully repeat itself.

COMMUNICATION – Take it slow and easy. Keep away from subjects that you don't agree upon. And slowly re-learn to communicate with each other all over again. If necessary, and it's not a crime or shame – get help. Seek a trusted friend or adviser, a church clergy member or certified professional counselor. No need to go it alone. Find your weak areas and how to overcome them and plan for future communication difficulties.

GOALS – Gradually develop goals together so you'll have a direction to head. Write them down in a notebook just for the two of you. And over time, develop them, revise them, cross them off your list. The idea is to HAVE goals together and work towards a common goal.

SCRAP BOOK – Create a memory album together. Add photos, clippings, menus and anything that reminds you of the good times. Then when tough times comes, you'll have something to hold on to – your bridge to romance.

So don't just sit back and sulk. Take short steps to improve your relationships and let life's problems magically pass by while you hold on to your relationship.

Only twenty years ago, people would casually stroll the neighborhood, stop and chat with each other or walk down the street and greet you cordially. Nowadays people walk at a very fast pace and for the most part just walk past you looking at the ground lost in their own thoughts. It seems less people will

say hello to a stranger.

So it seems to a lesser degree with family and friends. Have we in this society lost some of our ability to communicate? Are we so involved in our own problems that we just don't really see people anymore?

There is a misconception that if you are talking to someone that you are communicating. This is not necessarily so. There is a difference between talking at someone and actually communicating. Talking at someone and not allowing an exchange of ideas does not promote a harmonious situation or solutions to a situation. For real communication to occur, an exchange of ideas needs to occur for understanding and possible resolutions.

Our society today its all about anything that makes things quick and easy. Unfortunately this does not always work, especially if you are trying to resolve something.

Take for example a married couple. Communication is so important for long-term relations. Without it, love just goes away. If a couple has not had real communication for a very long time, this can happen.

One thing I have noticed is that people tend to put all their attention on the things we don't like in our spouse, friend or co-worker. If this is all you can put your attention on then you are doomed to a separation and ill feelings to that individual.

Here is something that I would suggest you try, no matter how bad your relationship is. We of course all have baggage no matter who you are. There is no such thing as a perfect person. So that said, knowing that we all have something that will annoy people, I suggest that you find something to admire about that individual. Everyone has good or strong points so if you start to focus on that instead of all things bad you may be amazed to find, oh my god, there is good there too.

This is what you saw in the first place that drew you to that person. If you do this enough, your feelings will revert to the original way you felt about that person. This is what I mean about building bridges, not walls. It is very easy to build walls but if you learn to find what is good in people, you will build bridges instead. How fine is that!

Relationship: Can Former Lovers Be Just Friends?

Definitely, one can be friends with an ex if you have parted ways amicably. If you happen to bump into your ex, the way you greet each other totally depends on the way the break-up took place and sometimes, even if there was anger or awkwardness initially.

Can you be good friends with an ex-lover? Firstly, the word 'lover' has many connotations and the answer may be different for a one-night stand. But what I believe if it's someone who spent a substantial portion of his/her life with, someone who have had a good relationship with, based on shared values, ideas and emotions, a healthy friendship is definitely possible even after they are no longer involved. This is possible because every relationship evolves. If both people concerned have the same level of understanding that they did when they were lovers, it can be used to establish a stable friendship. Of course, if there's any negativity from either side, being friends may not be possible, and that's sad.

When a man and woman relate, there's always a part that is sexual, small though it may be. In most relationships, you tend to suppress the attraction. But when you're friends with an ex, it's much easier

to understand and accept this attraction as you've already experienced all there was to experience. In some cases, one person may feel it more than the other, but either way. I think it's much easier to talk such residual attraction through, as you both share a certain level of comfort. Communication is the basis of any relationship.

Even when you and your ex have new love interests in your life, communication is still the key. I believe, for the new relationship to work, you cannot hide your past. The attempt should be not to do things that you need to hide. And you have to resolve the level of importance you want to give your current lover and your ex. Your partner may be insecure, but then we're insecure about so many things in our life. For example, people do compromise their careers for their relationship. So you have to either talk things through with your partner or compromise on your friendship.

As for whether an ex can be a platonic friend who can casually rib you about your present relationship or relate well with your current lover, it's all about the different levels of sensitivity that various people display. The dynamics between your friend, your lover and you will play out according to each person's position in your respective relationships.

I don't think perspectives change depending on your gender. It's about what you believe is right and wrong. If the other person has had a very similar upbringing (although that would be rare), he or she is likely to emote, perceive situations, react and resolve issues just like you would.

Relationship: Can Love Destroy?

The title of this article is a little shocking, Isn't it? Because no one can think of love and destruction together. But love does destroy. How? Let us examine.

There is a story of a prince in India. He was in great love with his wife and never wanted to be without her.

One day, an enemy kingdom attacked him, but the prince did not want to go out and fight. He did not want to be away from his princess. The princess realized this and she asked the prince to go out for a minute. After sometime, a maid brought the head of princess to the prince with the dying message of the princess.

'Let our love not destroy you. You are a prince and you must save your state from the enemies. I am giving up my life so that you can carry out your duties properly.'

Does this small story tell us anything? What lessons can we draw from this?

Many of us are extremely talented. Our talent can create a big difference to the world. We can help the world fight poverty, injustice and produce a better life for all. But some of us fall in frenzied love. This love is all encompassing. This love takes over our life. We see nothing but our sweetheart everywhere. For us, all the other work becomes insignificant. We lose our focus and are centered on our love like a mad person. This eats away the vitals of our personality.

For a person in deep and fanatic love, nothing matters other than love. All other talents take a back seat and the only driver is love. This kind of love destroys. Love that could have been very inspiring, manages to destroy. This is the irony of love.

To save yourselves from such destruction, you must always keep a level headed approach towards

everything. You must sit back and reflect. Find out if you are missing larger goals? Think about time management and thought management. Discuss this out with your sweetheart. He/She will surely help you in such a situation. One who loves you, wants you to grow. So discuss this. Think, reflect and make other goals equally important once again in life. Fall in love. Enjoy the bliss of love. But let that love not destroy your personality.

Relationship: Feeling Of Guilt

When the mind allows guilt to take over, it will tear down relationships, especially if the partner fails to come to terms and agreement with self. To determine if your mind is full of guilt you must ask your self-questions. What did you do so wrong that would offend your partner that cannot be forgiving?

Guilt can break the mind down to the point of no return. Guilt is more than a mistake made; rather it is a violation against rights, humanity, belief, tradition, standard...

When the mind allows guilt to take over, it will tear down relationships, especially if the partner fails to come to terms and agreement with self. To determine if your mind is full of guilt you must ask your self-questions. What did you do so wrong that would offend your partner that cannot be forgiving?

Guilt can break the mind down to the point of no return. Guilt is more than a mistake made; rather it is a violation against rights, humanity, belief, tradition, standards, and love.

When a person fails in a relationship, they may feel a measure of guilt. Thus, confronting the problem now can remove the guilt and make the relationship work. When people confront their problems, it often leads to workable agreements. When procrastination, or else lying to cover the wrong continues the mind consumes itself with emotions based on guilt.

Guilt occurs when conscious actions or thoughts interfere with someone else's rights, or else against the own person's beliefs. Mistakes leading to guilt depend on the situation, but for the most part wrongs can lead to right if humanity exists.

If a person commits adultery, thus the problem is solvable if the person acted out of emotion, rather than thought and commits to restoring trust. Of course, actions, effort, behaviors and habits must show the mate that the mistake will never occur again. It depends on the mate but some will forgive, while others may take the insult of the partner letting them know their worth in the relationship to heart and may decide separation and/or divorce is the way out. Adultery is stating to the mate that you have no worth. If the mate decides to forgive, thus you must do your part and allow the guilt to turn into effort to restore trust. You will need consideration, loyalty, compassion, honesty, and may even need to tell your every move for a while during the course of restore. A person with true remorse will work hard, regardless of what he/she needs to do to restore trust.

If a person violates the right of the partner, thus, it depends on the magnitude of violation, but in most instances, it is workable. People act out of emotions and impulses at times, and will often act out of lust occasionally. When the emotions, impulses and desires take control (depending on the length of time control is enforced), the person may do things he or she ordinarily would not do.

Thus, adultery is a justifiable reason to divorce or separate from the spouse, but looking at the entirety of the circumstance can help a person decide. Was the spouse enticed by another individual to commit the act, while the spouse was feeling vulnerable? Still, vulnerability is no excuse on the spouse's part, but if enticement is the case, then two people wronged you. Was the other person in the act deceived?

Did your mate lead the person to believe that he/she was not in a commitment?

Examining the entirety of the act can help the mate determine the direction the relationship is heading, and help the other partner decide what he/she needs to do to make things right again.

Divorce is an attack on the emotions, since a trigger hits the heart and emotions and creates pain, sorrow, hurt, sadness, etc. Divorce is showing a disregard for the marriage arrangement unless true reasons for divorce are evident. Thus, divorce should only be considered if the mate commits adultery, abuses the partner, or fails to commit in the relationship arrangement, and/or if death occurs.

If you are in a relationship and your mate committed an insulting act against you, such as adultery. Thus, considering the entirety will help you make a wise decision. If another person enticed your mate on vulnerable grounds, thus consider your partner by asking what were you thinking at the time. If your mate responds by saying I wasn't thinking, thus you can ask, what makes me think it won't happen again? If your mate is sincerely sorry, he/she will let you know by words, action, emotions, thoughts, and tone spoken.

Relationship: Cheating In Love

Cheating In Love – Should You Tell Your Partner Or Not?

Cheating is considered unpardonable. Everybody takes cheating by the partner very seriously. But most of us cheat at one or the other time -if not physically then emotionally.

Cheating is considered unpardonable. Everybody takes cheating by the partner very seriously. But most of us cheat at one or the other time -if not physically then emotionally. What if you cheated on your partner in a momentary lapse and are now very much regretting it. Should you tell your partner or not?

You are worried that if you tell your partner, you may lose the relationship and the love forever. But you cannot afford to lose the love. You love your partner very much and the thought of staying separately frightens you. You do not want to take any risk with your love. If you tell your partner about your cheating, you may lose that love.

Love And Lies Can Not Stay Together.

If we love deeply then our relationship is always very open. We are so open and honest with each other that forget physical cheating, we do not even think about emotional cheating.

Once we decide to hide our cheating we go into mental trauma. We are always thinking about the cheating and not telling. Along with that we are worried about getting caught. This torture of emotions affects our love and our partner will sense that something is amiss. The relationship will suffer.

In both the alternatives, the relationship stands to suffer because the deed has been done. What do you think is the better alternative? You will tell your partner or hide?

Relationship: Communication In Romance

Romance. Can it be discussed? It has to be experienced, isn't it? But, let us talk of romance, because we cannot avoid discussion about it. Let those in love, decide how correct is the below discussion on communication in romance. Romancing is not a science, but an art. When you talk to your beloved, you talk not only with your words, but with your eyes and your body

language.

Everything takes part in communication with your sweetheart. How does one talk to one's beloved? Most of the lovers swoon at the sight of their beloved. How do we expect them to talk? But their sweetheart wants to talk and they want to talk. They both want to share everything in each other's life. They share their dreams, they share their agonies and pains and they share their goals and failures. They share everything, because they are two bodies, but one heart.

Romance has its own flavor, a different flavor. Romance is a different emotion compared to all other emotions. It's much different compared to emotions such as anger etc. They are all negative, but romance is a positive emotion or feeling. In romance, one ignores every fault of his/her sweetheart and only finds everything good and glorifies it. In love, the afternoon sun is as beautiful as the sunset. Such is the wonder of romance that it changes a person totally.

Coming back to communication, how does one do it in romance? Does one convey love every single day? Does one talk only of love and nothing else. Otherwise it may kill the romantic mood! Does one only dream of good things and avoid every talk of anything negative? What and how does one communicate while romancing? Yes, it is true that most of the romantic lovers talk only of positive things and avoid everything negative. It is also true that talk is mostly about love, because they are romancing. Isn't it? It is true that the couples dream of great things and avoid contemplating any negatives.

Romance is different. In romancing there is no place for anything that may kill the mood. Romance means talking of moon, and not the sun. But you can talk of sunsets. Romance does not think about the fate of fallen flowers, but only admires the beauty of flowers smiling on the branch. Romance is different and it is great. The world already has innumerable problems, and romance is much needed to create a positive atmosphere. Romance is a dream.

When people are told that they need to communicate more they often think that that is an open invitation to talk but there is a complete difference between talking and communicating.

Communicating is an art, and art of combining the ability to express your opinions and feelings in such a way as to ensure that the person or people you are talking to understand what you are trying to say with the ability to listen and understand another person's point of view.

The number of times I have sat in a room, often in meetings and at conferences and I've just watched and listened to what is going on around me. It is totally fascinating when whole groups of people have no ability to listen to their colleagues, partners or friends and therefore cannot understand or comprehend any opinion other than their own.

What could have been covered in five minutes or learned in half an hour often takes hours or days just because people refuse to sit back, listen and understand.

Over the years it's amazing the number of times people are provided with information that, if they acted upon, could totally alter a relationship, career or the success of a business. But, because the sheer lack of peoples ability to listen to and think through another persons point of view unique opportunities pass them by.

Relationships are no different to the work environment other than there are, usually, just two of you.

Often, what could be a marriage made in heaven is destroyed by the sheer inability to communicate. The most successful relationships, be it business or personnel are those whereby both parties have strong verbal and listening skills.

Many relationship problems begin with poor communication. Couples often feel that their partner should know what they are thinking and how they feel so do not communicate and then wonder why they feel neglected and under valued.

How many people decide not to tell their partner something just because they don't know how to say it and then the problem just eats away at the relationship until there is no relationship left? What a waste, just the sheer ability to share a problem can make what seemed to be an insurmountable issue a tiny little blip on a large horizon.

So whenever you feel stressed or don't know what to do don't just bottle it up, talk about it, seek advice and listen to the answer. Don't keep quiet when you know in your heart a problem has to be aired and don't put off until tomorrow what has to be sorted today. Tomorrow never comes!!

It is how you say something that will ruin a relationship and not what you have to say. The wrong way is just to blurt out something that you know will aggravate or distress your partner. The last thing you want is for them to get defensive, storm off or burst into floods of tears. You want the person you are trying to communicate with to be open and perceptive and in order to be able to achieve this, your timing and approach has to be right.

Every individual is different what will work with one person won't necessarily work with another and with some people all you can do is sew the seed and then let them walk away and work it out for themselves.

One person I know never actually listens to anyone. She is one of those people who is always right no matter what, hasn't a clue about being a team player and operates within a zero tolerance zone. Traditional approaches and method of reasoning just don't work and all you can do is plant the seed of thought which eventually develops into her, own acceptable idea.

Given peoples individuality you need to learn what, is the right approach for you and your partner. Make sure that you never start a discussion if you don't have time to finish it, don't insist on a debate when one of you is off out to work, dealing with the kids or just relaxing in front of their favorite TV programme. If the timing seems to be never right ask the question 'when would it be a good time for us to just sit down and talk?'. Whatever you do, do not let yourself appear agitated either in what you say or how you say it. Body language can just as easily put your partner on the defensive as what you say to them. Even if your partner is vying for a fight just don't react.

Remember, the first golden rule, approaching defensive with defensive is a sure way to failure.

One of the key ways to improve communication is to develop strong listening skills. Couples often fail to listen to what their partner has to say, interrupt and give the impression that no matter what is said they won't change their mind. One trick to ensure that you have listened and you do understand is to repeat what you have heard. This will demonstrate that you have listened to what was said and by repeating it back you have the opportunity to comprehend and understand.

How often do we try and work through a problem and it's only at the point we are explaining the issue

to someone else does the magic light bulb switch on which enables us to come up with the answer.

If you are taking an exam would you expect to know everything just by being told it once? For most people I would say not. We have to work at it and work at it hard.

No one ever said marriage would be easy it's just another lesson we have to learn as we experience life but if you want to save your marriage and make it even more special than it was before then there is very little to stop you.

Relationship problems can lay heavy on your mind, become a burden and what was originally a small issue can develop into an insurmountable mountain.

If you begin to feel that marital issues are beginning to weigh heavily on your mind, take a break and do something you enjoy and preferably with your partner. If you can refocus your attention of the better things in life, day to day issues always seem that much smaller. Spending a little time together and enjoying each other's company could enable you and your partner to recapture some of the feelings that have been lost through constant arguing and help you regain a positive perspective on your relationship.

Just one last word of advice, when you are feeling down and feel you no longer want to save your marriage just remember that the grass isn't always greener on the other side.

If you believe you have financial issues now what do you think it will be like when you split your assets, if you feel you don't have time to do things what will it be like when you are on your own or worse a single parent and if you feel lonely now how will you feel when every time you walk in your front door all's you have is your own company. Now none of these thoughts have been aired to encourage you to stay in a bad relationship but rather to make you consider whether or not yours is as bad as you think.

You are the master of your own destiny and if you want to turn a bad marriage around you have the power at your fingertips.

Relationship: Companionship Or Love Affair

A marriage is like any relationship and has its good and bad times, its agreements and disagreements. No one can expect everything to be wonderful at every minute of the day when two people from different backgrounds and with different feelings and expectations live together. Some marriages have serious problems that must be resolved through concentrated effort or even therapy, but most marriages just become boring over time.

When considering problems in a marriage, it is critical to think about what exactly is causing the conflict or uneasiness before taking any action. In many marriages, the excitement of first love tends to fade with time. This does not mean that the partners love each other any less. It just means that they need some stimulation to remember and maintain the feelings they used to have for one another.

The stimulation is often referred to as romance. Many individuals think that a marriage that appears ordinary lacks love, but this is untrue. Most marriages lack romance. While love is an easy and peaceful feeling, romance is the element that makes a relationship hot!

Everyone in any kind of personal relationship wants passion and romance. However, there are some

things about romance that people don't understand. The most common difficulty in creating romance is that people don't know how to accomplish it. Sometime, they are stuck in societal classifications, and their partners can't appreciate them for their unique qualities. As a result, people often just give up on finding romance.

Today, when we are accustomed to convenience and having everything happen at the touch of a button, making an effort to create romance seems too difficult. However, you can take some really old-fashioned ideas about romance and make them work in our modern world. Romance in the 21st century can be alive with innovative ideas, passion, and creativity. Romance refers to the way you express your love for another, and it is necessary if you want to keep your love exciting and new. Without romance, love can become tiresome. Expressing your love through romance only works when it occurs without ulterior motives. Romance should only be initiated in order to show your love and appreciation for your partner.

Think of romance as an artistic creation rather than as a science. Individuals who feel they must compete in everything they do must eliminate that attitude when attempting to create romance. Love and romance should not be a contest where one partner or another strives to win. Romance requires cooperation, but you can be romantic while retaining your individuality. Love and romance can transform you and your partner into perfect companions.

Relationship: Efficient Relationships

Effective relationships can be worth their weight in gold, read this article to see why.

Relationships of all kinds are often perceived as very delicate things, that require extra effort to maintain. However, a relationship can also be something that can provide security and can also be long lasting despite many trials.

Building an effective and lasting relationships is a necessity for several reasons. For example in a group or organization, the well being of the people depends on how efficient and effective that group or organization works.

The group or organization is also dependent on how the members work well with the management.

An ineffective group or organization can really be very frustrating. An effective group or organization can also ask so much on their members, that sometimes the members would be having no life outside the walls of the area where they work or sacrifice the other aspects of their life just to meet deadlines. For an organization or group with this kind of scenario, relationships can be stressed or suffer from breakdown.

People or other entities who depend on these groups or organization also suffer.

Society is defined as a web of relationships, which requires all parties to work and contribute their share in order to achieve a common goal. Having a relationship that is good, where cooperation and respect are manifested, can make society work better. In this way each member works for the good of the whole and towards achieving a common goal. This can only be attained with effective and efficient relationships.

Understanding the other parties' feeling and position creates an effective and efficient relationship. The easiest method to understand what is important to another party is to ask them what they want and

listen to what they have to say. When the other party realizes this, they would feel the importance given to them

Effective and efficient relationships require parties to openly express their feelings and positions on all matters pertinent on the relationship. Assuming that the other party understands our needs and give us when we need it without asking for it is not a good practice.

Respect is the key to relationship. In order to create a more effective relationship, parties should treat each other with respect. We can show respect just by listening to the other party and by trying sincerely to understand how they function. You can also show respect to other parties by confirming that they are doing everything they can.

The opposite of respect is quick forming of judgments. based on unfounded facts and prejudice.

Respect is the very foundation for a great relationship. This also means respecting yourself and respecting others.

Another key area in forming an effective relationship is to tackle differences of the other party directly. Differences between parties or people are quite interesting. For example in a conversation where each party listens to the other party, you may observe that each is having two different perspectives.

Work towards a win-win solution for both parties.

This can be done when at least one party acknowledges that the relationship is important. That party would then exert more time, effort and energy to understand the other party's needs and deal with it to get it out of the way. Should they fail, it is comforting for that party to know that they tried.

Effectively listening and no pre-judging. This is important if parties are to understand each other.

Informal discussions are conducive for parties. They bring out issues and concerns comfortably. They also feel more relaxed making them think more clearly.

Developing an atmosphere where the other party can express their feelings when they need to.

When parties fail to express whatever is on their mind or their feelings, it can get in the way of building an effective relationship.

Parties should be aware that certain things exist naturally but should be controlled in any dealings in any relationship. Human nature is one. Some of these things found in a relationship also include a history of stereotyping or mistrust, blaming the other person or party for a strained relationship, excluding the other party's feelings when focusing on a task, no clear and defined objectives, roles and expectations of each party in a relationship is also unclear.

Relationships are important to anyone, addressing issues and problems right away is a must to further improve the relationship. As they say 'No man (or woman) is an Island'.

Relationship: Avoid Being Alone?

Do Not Get Into A Relationship To Avoid Being Alone

Some people get into a relationship for the sake of not being alone. This can be a mistake. Getting into a relationship with someone just for the sake of not being alone is not very smart. Here are some ways on how to deal with this fear of loneliness.

Getting into a relationship with someone for the sake of not being by yourself can cause problems down the road. What happens if you pick the wrong person? Let's say you choose someone and you get married. After five or six months, you start to realize that you made a mistake in selecting this person. What do you do now?

It's not fun being alone but being with someone that you can barely tolerate is not the answer. Once you get married and have kids, it can be very difficult to get out of the relationship if things turn south. Make the smart decisions now and don't let loneliness become an issue in your relationships.

Spending some time with animals can get rid of loneliness. Get a pet or volunteer at your local animal shelter. Walking or petting the animals can be very effective in managing loneliness. Animals are a great source for companionship.

Get a hobby. Find something you like to do and get involved. If you like to play volleyball, then find a local team. If you like to lift weights, then go to a gym. Doing something you like will keep you active and help you to make friends.

Develop a network of friends. A person who has friends will not be as alone as for someone who is constantly by themselves. Again, join a group where you can develop long lasting friendships.

Finally, if being alone bothers you that much then it's best to see a professional. He or she can give you insights on how to better manage your fear of being alone. There is nothing wrong with being alone. In fact the average person spends some time alone during their lifetime.

Relationship: To End Or Not To End

To End or Not to End Your Relationship

Woman, 30 years old, is struggling with whether or not to end her six-year marriage. The answer is not at all clear to her.

Woman and Man have a "good" marriage. They are kind and caring with each other. They enjoy many of the same things. So why is Woman in such turmoil over whether to stay or leave?

The problem is that Woman is very lonely with Man. They are good friends, but they are not emotionally intimate. Man has no desire to share any of his feelings with Woman, nor does he have any desire to understand Woman's feelings. He is content to keep everything on the surface, while Woman wants a deeper emotional connection.

Since they have many good things in their marriage, Woman has decided to try marriage counseling, and Man has agreed. Counseling or not, there is only one thing that can save this marriage – Man and Woman shifting out of their intent to protect against pain and into an intent to learn about what is loving to themselves and each other.

Man's intent has always been to protect against pain rather than to learn about being loving to himself and others. He has done this by numbing out his feeling with marijuana and work. Man's choice to

continue to protect against pain or to begin to open to learning from his feelings will determine the outcome of the counseling.

Woman, too, has operated with the intent to protect against pain. She has ignored her own feelings and been a “good” wife, submerging her own needs to comply with what Man wanted. But at some point, she shifted her intent to learning about what is loving to herself, and now she realizes she cannot continue in an emotionally disconnected marriage.

The issues in your relationship may be about emotional distance, lack of passion, sexual problems, constant fighting, emotional abuse, (if there is physical abuse, then you must find a way to leave), or being used financially. There may be control and resistance occurring around many different issues. Yet the underlying issue is a lack of open and caring communication. And open communication only occurs when both people have a deep intention to learn about their feelings, fears, limiting beliefs, and resulting unloving behavior. If one or both people in a relationship are closed to learning about themselves and each other, the relationship will not heal.

If you are thinking about leaving your relationship, first think about your own intent. Are you open to learning about your feelings, beliefs and behavior? Or, are you devoted to protecting against pain with anger, withdrawal, resistance or care-taking? Are you avoiding your feelings with substances and activities, or are you opening to learning from your feelings and exploring yourself with a process such as the Inner Bonding process that we teach? The first thing you need to do is deal with your own intent.

Once you are open to learning for a number of months, and really doing your inner work, then re-evaluate your relationship. Has anything changed? Is your partner more or less open to you? Are you talking more and fighting or withdrawing less?

If things are not getting better or are getting worse, then it is time to ask your partner if he or she is willing to do some healing work with you – through counseling, workshops, and reading books together. If your partner refuses to embark on a learning journey with you, then it is clear that this relationship will not change. At this point, you need to either fully accept it as it is or leave it. It will not become the relationship you want it to be unless both of you are open to learning.

If one or both partners remain in the intent to protect, the relationship will not heal. Yet most relationships can be healed when both people are deeply devoted to learning about loving themselves and each other.

Relationship: Deadly Relationship Habits

How many of you have ever been involved with a significant other who wanted you to do something you didn't want to do? I doubt that I'm the only one. By virtue of a significant other relationship, there will be times when our partners will want us to do things we don't necessarily want to do and conversely, there will be times when we will want our partners to do things they don't want to do.

This is perfectly normal. The key, however, is what we do about it. Can you remember the behaviors your partners used to get you to do things their way? Dr. William Glasser, in his book called, *Getting Together and Staying Together*, talks about the seven destructive relationship habits. They are: complaining, criticizing, blaming, nagging, threatening, punishing, and bribing or rewarding to control. Do you recognize any favorites?

I like to add guilting to the list—this seems to be a favorite behavior of mothers. I know, because I am

one. You can recognize this pattern in martyr type behavior. Saying things like, “After all I’ve done for you, you can’t do this one little thing for me?” I’ve actually heard some mothers play the “childbirth card”. You know the one. It sounds like this: “I was in labor with you for 36 hours! All I’m asking for is this one thing.”

I know for me, I am a world class nagger—just ask my children. The question of “Will you clean up your room today?” can be asked in a variety of different ways, with varying tonal inflections and volumes to convey a variety of meanings. By the time I’ve reached the end of my rope, it would frequently sound like, “How can you be so lazy! If you don’t do it right now, I am going to do something to hurt you!” (This pain usually took the form of haranguing my child for an extended period of time.) Does this sound familiar?

With regard to nagging, it is my belief that after you’ve said it three times, your significant other has probably heard you and is not planning on obliging you any time in the near future. Repeating your request most likely will be unsuccessful at getting you what you want.

Complaining and criticizing are other behaviors we often engage in to get our loved ones to do something they don’t want to do. Does this sound familiar? Why can’t you be more like _____? Do you have to do it THAT way? Why can’t you ever do something I want? You never do things the right way. You are so lazy, stupid, frustrating, aggravating, etc. Do these sound like relationship strengthening behaviors to you?

I think the blaming, threatening and punishing behaviors are self-explanatory. Blaming sounds like: It’s always your fault. Threatening goes like this: If you do or don’t do _____, then I’m going to (insert something you won’t like). Punishing often takes the form of withdrawal. It may be that we give our partners the silent treatment or we may withdraw affection or at least our enthusiasm during intimacy.

The last destructive habit to discuss is called bribing or rewarding to control. This may require a little more discussion. Bribing or rewarding to control does not mean the same thing as negotiation. Negotiation in a relationship is very healthy and necessary to the long term success of the relationship. It involves two willing partners, each interested in helping the other person get what they need, while at the same time meeting their own needs. Bribing simply means that I am going to dangle a carrot of what I think you want in front of you to get you to do the thing I know you don’t want to do.

I can remember often asking my youngest son to pick up his room. His room was always a mess and quite possibly a health hazard. I remember one day, I decided to put my nagging behavior away and try something new. So I said something like this: “Kyle, if you clean your room today, I’ll let you have a friend come over and play.” Do you know what his answer was? He said, “I don’t want a friend that bad.” And the room didn’t get cleaned! What a surprise!

Bribing or rewarding to control also needs to be distinguished from spontaneous rewards. Can you feel the difference between these two scenarios? You want your partner to attend an office party with you that he or she does not want to attend. In your best attempt to bribe him or her, you seductively express what you might do when you come home from the party.

Compare that to, you ask your partner to attend the party. He or she agrees. You go and have a wonderful time, spontaneously enjoying some quality intimacy upon your return home. Do those circumstances feel different to you? I bet they would to your partner.

No one likes to be controlled no matter how subtly or skillfully the controlling is administered. External control is one thing human beings are almost guaranteed to rebel against.

Relationship: Depression In A Relationship

Depression can be a very lonely illness and your relationships are a key part of how you cope with your depression. You need friends for support. Not just good weather friends but friends who can support you when you're down. If one of these friends is also depressed it is not necessarily a bad thing. You can understand each other and perhaps be there on each other's bad days (but not if you're having a bad time at the same time). However, you need to be conscious when choosing sexual partners that your depression will have altered you as a person. It is likely that the person you get together with when depressed will not be the person you want to be with when you are better. When you are depressed you are a different person – you may not even know who you really are – but your partner will be with the person you are at that time. Also, depression alters your view of the world and therefore your view of other people, so your view of your partner will not be the same when you are better.

Now, I'm not saying that you shouldn't start a relationship when depressed. On the contrary, it could be the best thing for you. It may provide the stability you need to start working through your problems and you may be able to talk to your partner about things you can't discuss with anyone else. Your partner may be the only person you can relax around and start to feel yourself again. Issues may arise that hadn't before and wouldn't have come up if you weren't in a relationship. On the other hand, you may find that you keep up the pretense of being the person you think you ought to be. There is also the possibility that the relationship could fail before you are ready – perhaps due to your depression. This will make you worse. Either way, the stability may give you the space to start seeing things differently and the confidence to start seeking therapy.

However, what I strongly advise is do not start a relationship with someone who is also depressed. I am not a doctor but I do have 25 years experience of depression and there are two likely outcomes of this sort of relationship. Firstly, one of you will get better, you will split and the other will get worse. The reason is this: if you are simply friends with another depressed person you can help each other and if one of you gets better you can still be there to help the other one with your understanding and advice. However, if you are in a relationship with another depressed person and one of you gets better and you split up then the other person will have suffered the end of their relationship plus the loss of their friendship and support. By all means be friends with other depressed people, we all need friends when we're depressed, but wait until you have both recovered before you think about starting a sexual partnership.

Depression is a difficult illness to really get rid of. Once you have had it there is always the possibility of a recurrence. If you have recovered from your depression but are still in a relationship with someone who is depressed it is very difficult to stay recovered. Also, you may find that you want to get out of the relationship but feel trapped because you know that the other person will get worse. The stress of this may send you back into depression. This is the second outcome – you will both remain depressed.

There are two remaining possible outcomes – the first is that you will both get better and stay together. I believe this is highly unlikely but not impossible. You will both be different people when you are better, with different views and personalities from when you first got together. You may still like each other but want different things. It would be great if you both manage to help each other through depression and out the other side but the normal stresses and strains of a relationship make this unlikely.

The other outcome is that one of you will get better and you will stay together. I think this is the least likely to happen. If you recover from depression and live with someone who is depressed you are not likely to be really happy. You may still remember the feelings and understand but there may be an element of “I got through it so you should be able to as well.” We all know that’s unreasonable as part of depression is the feeling that you just can’t try any more but don’t people always say that ex-smokers and the worst critics of smokers?

Bear in mind that a long-term partnership is not necessarily a bad thing when you are depressed but please think about the consequences of getting together with another depressed person. Try to help each other and be there for each other but keep enough distance between you so that you help each other and not bring each other down. In other words, stay friends and don’t live with each other, at least, not until you know who you really are.

Relationship: Anxiety

It can be tough to deal with managing your anxiety while in a relationship. Maintaining a relationship is tough enough let alone having to deal with your anxieties. As a result, here is a list of techniques and suggestions on what to do in managing your anxieties while being in a relationship.

In a relationship, we may sometimes encounter a scary situation that gets us all upset. When encountering these events, always remember to get all of the facts of the given situation. Gathering the facts can prevent us from relying on exaggerated and fearful assumptions. By focusing on the facts, a person can rely on what is reality and what is not.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breathe and try to find something to do for a few minutes to get their mind off of the problem. A person could get some fresh air or do something that will give them a fresh perspective on things.

Be smart in how you deal with your stresses in a relationship. Do not try to tackle everything all at once. When facing a current or upcoming task that overwhelms you with a lot of anxiety, break the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Make a list of all the things that you enjoy in your current relationship. The next time you get anxious or fearful, look at your list and remind yourself of the good parts in being with that person. This technique will put your fears and anxieties in a relationship into perspective.

Sometimes, it helps to be able to talk to someone about our stressful situations. Talking to a trusted friend, counselor, or clergyman can not only make us feel better, but they might be able to give you additional advice and insights on how to deal with your current problem.

Although I am a layman and not a professional I have interviewed many psychologists and clergyman and I have over fifteen years of experience in dealing with fear. Dealing with our persistent fears in a relationship is not easy, however there are many helpful resources available to us if you look hard enough.

Relationship: Abusive Boyfriend

Statistics show that 1 out of 3 teenagers has experienced violence in a dating relationship. Most cases

involve one partner trying to maintain power and control over the other through some kind of abuse.

Most victims of Dating violence are young women who are also at higher risk for serious injury. Women ages 16 to 24 experience the highest per capita rates of intimate violence — nearly 1 out of 50 women. (Bureau of Justice Special Report: Intimate Partner Violence, May 2001)

Teen dating violence often is hidden because teenagers are inexperienced, want independence from their parents. and they are pressured by peers to begin dating at an early age.

Some young men may believe they have the right to “control” you or they think they will lose “respect” if they are attentive and supportive toward their girlfriends.

Are you at fault?

You might think you are the one who is causing the problem. You may think that his jealousy and abusiveness means he really loves you so much he can’t control himself.

You might think because you have friends that are also being abused that this is normal or you may think you can change him.

You would be wrong on any of those counts and statistics prove that beyond a shadow of a doubt. If your boyfriend is abusive now, he will not get better, he will get worse until one day he hurts you really bad or even kills you. It’s that serious.

Ask yourself these questions; If you answer yes to one or more of the following questions about the boy you are dating then you are in danger of having a serious problem. If several of these are yes, get a new boyfriend.

Is he using alcohol or drugs?

Does he have extreme mood swings? Happy one minute and angry the next?

Is he extremely jealous? Does he get into fights with other boys who pay you attention?

Does he use force during an argument or during intimacy?

Does he blame others or make excuses about his problems?

Is he verbally abusive to you? (yelling all the time, putting you down, calling you stupid, threatening you?)

Does he treat his mother with disrespect or is he mean to her? Do former girlfriends say he abused them?

Does he try to control you or tell you what to do, who you can see, where you can go all the time?

Does he try to keep you away from your family or try to make you dependent on him, telling you that he knows what is best for you and your family is always wrong?

I repeat if even two of those things is true, you need to break it off and get as far away from him as

possible, because these are all signs of someone who abuses or will abuse women.
Relationship: Faith In Your Partner

Faith is one of the biggest assets. Most of us have faith in God. That means that we always believe that god will help us whenever we call on him. That God will be always support us. That god loves us and wants us to grow. God will never leave us alone. This faith is the greatest strengths of many of us. What about your partner? Do you have this kind of faith in him/her?

Many will answer that I have that faith in my partner. That is good. At least they have that faith. Many of you will not be sure about the answer and quite many know that they cannot have faith in their partner. Does your partner have faith in you? Why don't you ask this question and find out the answer? Please ask him/her – Darling, suppose I have someone else in my life for a short time and then come to you and confess will our relations remain the same? Will you forgive me and forget what I did and accept me? Will we be together as we are today? The answer may differ from person to person, but you will rarely find a partner who accepts this.

As you broke his/her faith, how can you expect that their faith will remain intact? That you can expect them to support you after you betray them? That sounds difficult. Faith does not work that simply. Faith works on commitment. If you are committed to your partner and if your partner is a reliable person of integrity, you may have faith in him/her to a certain extent. To say that my partner will always be with me under all circumstances is difficult to say. Only few are lucky to have such partners.

What should we do? Draw an agreement verbally. Commit yourself fully and ask your partner to have faith in you always. Ask him/her to commit that you can have the same faith in them. Give proofs from time to time and you will win unshakeable faith of your partner. Once you have that faith, you will feel a great sense of relief because you are sure that your partner will never leave you.

Relationship: Say Sorry vs Be Sorry

The words, I'm sorry can get us out of trouble when we've done something wrong or hurt someone we care about but the key to a good apology is really meaning it and convincing the other person that you are truly remorseful. Apologizing just for the sake of keeping the peace is not an effective way to apologize. In doing so the recipient of the apology will most likely see through you and realize that your apology is insincere. A sincere and well timed apology, however, will help to mend the relationship that was harmed by your words or actions.

The most important way to prove that you are truly sorry for hurting someone is to ensure that the hurtful action is not repeated. Apologizing over and over while continuing to make the same mistake shows that your apology is not really sincere. On the other hand if you really mean that you are sorry for an action you will take careful steps not to repeat this action. Apologizing for your actions is one thing but being cautious not to repeat your actions really proves that you are indeed sorry.

Being specific regarding the reason for your apology also really proves that you are sorry. Many people are quick to offer an apology when they realize someone is upset with them but often they don't take the time to figure out why the other person is upset. Apologizing without stating the reason for the apology shows that you don't understand the problem and that you aren't sincere in your apology. This is not an effective way to make an apology. However, if you offer a specific reason for your apology you are proving that you understand what you did to hurt the other person and that do not want to repeat that action.

Another way to prove that your apology is authentic is to be sure to offer the apology in person. Having a third party speak to the person you have offended or apologizing via email or voice mail conveys a lack of caring. This kind of apology shows that you aren't truly sorry for your actions. Meeting with the person face to face to have a sincere conversation and offer your apology is one way to really prove that you are sorry. It shows that you care enough about the other person to meet with them directly to try to make amends for your contributions to the disagreement.

In apologizing, if you want to prove that you really mean it, be careful not to place blame on the person you are apologizing to. Your apology is about telling the other person why you believe that you did something wrong. While they may have contributed to the situation, now is not the time to point out their faults. Instead take full responsibility for what you have done wrong. Accepting full responsibility for your actions and apologizing for them without placing blame on the other person will prove that your apology is sincere.

A genuine apology will also include telling the other person why your actions were wrong and how you intend to avoid hurting them in the future. Doing this proves to them not only that you understand you were wrong but that you understand why you were wrong. It also lets them know that you have already formulated a plan of action to ensure that this situation does not arise in the future.

The timing of your apology can also help to prove that you really are sorry. Waiting too long to apologize may show that you don't really care and that you are simply apologizing as an afterthought. An apology that is made too early may risk being ignored because the recipient of the apology is still too upset to listen to what you are saying. It's important to give the other person a chance to vent their anger and calm down before rushing to apologize. After a reasonable amount of time approach them and let them know that you understand their anger and believe that it is justified and that you wanted to give them a chance to calm down before apologizing.

Sometimes it is not enough to simply apologize for your words or actions. It is often necessary to not only apologize but to also prove that your apology is sincere. A truly sincere apology proves that you are sorry by addressing the issue and acknowledging what you have done wrong while validating the other person's right to be angry and addressing how you will avoid similar actions in the future.

Relationship: Easy Happy

Have you ever dreamed of having a magic to make your love last longer? If there is a magic, love will be all around, no more sorrow. Or maybe it's just that some people learn secrets of success from their grandparents or other relatives or friends. And since the latter is probably more accurate, here are some tried and true tips from people who have enjoyed long, happy relationships.

Dates: Keep dating each other. Even if life seems too busy, meet at the end of the evening for something light and easy, like viewing your favorite sitcom (record it if necessary) together or playing a game of Euchre.

Space: Give each other some space. Either you trust or you don't. Get on with life, though. People need time alone and time with their mates and other friends. Be sure to give and take your fair share of space.

Forget: No need to always remember the bad things that happened during an argument. Actively forget sometimes. Be the first to apologize and make up. Go for it!

Fun: Couple tends to have fun on dates, then get married and too serious. Lighten up. Head to Yahoo Games (off <http://Yahoo.com> main site) and join in any number of card or other games. Or head to a local rental shop and rent an Xbox or other game player and some games.

Disagree: Agree that it's okay to disagree on some issues, and leave it at that. No need to create a new religion or political movement just to appease both of you. You don't have to agree on everything. And you won't. And that's okay.

Refresh: Take time to look back, refresh your memories and share what brought you together. Especially when times are difficult, lean back and rely on these old memories as your foundation and glue yourselves back together with them (not literally, of course!)

Memories: Make some together. Enjoy special moments, special anniversary dates and events. No need to be elaborate. For example, maybe you enjoyed watching a hot air balloon race one spring day. The next year, you might schedule time to watch it again. Make it an annual event. Collect postcards with balloons on the, playing cards, toss pillows ...over time it becomes a theme.

Start now with these simple ideas to keep your relationship with your special person longer. Most important of all, couples can happily stay together as they understand and complete each other.
Relationship: End Gracefully

Ending a relationship is never easy. Actually, it is one of the hardest things to do since you will have to consider what your partner will feel. Often times, you have sleepless nights thinking things over and over because you do not want to regret your decision in the end. So, ending a relationship becomes a challenge to you and you think of ways to do it in a way that you will not be able to hurt your partner too much.

In ending a relationship, it is often as hard on the person who is ending the relationship as it is on the person who is being broken up with. For sure, you do not want to hurt your partner because he or she has been close to you for months or even years and you do not want to be guilty because of your action. Therefore, you think of ways to do this as gracefully as possible.

The first thing that you have to keep in mind is that when ending a relationship, you have to do it in person. It is always better that you talk about it in person and you explain to him or to her the reason why it is better to be that way. By doing it personally, you show sincerity and integrity. That way, whatever is the reaction of your partner, you will be able to know immediately and closure will be easier achieved.

However, it is never easy to end a relationship personally. You have to choose the right words so your partner will be able to accept and understand your reason. It is always better to say things in person than to do it on the phone, email, or even through a letter. This has to be done face to face where both of you can have eye contact and see each other's reactions.

Another thing that you should consider doing is that before you break the bad news to your partner, it is better if you tell her or him in advance this line of "we need to talk". This line will somehow give your partner a hint that the relationship is really heading to an end. This allows him or her to prepare for what is coming and helps soften the blow of the revelation. But you have to see to it that once you said that line to your partner, you will do it sooner because the waiting time can be very uncomfortable and can make your partner very restless.

Ending a relationship is really a very difficult thing to do. However, if you know exactly what to do and how to do it gracefully, you will be able to go through with it without feeling guilty.

Just make sure that you say the words sincerely, maintain an eye contact, leave no room for doubt, and most of all do not ever back down especially when your partner started crying and you feel terrible about it.

You have to stick to your decision and make sure that your partner gets the message. If he or she could not accept your decision at once, then you have to give him or her some space but you should never give any false hopes of getting back together. This is the best way to minimize pain when ending a relationship.

Relationship: Emotional Infidelity Cheating

People define cheating differently. Some people define it as an emotional act as well as a physical act and others just define it as a physical act.

That topic alone can cause some issues in a relationship if both parties define cheating differently.

So, in order to eliminate obstacles that may later come into play it's always best to make certain you know how the other person in the relationship defines something like that.

Although it's not pertinent that couples are exactly alike, there are obviously some important areas in a relationship which help uplift it rather than hinder it. And this type of topic can be one of those things.

Truthfully, I believe that it's difficult to keep the romance alive and a relationship on a positive note if you're unable to work in unity with your spouse. Especially if one of you defines cheating in one way and the other defines cheating in another way.

Usually, physical cheating is what we all refer to as cheating. It's a general consensus, so it's emotional cheating that can be the real culprit behind ruining a great relationship.

So we'll talk a bit about that today.

What Exactly is Emotional Cheating?

Well there are different levels of emotional cheating, but let's discuss the most significant forms of emotional cheating...

1) Lying by Omission

Some women consider cheating to be a secret that is kept from them. For instance, their spouse has a dinner date with another woman, but doesn't bother to mention it.

Whether this situation is considered cheating depends on the relationship you have with your partner and the type of friendships you have outside of your partnership.

Since the pendulum can swing either way it's best to make certain you both see eye-to-eye before it ever happens (if it ever does). Maybe you don't think it's important to mention it because it doesn't

mean anything and mentioning it would give it more weight than it's worth, but it's best not to assume something like that but to talk it over instead.

The reason for that is because, on the contrary, some women feel that if it was so unimportant, then why not just mention it. It's a catch-22 situation. So, a constructive way to handle a circumstance like that is to discuss it with one another before it ever has a chance to occur.

2) The "Roaming Eye"

When I speak of the "roaming eye" I mean visual disrespect to your partner. Acknowledging someone's beauty is one thing, but the "roaming eye" is a much more intense act.

It's beyond acknowledgment. In a situation like that, fantasy creeps in and your partner feels mistreated or upset due to the act of disregarding her and making it clear you would like to have sex with the person in your sights.

Under those conditions, it can turn into a huge problem for the relationship. Of course, it's one thing to notice someone's beauty from time to time, but the "roaming eye" is another thing altogether. It can lead to insecurity issues, trust issues, and sometimes result in actual physical cheating.

So exactly what is the "roaming eye?"

Although I couldn't possibly mention everything, let's talk about the more obvious actions...

The "roaming eye" constitutes going to strip clubs, ogling women in the street, and commenting can also be a part of the issue in which verbal insinuations are made concerning what you would like to do with that person. Taken too far, it can be emotionally abusive to your partner and result in a destructive relationship that could eventually lead you both in separate directions.

So, a constructive way to handle this situation on a personal basis, is to treat any woman like you would want someone to treat your wife, sister, mother, or any other female that you regard with the highest respect.

Of course, it isn't always going to work because you're human, but it's a good place to start.

By asking yourself, "How do I want other men to treat my partner?" can help you change the entire way you see things.

For example, someone ogling your wife in a disrespectful way is most likely something you would not take kindly to. Perhaps you'd even be infuriated if you witnessed it happening. So, if you apply those feelings to a woman that catches your eye, it makes it somewhat easier to want to treat that person with a lot more respect.

After all she is someone else's relative. Obviously not yours, but someone's.

3) Physical Contact

This type of emotional cheating occurs when you go to strip clubs and receive lap dances or some other similar type of contact from the opposite sex.

As a man, you may not consider this as cheating, but your partner may. As a result, this induces conflict in the relationship in which your partner feels betrayed and you feel as if you didn't do anything wrong.

If this does occur, a constructive way to handle this is to put yourself in your partner's shoes or put your partner in the stripper's shoes.

For example, would you want her in a male strip club receiving lap dances? Or would you want your wife in front of other men stripping and giving other men lap dances?

Chances are good the answer is "no." If you reverse the situation, it's easy enough to look at it constructively so that the two of you can work on resolving the issue by basing it on the old saying, "treat others the way you want (your wife) to be treated."

Be objective, be honest, and most of all... be fair. Work hard at trying not to give yourself extra privileges you wouldn't give your spouse. Make it your responsibility to be considerate to other women just as you would want another man to be considerate to your wife.

You're no exception to the rule.

Work Together in Unity

Since this issue is such a big one, it's important to sit down with one another and discuss why it's happening if you aren't in agreement about your actions, because a great relationship is built on unity between a man and woman and if there isn't any unity... it will lead to a lot of problems.

As a man, some of the distraction you're fighting against is biological which is often due to visual stimuli which you can't help. But that doesn't mean the promotion of that behavior is necessarily right. It's one thing to have a natural response to something like that, but it's another thing to use that natural response to benefit you in continuing on in that behavior.

An important thing to do is to make certain that excuses on either end aren't being made. Excuses and denial don't resolve anything. Serious situations like that require both parties to own up to their faults.

Pride should be left at the back door, so your relationship doesn't take a beating because of it. Avoid treating it like a game of matching pride against pride.

To eliminate pride in the beginning, you may find it a good idea to talk about how you want to handle the discussion on each end before you bring up the conversation.

Consider saying something like...

"I wanted to talk to you about something, but before I bring it up, I thought maybe we could talk about how we want to handle this conversation, because I don't want anything getting in the way of us resolving it. I know sometimes I can be stubborn, so I feel it's important for me to say that when we discuss this I don't plan on allowing that to interfere with us fixing this situation."

When confronting it like that, it allows the problem to take the forefront so that when you do end up discussing it, it makes it easier for you both to stay focused on the topic at hand and keep it on a

positive note.

You can then discuss it in layers by trying to explain why you do what you do (besides the obvious reasons) and she can explain how it makes her feel and then you can both focus on how to resolve the issue together—in unity.

It's easy to feel that emotional cheating doesn't hurt anyone, because in certain ways it can be defined as an invisible act, but don't underestimate the damage that it can have on a relationship. It can do just as much damage as its lethal counterpart "physical cheating."

Sure, there may not be any touching involved, but infidelity is not just a physical act. Remember, be objective, be honest, and most of all... be fair. You are no exception to the rule.

Work hard at being faithful to your partner in more ways than one, mind and body.
Relationship: Forgiveness And Forgetting

We should be willing to forgive just as much as we want to be forgiven.

As the blinding flash of lightening and the rumbling roar of thunder, so it is with surprises and ideas. And especially with our own "ah-ha!" moments!

Isn't it fascinating how not one of us is absolutely perfect? We have threaded our way through life, doing the best we know how. Sure, we all have weaknesses that get the best of us at times, but for the most part, we really are doing the best we know how. And yet, after all we have done, we still find that we fall short in the consistently perfect department.

So we again refocus our direction, reset our sights on the goals that we have set for ourselves, and step out on our own paths to success. And we should be pursuing all the paths to success that we can possibly handle, because that is the way we also develop our complete potential.

The important thing is that we are willing to acknowledge our mistakes and make course corrections as needed. That is the best we can do. That is the most we can do. Nothing more can be expected of us as we continue threading our pathway through life.

And that is the most we can expect of our partner, too. To make a union work, on the long term, we need to be willing to forgive and forget. Granted, that is not always an easy thing to do. Some things our partners do may sting and hurt us badly. But in the long run, the best thing to do is move onward. We have the two choices: Stay or leave. Was the offense really bad enough to have to consider the two options? Is the damage done to our hearts really so deep and irreparable that it can never go away?

Only you can decide the answer to that. Was it really that bad, or are we just unwilling to forgive and forget? Ponder the true gravity of the offense. Keep in mind, that to leave means total life changes, and they do not always turn out for the best. Sometimes, of course, they can, in the case of leaving a truly abusive situation. But is your partner sincere in their efforts to change? Do their "fruits" prove the pudding?

To forgive and forget means to let it go. We may be justified in being somewhat cautious in our actions, allowing them ample time and space to prove themselves. But we also need to work on the "forgetting" part. That means, simply, that we do not continue to dredge up the past when it seems to support our

“position”. We need to truly “let it go”.

Happiness is found in whatsoever places we look for it. The negative paths we follow from time to time will never turn up Joy. Joy and Happiness can only be found on the pathways of forgiveness and forgetting and moving forward with our lives.

Try it out. It may surprise you.

In real life, law rarely forgives any wrong act. In most of the countries law is clear about punishment. We still hear a lot about forgiving in personal relationships. We are told to forgive the major blunders. We are asked to forgive and forget and continue living as if nothing happened. Does that work? To some extent yes, and to some extent no.

Most of us who have been hurt in relationship do not wish to forgive at all. The result is that we suffer from the pain all our life. We are advised to forgive so that at least we can feel peaceful. If we do not forgive, our own peace is lost forever and we suffer. Forgiveness is for us. To forgive does not always mean that the abuser can continue with the same behavior. You need not tell the abuser that you have forgiven him/her. Let them suffer for what they did. But by forgiving in your own mind, you get peace.

Relationship after forgiving – the relationship can never continue at the same level and intensity after any mistake has been made. No amount of forgiveness can ever bring the relation back.

Bringing relationship back – I have said earlier that no relationship will return to the same old level after a major mistake has been committed. This is true. But what if the partners want to bring it back to the old level? How should they proceed? In this case, the abuser should ask for forgiveness again and again. Only after the victim is satisfied, the forgiveness can become effective to the extent that relationship comes back to normal.

Relationship: Friends With Benefits

Is there ever such a thing as “No Strings Attached?” Can a friendship between two people withstand casual sex? Or is that just an idealistic concept?

One night stands aren’t as in as they used to be. Now lovers are coupling up for more long term sex. It’s called “Friends with Benefits”. They get all the benefits of a relationship without the commitment. They start out as friends. They enjoy each other’s company and then one night start sleeping together.

They don’t date. It’s not a traditional “significant other” type relationship. In many cases, the other friends don’t even know about their sex on the side. It’s set up as a mutual gratification, friends helping friends arrangement.

What most Friends with Benefits fail to do is set up the rules. It generally starts out as either happenstance or perhaps a small dialog exchange, “I don’t have anyone, you don’t either, so let’s do it, no strings attached. What do you think?” It all sounds well in good; at least initially when both are hornier than a unicorn. But can friends who sleep together remain friends once it ends? Or is the start of mutual sex the start of the end of their friendship?

Sex creates a bond, no matter how discussed up front it is. Someone always gets hurt in the end of a no strings attached, Friends with Benefits arrangement. Booty Calls always start out with mutual orgasms as the sole purpose. Yet when two people share that kind of closeness, and if it’s a recurring buddy booty call, then they spend time together. Someone is doing something very intimate with and to the

other. Who isn't always appreciative of a good orgasm?

One or both may know that they don't want a commitment and that's why the No Strings Attached agreement was conceived. But when the "ooh baby, ya that feels so good, I love what you do to me" occurs regularly, how can they NOT start to feel something for the other? One person will inevitably feel a stronger emotional bond than the other; it's not male/female bias. One will still only love the physical benefits and the other will enjoy the great sex so much that they get attached, even though they weren't looking for any relationship.

Or perhaps one person may have always been secretly attracted to the friend and knew the other didn't want a relationship, yet figured a Friends with Benefits arrangement was better than nothing. Hence they verbally agreed to the arrangement but emotionally they were already hooked.

Develop some rules before entering into any such arrangement. Consider these suggestions: No going out with each other unless it's in a group situation or you know the night will end in sex, therefore the outing is part of foreplay, no public affection, no gifts and any other boundaries you want to instill. Before it starts, decide how it will end. If starting out as friends, the goal is to end as friends. If new love interests were previously discussed among friends, shouldn't those types of conversations still be allowed?

Use your head to consider wisely what may be lost if you enter into a Friends with Benefits arrangement

Relationship: Friendship Values

Some of us are blessed with good friends. But as it happens, these friendships are taken for granted in some cases and not valued. It is similar to a case of two couples. Say one has no child even after many years of marriage and the other has many children, more than they can manage. What do you think? Will the couple with many children value the children as much as the couple which has none? Everything is relative in life. We value what we don't have and give less valuable to what is freely available with us. Friendship is one such relationship. Why should we value friendships? What qualities does a good friend bring in our relationship that makes the friendship so valuable? Let us examine some of these.

Judgment – a good friend is rarely judgmental. We can be open in our behavior with our good friends because we know that they will not judge us. We can enjoy this freedom only with friends. It is nothing short of a blessing, because with other people our actions and behavior are always calculated and guarded and that takes away lot of pleasure from our life.

Share Sorrow and losses – A friend can be depended upon to share all our problems and sorrows. This sharing may not reduce the impact of loss but helps us to unburden ourselves. This is no small gift of friendship. Once I saw the image of a man left alone in the village after an earthquake. The whole villages got killed except this man. With who, will this man share his sorrow? A friend gives us this gift.

Hope – During our times of trouble, only a friend comes forward and gives us encouragement and hope. With that inspiration one begins afresh. At times in life when we feel totally devastated and hopeless, and when our self-esteem reaches a big low, a friend helps us regain confidence in ourselves.

Friendship is a great asset. But Much under valued and always taken for granted. Why? Because

everybody has friends, rather most of us have. In comparison, money is valued a lot, because not all of us have it. But friendship can at times prove to be a bigger and better asset than money.

To have a true friend is the greatest comfort in the world. Even if you lose all your money, your friend will remain with you. Your friend will support you when you need it most. He/she will do it without your asking for it. Because that is friendship. When we are born, our greatest friend is our mother. She takes care of us under all circumstances and protects us at times by giving away her life. Friendship is like that.

as we grow older, we begin making friends. With some of them we have disputes. With others we are dissatisfied. With very few, we remain friends for life. With that kind of friend, we are assured of help whenever we need it. We also have to be prepared to do that. Friendship is not a one way street. It demands commitment from both the friends. But the fruits of friendship are very sweet and the fruit drops from the tree only when we are most hungry.

We all have friends. A lot gets talked about friendships. Everyone wants a true friend, and many of us believe that we have a friend who can be called a true friend. What kind of relations do friends share? When can we call a friend a true friend, and when can our friends take us as their true friend. After a romantic relationship, friendships are the most important relationships we can have. Though all of us have family and distant family, most of us rely on friends for advice, comfort and inspiration. How do we define a relation that can be called as one of true friendship?

The very first sign of a very good friend, not necessarily a true friend is that we are not worried about courtesies. You will call your friend at any hour and talk without any thought of time in your mind. Similarly, whenever you need support, you will call a very good friend and ask him/her to help you out. They expect the same from you. Another important trait of such relations is that we are not much worried about exposing ourselves. We speak about everything in our mind without worrying about what our friends will think. We are sure that they will take our talk in the spirit it was made. We are unguarded and open with friends in our talk.

A true friend is a little more than a very good friend. A true friend will support you even if it hurts his/her own interest. A true friend will understand your motives and needs and will be with you without any analysis or criticism. A true friend will come forward to help without any request and be with us in need without showing it or expecting anything in return. With a true friend, you can be sure that you will get help to the extent possible by him/her. Nothing will remain unturned. A mother is a true friend of her children. If we share such relations with an adult we can say that we are true friends.

A true friend makes no excuses of having work or appointments or anything but will be with you whenever you need him/her. In your hour of desperation, a true friend will support you even if the whole world opposes you. A true friend is not an opportunist. A true friend means to have someone who is like mother, as I said earlier. Instead of having hundreds of good friends, if you have a true friend, treat yourself lucky. If you can also become a true friend of someone, you will be blessed, because it is much easier for all of us to expect but very difficult to give. Be a true friend yourself first.

Friendship and love. Both are so much related to each other. And both are so dissimilar! What are the differences between friendship and love? Is platonic friendship possible between persons of opposite sex? Let us try and understand.

What is friendship? Why do we call a person our friend? When do we call someone a very good friend?

If we care for a person, if we are always ready to help that person and if we share most of our thoughts with a person, they are our good friends. We can always count upon our good friends in an emergency. We are always sure that our friend will understand why we acted in a certain way. We need not explain anything to our very good friends. The friendship is so deep and the relationship is so intimate, that most of the things are automatically understood by our friends.

What about love? In a relationship of deep love, all the sharing that we discussed above are taken for granted. But love transcends all this. During love, we are attached with a particular person, while in friendship, one may have many friends. A loving relationship makes one so much attached to the other, that one gets pained if his/her beloved is hurt! Love also involves a physical element. Friendship does not have that. This is a vital difference. Nature gives us love so that the specie can go forward. Nature does not give us friendship.

Your heart beats will never increase in anticipation of meeting your friend. You will not lie awake at night thinking about your friend. You will not feel totally lost, if you don't meet your friend for a few days. You will not have dreams in your eyes thinking about your friend. But in love, you will do all this and much more. Indeed, there is no comparison between love and friendship.

We are all social animals. Not many of us think about prisons. Why is prison life a punishment? Because you cannot move around and meet people. With friendship, we break the barrier that stops us sharing our life with others. During early childhood, only mother is enough. But observe the pain on the face of a child who has no friends to play with, and you will realize why friends are so important? Why does even a small child need friends? He/she can surely play with parents and enjoy life? Friends are needed because most of them are from the same age group and we relate better with people of our age group. Give it a thought.

Many of us carry a childhood friendship in our adult life. That gives us an opportunity to share memories of the childhood spent together. That's why, when we meet a old childhood friend after a long time, we love to go back to our memories. We go back to those days, when things were much better. One is also known by the friends one keeps. What does this mean? This means that people of similar taste become better friends. That is a big advantage of friendship. To share thoughts about things of common interest.

Many times, some things in our life, some incidents etc. cannot be shared with anyone but friends. A friend will understand our problem and not lecture us about mistakes. A friend will be with us and will always be for us. That is friendship. Good friends share every thing in their life including the intimate details, and one who has such friends is very lucky. To share is very important. To talk, to discuss, to exchange ideas, to smile, to laugh and to cry together, we need friends. If we have good friends, we should always take care of the friendship and make the bond stronger. A friendship lost is a very big loss. We cannot go back to childhood days and make friends again. Value friends, and value the friendship as a treasure.

Connect with friends with love and care. Send them some ecards from time to time to share your care. Build and share your friendship. Treasure it.

Friendship bracelets, a fashion accessory once attributed to young girls, can now be found on the wrists of people of all ages.

Friendship bracelets are bracelets that are generally hand made by one person and then given to another

as a symbol of the friendship. The bracelet can be crafted from one of a number of different materials, including beads, hemp or wool.

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The bracelet is then placed on the wrist of the friend. It shouldn't be removed manually because if it is that is a sign that the friendship is over. Instead it should be left on and if it falls off on its own, that's not considered damaging to the friendship.

There are many friendship bracelets craft kits available for purchase. These usually contain all the basics for making friendship bracelets. Young girls especially like receiving these kits for gift. It allows them to make several friendship bracelets which they can then share with the best buddies.

Friendship bracelets have also become popular as a way for a person to show they are smitten with another. Many teenage boys and girls make a friendship bracelet and then present it to the person they like. It's assumed that if you accept the bracelet you are also interested. Many teenagers are sporting them.

The color of friendship bracelets can be varied. Many are made from hemp or rope with the addition of colorful beads. The bracelets themselves are a tan color while the beads are said to reflect the personality of the person who gave the bracelet.

The process of making the friendship bracelets isn't complicated at all. There are many instructional booklets available that detail the process.

Most friendship bracelets are comprised of a number of knots in the material. Once you've made one bracelet it's fairly simple to make more. It's a matter of practice.

One of the simplest types of friendship bracelets to make involves looping the cording or rope through a series of beads. Once you've completed attaching all of the beads you then tie off the ends.

Glue is often used as a reinforcing agent during the making of friendship bracelets. It also acts as an agent that stops the cord or rope from unraveling.

The majority of friendship bracelets are simply tied onto the wrist. Once the bracelet is completed the person giving it will hold it around their friend's wrists and tie it at an appropriate length. It's important to be careful not to tie the bracelet snugly around the wrist. There should be some room left under the bracelet to run a finger through. No one wants the friendship bracelet they gave to cut off the circulation of their recipient.

Adults are also beginning to wear friendship bracelets. They can be a gift from one person to another or

they can also be purchased ready made and worn yourself. In addition to being a reminder of a fond childhood memory they actually go well with many casual outfits.

Friendship bracelets can be worn by anyone regardless of gender or age. They are a lovely way of showing your feelings for another person. They are also an interesting and innovative fashion accessory.

Relationship: Partner To Change

How much energy do you spend trying to get what you want from your partner? Think about it for a moment – how much of your thinking time is spent on what to say to your partner to get him or her to be the way you want him or her to be?

Many of us spend a lot of time thinking about how to get what we want from our partner – how to get our partner to open up, be more caring, see us, love us, pay attention to us, spend time with us, have sex with us, and so on. We spend a lot of energy trying to get what we want from our partner because we believe that if only we do it right – behave right or say the right thing – we can have control over getting our partner to change. This illusion of having control over getting another to change keeps us stuck in behavior that not only does not work to get us what we want, but drains us of the energy we could be using to learn to take loving care of ourselves.

It is very hard to accept that we can't get others to do what we want them to do, even if it would be good for them and for the relationship. In my counseling work with people, I frequently hear:

How can I get my husband to read your books?'

How can I get my wife to be more sexual?

How can I get my husband away from the TV to spend time with me?

How can I get my wife to be on time?

How can I get my husband to talk with me about our problems?

How can I get my wife to spend less money and write the checks into the checkbook?

How can I get my husband to clean up after himself?

How can I get my wife to stop being angry?

How can I get my husband to stop blaming me for everything?

Everyone wants to know, How to get my partner to change? The truth is, you can't.

What you can do is take your eyes off your partner and put them on yourself. You have total control to change yourself, and no control to change your partner. The question you need to be asking yourself is, What do I need to do for my own well-being if my partner doesn't change?

Do I need to stop reacting to my partner with compliance, resistance, withdrawal, blame, lectures, explanations, nagging or anger?

These protective, controlling ways of responding to conflict will always exacerbate the conflict and make us feel badly within. The wounded part of us believes we can get love and avoid pain with these protective behaviors, but in reality it is often these behaviors that are actually causing our own pain. None of these behaviors are loving to ourselves, nor are we taking personal responsibility for our own feelings and well-being when we behave in these controlling ways.

In what ways do I need to be more loving, caring, understanding and attentive to myself – to my own feelings?

Often we project onto our partner the inner unhappiness that results from not taking loving care of ourselves. Instead of trying to get our partner to be more loving, open and attentive, we need to focus on being open, loving, kind and attentive with ourselves and with our partner.

Do I need to take specific action, such as changing the way we handle money, or the way we deal with getting places on time? How can I take care of myself in these kinds of conflicts so that I don't feel like a victim?

Anytime we blame another for our unhappiness, we are being a victim. Moving out of being a victim means taking loving action for ourselves so we are no longer frustrated with the situation.

Do I need to be willing to explore with my partner the underlying reasons for a lack of intimacy or sexuality? Am I willing to be open to learning with my partner, or am I stuck in just trying to control?

Opening to learning with your partner can be magical regarding creating intimacy and resolving conflict. While you cannot make your partner be open to learning, if you open to learning yourself, you might discover the power you have to change your relationship.

When you move out of seeing yourself as a victim of your partner's behavior and into taking loving action on your own behalf, you may be surprised at the changes that occur in the relationship. Most conflict is stuck in power struggles that result from each person trying to control with some form of blame, anger, resistance, withdrawal, or compliance. When you stop your end of the power struggle and start to take care of yourself, as well as open to learning with your partner, the possibility opens for great change to occur.

What are the things you argue about? Where are the disagreements? The small resentments? Where do you have to give in to get along?

Do you argue over money? Are you fighting over sex? Do you have different ideas about how much time you should spend together and apart? Do you squabble over extended family and friends? Is one of you daring and reckless, while the other wants to play things safe? Does one of you want to be right all the time? Does one of you want to always be in control? Do you disagree about the fun activities in your life?

Couples may have conflict over many areas but do you know there is a simple explanation for the conflict? When looking for a life partner, it is a good idea to take a close look at your "Need Strength Profile", based on Dr. William Glasser's work in the area of Choice Theory. This simple assessment will determine where you and your partner are in terms of the five basic needs and help you determine what areas are compatible and what areas should generate discussion and possible compromise and

negotiation.

The first need is called love & belonging. It is the need that determines how much connection you require with others. Generally speaking, relationships work best when you have equivalent strengths of the love & belonging need. This is the need that will help you determine as a couple how much time you spend together and how much time is needed apart. Loving sex and romance is another aspect of this need, as are extended family and friends.

The second of the five basic needs is survival. This is so much more than just the need to physically survive, although that is part of it. It is also the psychological need to feel safe and secure. Areas of potential conflict around this need involve the ability to adapt to change, how you spend and save money, preparations one makes for safety, spontaneity, among other things.

The third of the human needs is power, which can be a difficult need to understand because power generally has a negative connotation associated with it. When people hear “power” they often think of one person exerting their power over another person. While this is one way, albeit not the best way, to meet one’s power need, there are two other ways which are more responsible and palatable.

There are three ways to meet one’s need for power over others, power with others and power within ourselves. Power over others is not a responsible way to meet one’s power need because it interferes with the other person getting his or her needs met. There are plenty of people who use power over others but I am advocating for the other two ways when seeking compatibility in relationships.

When people have a high need for power, they are born driven to get this need met. They don’t know how to get it met; they just know they must find power. Often, you can observe in small children the tendency to power over others. Then, hopefully, life teaches children the other two ways to seek power.

When you look for “power with” others, it means that you are able to work cohesively with a group of people to advance toward a common goal. Many winning sports teams display this “power with” concept, as well as effective work teams and even fully functioning families. “Power with” others can be a very satisfying way of meeting one’s power needs.

The final way to meet one’s need for power is “power within” oneself. This is generally seen as a need for pride or competence. Those with a high power need who meet it through power within methods like to always do their best. They may seem to be perfectionistic but producing their best is very need satisfying to them.

In relationships, this power need accounts for workaholism, people who always need to control everything around them and a low degree of tolerance for imperfection in others. The power need has a big influence in interpersonal relationships.

The fourth need to discuss is the need for freedom. People with a high need for freedom are independent and like to do things their own way. High freedom need people generally don’t like rules—particularly ones that don’t make sense. They also value their time alone. They like to do what they want, when they want.

There is usually an inverse relationship between the love & belonging and the freedom needs. When a person has a high need for love & belonging, he or she typically has a lower need for freedom and vice versa. Of course, there are exceptions but typically there is an opposite relationship between the two.

The last of Choice Theory's basic human needs is fun. Fun seems pretty straightforward but there are some subtleties to it that are necessary to understand. There are basically three kinds of fun. There is the loud, energetic kind of fun that people might get from physical activity and parties, for example. There is the quiet, relaxing kind of fun that might be enjoyed by fishing, lying in a hammock on a warm summer's day or reading for pleasure. Then there is learning as fun.

Now, I'm not talking about when you learned algebra! For most of us that wasn't fun but I am talking about learning something you are interested in that has useful application for you. For me, the best example is when I learned how to downhill ski and made it the first time down the slope without falling and getting snow down my jacket, up my pant legs and various other places! It is the sheer joy of learning something that interests you. Everyone has various ways of meeting their fun needs and it is these differences that can drastically affect your satisfaction in your relationship.

It is not always true that in order for your relationship to succeed, you must have equal or almost equal need strengths in all five needs. For some needs, it is best when one of you is high and one of you is low in that need.

There is so much to learn about improving the significant relationships in our lives. This provides you with one more piece to the puzzle. Our workshop and weekend conferences give you many more of the puzzle pieces to help you make sense of and work to improve your relationships. Don't wait until it's too late. Invest in your relationships today.

Here is a list of 10 Love, Marriage Relationship MUSTS for fair fighting. These rules are important and may require practice. In the heat of the moment, they may seem difficult to apply. You and your mate will succeed if you have the honest intention to clean up your relationship, because you can always go back and talk later when you are calmer and in a better space.

- 1.If you feel a slow burn, STOP! Often when you get mad it feels like an eruption. You feel a rush of anger or rage that sweeps your entire body and mind. It may feel like you lose your train of thought or you forget what you want to say. You want to explode at the other person. Stop! It's not the right time to talk.
- 2.Remember this is not your enemy. Right now, your survival system sees your beloved as a threat, the enemy, and a source of pain. Only survival counts. So you may feel inclined to say anything, fight with all your might, win at all costs. It's a big mistake!
- 3.Avoid mental/emotional associations with your love or marriage relationship that don't serve you. When you get upset you are activated. Your survival system has begun making associations, or links, between your beloved and those who hurt you in the past. An inner voice may be saying things like: This is what all women do. Or: This is what my Dad used to do, and I don't want to be in a relationship with my dad.
- 4.Take a time out. Ask: Am I too upset to resolve this right now? If the answer is yes, you need a break and some distance. Notice, I didn't say storm out. I didn't say, slam the door, bolt to your car, and burn rubber as you speed away. Keep your head and say, I am too upset to talk about this right now. I need a break and to get out of here for a little while. Let's talk later. Sometimes tiny skirmishes dissipate naturally. If you feel the anger dissipate naturally, let it go.

5. Stay on the topic at hand. Emotional vomiting is off limits. This is not an opportunity to unload all the upsets you have not been holding in. Let some things go. If you use this as a dumping ground you will start a painful fighting cycle with no end.

6. Let your partner save face. If you are fighting over who's right and who's wrong, you will both lose. In one couple's counseling session, the woman kept correcting the man's memory of the facts. Then she complained about how mean he was getting when he asserted his memory. She didn't see that he needed room to save face and feel like he was right, too. She needed to drop the facts. Ask yourself, Do I want a harmonious love relationship or to be right?

7. Both partners must get a full turn. To start say: OK, let's take turns. You go first and I will listen, and then let you know what I have heard you say. When you are done, it will be my turn to speak. If he says, I am angry that you leave the counter dirty, say, What I hear you saying is that it makes you mad. Then you can ask, Why does this make you angry? How else does that make you feel? When you have heard your partner's point of view, it will be your turn to talk about your feelings. Make a sincere effort to fix upset areas.

8. Try to stand in your partner's shoes and see the world from his/her point of view. Wanting to understand does not mean you are giving in or being weak. It means your love or marriage relationship comes first. You want to the bottom of the conflict so you can resolve it. Being understood is the number one diffusion technique in any conflict. It can prevent years of marriage counseling. You can say, What I hear you saying is ... Drop your pride and be willing to say that you apologize even if you don't think you did anything wrong. Intentions are not always interpreted as they were meant. You say, I am sorry, I do see how it could have come across that way. Only then will they be open to hear your point of view.

9. Offer a heart-felt apology. It doesn't matter that you didn't intend to do anything wrong if the other person in your marriage or love relationship feels offended. You can say, I am sorry. I do apologize for that. I can see your point of view and imagine how that would feel.

10. Do not under any circumstances call names. When you call your love a bitch, bastard, whore, asshole, idiot, stupid, and so on, you are being abusive. You may win the current battle but your marriage or romance will suffer. Don't be surprised if you need marriage counseling or your love relationship suffers.

Keep in mind, both of you have a right to feel the way you do. What counts is being heard and understood. Your friendship, love or marital relationship can grow, deepen and be a place of safety, love and expansion when you follow these simple rules.

Relationship: Get The Chemistry Back

Most relationships start out in a way that it's like there's fireworks every time the two people are together. Both of you just can't get enough of each other, you enjoy the times you spend together and can't wait to do it again. There is some kind of chemistry developing between the two of you that just seems to bind and fuse the two of you together the more you spend more time with each other. Sparks just seem to fly when you get together and more and more people tend to notice the chemistry between the two of you.

Everybody tends to say that a two person have chemistry when they are fit for each other. It's more than just a cliché since chemistry can't really be described, it's just the way two persons seem to just click.

You know you have chemistry with another person when your knees start shaking every time you are near her, you begin to stammer, your stomach feels like a haven for butterflies and you get all sweaty all the time. Chemistry could be another word for love but in some cases, the chemistry might be gone but love could still be present. That's why some people would like to revive the chemistry in their relationship because they still love the person and would like to make the relationship better; like that way it used to be when they fell in love with one another.

The rush one gets when they are in love, it's like having a triple shot of espresso. It's like your always high and on top of the world. Your heart is racing every time your near your partner and you develop powerful feelings that are just constantly nagging for attention, you cant explain what it is, but its there. But after a certain period of time, some relationships get past the chemistry and the momentum wanes, you have gone past the "honeymoon period." Many have strived to get their chemistry back; here are some tips on how to get your chemistry back.

Chemistry can either be through physical and emotional. Physical chemistry deals with the way we are attracted to our partners on the physical level. In some relationships, the partners tend to be too relaxed and comfortable with their relationship that they have a tendency to let go of their physical looks. When this happens, one partner may lose their physical attraction and their physical chemistry as well. Some cases have shown that physical chemistry may also be about the great sex they have, when this type of physical chemistry is forgotten and the sex becomes too regular and boring, the physical chemistry may be lost. Loss of attention to the physical attributes and to the physical contact is what causes these problems, try to get yourself back in shape and try to look good for your partner, this will show that you don't take your partner for granted and you still want to look good for them. In regards to sex, try to be adventurous, think up of ways which can spicen up your sexual activities to make them more exciting and adventurous for both of you. This will rekindle the physical chemistry that has decreased over the years.

With emotional chemistry, this could be because we have grown tired with our partner because of the routine becoming too routinely. Refresh your emotional chemistry for each other by taking in a new perspective about each other. Take vacations, act out your fantasies, be open to one another and find a solution on how to bring the sparks back to each other. Try to discover what the both of you want out of the relationship and build on that. Be open to new ideas and never contradict. The less fight the better it is to strengthen the ties that bind you together. If you truly love one another, you will find out and everything in how to get the chemistry back in your relationship.

Creating Intimacy to Keep the Flame Burning

It is true that intimacy and relationship are two very different words. They have different meanings and present totally different concepts. The tie that binds them to each other, however, is the fact that a relationship needs intimacy to survive. Intimacy is the substance which enables the people involved in a relationship to enjoy each other all the more.

Intimacy is defined as the condition of being private or personal. This encompasses everything that involves close association or familiarity. Two people are intimate when they are able to share with each other the innermost and most essential parts of themselves without any kind of inhibition. It is only through creating intimacy that two people are able to know each other through and through.

The inability of people involved in relationships to create intimacy results to the creation of distance. This is the reason why creating intimacy is important even from the start. How to create intimacy is

something that each and every person involved in a relationship should know how to do, for creating intimacy is the foundation that would forge the connection between two people in a relationship more strongly than ever.

Creating intimacy involves consistent attention for one another and the relationship itself. It also involves respect for each another and the relationship in particular. Regular, healthy verbal communication is always an important factor in establishing openness, and physical contact is as essential in creating intimacy and closeness as other factors.

Creating intimacy also involves regular expression of caring and tenderness so that each one in the relationship may know how important he or she is to the other. And because the expression of feelings is equally telling, it becomes one of the most important things that would create intimacy and bind people in a relationship together.

Because creating intimacy means creating familiarity and openness, it is a must for people involved in a relationship to become honest and straightforward with each other. Saying and doing what is truthful and honest for both of them would help a lot, and acceptance of each other's personality and characteristics would foster an understanding between the two of them like no other.

To create intimacy, people in a relationship should also have an understanding of how their families of origin would affect the relationship itself. This is essential, too, in understanding the behavior of each other in connection with the atmosphere he or she grew up in. Then again, it is important for partners to take time to listen to what each other thinks and feels. Living in the present and envisioning a life together in the future would create chemistry that they could both use to become not as separate individuals but as a team ready to battle all odds together.

Lastly, it is always important for people concerned about creating intimacy to promote the personal growth of one another. It should always be remembered that those involved in relationships are there to complement each other in every way. The relationship is the medium which enables people to learn this simple truth. Creating intimacy means sharing one's own person with his or her partner the best possible way.

People's inability to create intimacy in any kind of relationship creates distance, the worm capable of eating the union slowly away. It is always important for those involved in relationships to try their best efforts to create intimacy, because it is what would keep the flame burning for quite a while.

Some believe that romance should just come naturally, and if it doesn't, or if the original closeness that existed in a relationship starts to subside, it means that something is wrong. Nothing is further from the truth. Keeping love alive requires time, attention and the willingness to keep things fresh and learn how to constantly reconnect. Here are some steps that will help us reconnect with our partners, and keep the love alive.

Step 1: Give up dead routines

After the initial excitement of being together is over, many fall into a routine and begin taking one another for granted. They assume they know what their partner is feeling, that it doesn't matter if they come late for a date, don't look as good as they used to, or decide to spend more and more time out with friends. However, it is crucial to realize that there are many small ways in which we sabotage relationships. Unless two people feel cared for and valued by one another, it is easy for the feelings of

love to fade away.

Break into routines. Snap out of ruts. Take time to plan exciting, romantic, delicious times to spend together. Even if it's just for a little while. Dedicate time to the relationship that nothing can interrupt. This is a sacred time for the two of you, and during it do what makes both of you feel most fulfilled.

Step 2: Take Charge of How You Perceive Your Partner Each Day

The good feelings between partners are often heightened by the way in which they view one another. Do you view him as a hero? Someone you can look up to and respect? Or are you mostly dwelling upon his/her faults? After a relationship has gone on for a while it is easy to begin to view one another as ordinary. This is a sure-fire technique for putting out any fire that might exist. Remember, when you first fell in love, you only saw the best about that person and focused on how wonderful they were. If you want to keep the love alive, keep that going consciously.

Here are two exercises to do to help. Get a personal notebook to record your experiences and feelings in. Read it from time to time. Dedicated a certain time each day to the relationship and what is possible between the two of you.

Exercise A – How You See Your Partner

Take some time and write down a description of how you see your partner. Who is he/she to you now? How do you feel about him? Write this down without censoring your thoughts and feelings.

Then, write down how you saw him when you first met, and how you felt about him then. See how your feelings of closeness are affected by the way you are perceiving the person today. Realize that how you perceive a person is totally within your control. You can have the most beautiful person in front of you, but if you do not see it, it is of no avail.

Consciously view your partner in a way that is similar to the way you did in the beginning. They will feel the effects of this, and begin responding in kind.

Exercise B – Stop Pushing Him/Her Away

There are many, little things we do (consciously and unconsciously) that push our partners away. Many are afraid of intimacy and do a great deal to short circuit it. Take a little while to write down ways in which you push him/her away. This is not to blame yourself, but to become aware of the times when you are not actually inviting closeness, but putting on the brakes.

Now, decide to change the way you behave. Each day take one item on your list (the way you've pushed him away) and do the opposite. For example, rather than criticizing him in public, say nice things about him with friends. A few small actions can have huge effects. .

Step 2: Understanding Hidden Expectations

There is nothing that can cause us to disconnect from each other as much as expectations that have been unfulfilled. We all enter relationships with many kinds of expectations and dreams, some we are aware of, others not. There is nothing that causes more disappointment than our expectations which are not being met.

Take a moment to become aware of what you are expecting of your partner. Is it possible for him to fulfill these expectations? Does he want the same thing from the relationship?

More often than not, it is our unfulfilled expectations, not the other person, which make us upset. In order to feel close and satisfied in a relationship, a crucial step is making sure your expectations can be met. See how your expectations align with the person you're with. Also take time to see if anyone can fulfill them? Are these expectations realistic or simply childhood dreams you are still carrying with you?

Exercise C -- Letting Him Fulfill Your Dreams

Become aware of which expectations of yours your partner does meet. Now see if you are willing to be satisfied with that. Can you find a way to feel grateful for what you are receiving? Sometimes just deciding that what your partner offers is good enough, can allow the love to re-ignite once again. Then, let him know that he's making you happy. Most people have a deep need to know and to hear that they are meaningful to you.

Step 6: Re-Choose Your Partner

When these steps are taken, you will not only be more connected, but you will be with your partner because there is no other place you want to be. The relationship will not be one of convenience, but one of choice. The actual act of re-choosing our partners, of knowing they are the one's we want to be with, is the culmination of the reconnecting and romance we've found.

Sometimes it is very beautiful to make this process conscious. You can write down and express the ways in which you wish to recommit to your partner, you can write down and express the aspects of them that cause you to feel this way. By doing this on an on-going basis, we not only keep the love and relationship fresh, but we keep ourselves aware of why we are with the person, what our part is in the relationship, and the joy and romance that is possible for us to have forever.

For a relationship to last, there are few basic requirements. The rapidity with which relationships are breaking in the modern days is a matter of concern and we should try to find out how to make a relationship that lasts for a long time. The major factors that affect the survival of a relationship are as below –

Selection Of Partner – Sometimes, our selection of partner may be wrong. We may have nothing in common and our values and goals may be very different. With bad selection from the beginning, no relationship can survive for long. One of the main reasons of wrong partner selection may be hurry in selection of partner and inattention to the true nature of the selected partner.

Communication – bad communication is another reason for break ups. Partners are unable to tell about true feelings to each other for many reasons including fear of conflict. Sometimes, non-verbal communication is made which fails in sending the message.

Expectations – High expectations in a relationship is another reason. We expect that after we fall in to a relationship, we will become happy, satisfied and feel good at all the times. That does not happen. This creates frustration and leads to blame on the relationship.

Sustaining relationships is difficult. It gives joy, but demand lot of efforts. Relationship is no solution to all our life problems. Sometimes it creates its own problems. For a relationship that lasts, we have to take care of all the aspects of the relationship.

Relationship: Prevent Partner From Cheating

Many relationships at some point are confronted with the issues of infidelity. Don't let it go that far. Do something before it happens.

Most of us at some point during a relationship are confronted with the issue of infidelity. This article has been written to help you prevent your partner from cheating.

The goal is to make your partner want you and not someone else. Here are 10 simple things that you can do which should keep your partner interested in you.

1. First and foremost you should try to trust your partner. This may of course not always be the easiest thing to do. But making your partner feel that you trust them, gives them the signal that you are confident. A confident person is always more interesting compared to a person who isn't.
2. Give your partner the space they need. If you let a bird fly away it is more likely to be loyal to you compared to putting it in a cage. In this situation the bird is more likely to fly back to you. However, if the bird is kept in a cage and it eventually manages to escape it is less likely to come back to you. Trying to control your partner will almost definitely lead to disaster. Give them a certain amount of freedom – but not too much. Some partners feel that an excessive amount of freedom is a sign of not caring or not being interested.
3. Whether we like it or not – we all have our insecurities. Your partner will have them too. Massage his or her ego by making compliments once in a while. The important thing though is not to over do it. If you swamp your partner with too many compliments they are either unlikely to believe you or they simply won't accept them. Someone who has severe insecurities will struggle to accept an overload of compliments because they don't actually believe they are worth it. In this situation your compliments could backfire. If the relationship is young, start off by giving the odd compliment here and there and monitor carefully how your partner reacts to them.
4. Don't over do it with gifts. By overloading your partner with an excessive amount of gifts you could be sending out the signal that you are worried they may leave you if you don't continue to buy them gifts. This could display a sign of weakness or insecurity on your part. You definitely want to avoid this. Of course, surprising your partner with occasional gifts, at the right time, is the right thing to do. In fact, giving someone a present, especially if it's an earned surprise, can often be more rewarding than receiving a present. So feel free to give your partner flowers, chocolates, nice sex toys, a weekend break away, or even a voucher for a massage, etc. Just don't overdo it.
5. Keep your partner intellectually stimulated. People easily get bored if their partner lacks ideas or if they are not up to date with what is happening in the world. Bring new ideas to the table – and sometimes insist on them – even if you're partner doesn't agree. Especially if your idea means a lot to you or if you are certain that you are right. A great way of keeping your partner intellectually stimulated is to teach them something that they could not do before. This, simply put, will make you an interesting partner to be around.
6. Make an effort to look good – this ensures that you remain attractive in the eyes of your partner. Go

to the gym, do yoga, go for a swim or do some other form regular physical exercise. Please bare in mind though that simply looking good is not everything. Mental attraction carries a lot more weight in a relationship compared to physical attraction.

7. Build a healthy social life outside the relationship. The things you experience when you are around other people will bring new ideas into the relationship. If you spend every day of the week with your partner you run the risk of letting you relationship go stale. This is definitely something to avoid. Keep the relationship interesting.

8. Don't fall into the routine trap. Some routine is definitely healthy in a relationship as it provides a certain amount of stability. Stability is without a doubt something we all need. However, too much routine sometimes can lead to boredom. Boredom can (not always) cause your partner to look elsewhere. Naturally this is something you want to avoid. It's important to strike a healthy balance between stability and change. Some examples of change: Introduce new foods to the relationship, don't always go to the same places on holiday, invite different people around for dinner, try a new hobby and in general – don't be frightened to be spontaneous. Doing these things demonstrates to your partner that you are not afraid of change and it displays confidence. Confidence is definitely an attractive feature.

9. Don't be too indecisive. Constant indecisiveness can be a sign of weakness. What you definitely don't want is that your partner starts to make all the decisions for you. This can lead to a partner walking all over the other person. If someone starts to do that they start to take their partner for granted. This is something that you definitely want to avoid. Although a certain amount of indecisiveness can on occasion be attractive as it will give your partner a chance to take the lead. The important thing here to remember is that it should not always be the same person who is in control. Control, in a healthy relationship, is very much a shared thing.

10. Finally, on a more lighthearted note – don't forget to smile and laugh. In fact it's very important to laugh and smile in any relationship. Smiles and laughter will transfer to your partner – and they can draw from that, especially if they are having a bad day. Smiling and laughing also is a form of showing emotions. People who are able to show emotions display a certain amount of confidence. And that can only be a good thing.

To round of my article I would like to summaries what we have just learned. The two most important things in a relationship are Trust and Confidence. Have the confidence to occasionally show resistance. Resistance reminds your partner that you are actually there and that you form an important part in the relationship. Again, don't over do it with resistance – find a healthy dose. After having read all 10 points above – don't try to introduce them all to the relationship at once. You don't want your partner to think: "Oh, whats wrong with him/her?" Introduce them slowly, one by one. As you work your way through the list you're confidence will start to grow automatically – because you will start to see signs of success and you will get the feeling that you have achieved something.

Relationship: Likes You Or Loves You

This is a common situation. You know many men. Some of them are friends. Out of them one wants to be more than a friend with you. But he does not know how to tell you that? Are there any signs that will tell you that he is interested in you? Let us try to find out.

Friends always talk to each other freely. They laugh, make fun of each other and occasionally speak with each other in not a very civil way. If that man is interested in you, he will do none of this. Forget

talking freely, he will find it difficult to speak to you. You will sometimes catch him looking at you intently, but as soon as you turn towards him, he will turn away. He would never make it obvious that he was watching you. If any time some body makes fun of you, you will find everybody joining the fun, but not this man. He would rather look at the fun maker with anger. If any time you knock yourself against any object, others may ignore that, but not your hero. He will surely come and ask you if he can help.

Being in love and being a friend are two different things. Friendship is devoid of romantic love. There is no place for passion in friendship. Friends share everything without any need of protection. Friends are not bothered if they show their wilder side to other friends. Rather they love that. Friends don't talk with each other in hushed tone and never feel shy of each other. Friends don't care about what they wear amongst friends. Friends are more like a group of like – minded people who enjoy each other's togetherness and behave more like siblings.

Romantic love stands at the other extreme. You will never catch a lover wearing something that can be commented upon negatively. A romantic lover does everything with a single objective – please his/her beloved. You will not find a romantic lover speaking the way friends do. Romantic lovers are not very open with each other and feel shy of each other's presence. The flies in the stomach of a romantic lover when he/she looks at the beloved make all the difference.

Now you know what signs to look for in a friend and find out if he thinks of you as a friend or his object of love.

Relationship: Recover From Cheating

Infidelity is definitely not a new issue for couples today. Unfaithfulness seems to be a major problem in many relationships in today's society, as it has always been in the history of romance.

The first step any couple must take in recovering from infidelity is to determine if the relationship should be or can be salvaged. The following are seven critical questions you need to ask yourself and your partner to know if your relationship can survive.

- 1.) Is the situation isolated, or is it a pattern. In other words, has the unfaithful partner shown patterns of infidelity or unfaithful behaviors in the past, or is this disloyalty a one-time thing?
- 2.) Do you feel that your spouse owns up to what they have done, or do they make excuses?
- 3.) Do they understand exactly what this has done to you, and how much they have hurt you? Do they realize the gravity of the situation?
- 4.) Are they truly sorry for the choice that they made, or are they just sorry that they were caught?
- 5.) Is this person willing to clean up the mess, and do what it takes to mend what they have done? Or, do they just want to forget about it and move on? Are they willing to give up their freedom to enable you to trust them again?
- 6.) Is doing this out of character for your partner, or are they insensitive in other areas of your relationship together? Do they really care about how you feel or about your well being?
- 7.) Is infidelity a part of their legacy? Did they grow up like this, or is this new behavior for them that is

not present in their past, including family and past relationships?

Think about what these questions mean to you and to the survival of your relationship. Be careful not to lie to yourself about the situation, and ask yourself these questions honestly. Don't be afraid to seek out professional help, and talk to them about the questions above. The biggest decision for you to make in the road ahead, is whether or not you should try to save your relationship.

I had a bad fight yesterday and today he/she is no more. How do I say sorry now? It is too late. But I never thought that this would happen to him/her. So healthy. A small pain in the chest that increased and before medical help could arrive he/she was dead. Now what do I do. But you know, I was right yesterday. But it all sounds like a nightmare now. Oh, God, this guilt will never go away. How does one say sorry to a dead body even if one was right?

Have you ever come across such a talk any time in your life? Reconciliation Day is generally celebrated on April 2nd. This day comes especially so that we reconcile with all of those with who we have some tiff or grudge and have strained the relationship. The common meaning of reconciliation is to patch up or to resolve and bring the situation back to normal.

What I narrated in the first Para was a dramatization. That does not happen most of the times. But it was used only to bring your attention to what if something like this happens. So why not to reconcile every grudge as soon as possible. Why wait for this day. Let us look at this from the other side of the mirror. Why not to avoid all the fights. Why not to kill the arguments before they begin to take a shape? Because once arguments begin, ego will take over and to prove that I am right, both the sides will go to any length. The result is never a victory. It is always a defeat for both the parties. It damages the relationships. It spoils the whole atmosphere and there are no positives.

None of us wants to easily agree that we might be wrong. That is human nature. Another important damaging element in arguments is non-listening. No one wants to truly listen to the other party. That creates further rancor. The best approach is – never argue, and if an argument begins, try to kill it by all the means. If saying sorry helps right in the beginning, say that. If the argument can be deflected by a joke, please do that. And if the arguments don't stop and damage the relationship, go back and reconcile as soon as possible. Send hundreds of I am sorry ecards if needed. But reconcile. Bitterness never helps. It is like a mineral. It always remains below the surface and with little mining comes out. Bitterness takes away the love from living. It makes living hell. To live heavenly on this earth, reconcile. Reconcile with all with whom you have a problem and cannot forget.

The loss of trust is a very painful experience. It often involves a lot of hurt, confusion, anger, and sadness.

Dealing with these emotions is critical when trying to rebuild trust. When upset, we want our partners to understand our point of view – to understand our feelings and emotions.

Understanding how we feel is important because it helps us deal with our negative feelings and move beyond them.

If a partner does not take the time to make us feel understood – we try to get even – we try to make our partners feel as bad as we do. Even though it sounds childish, when someone does not understand our hurt or pain – we try to make them feel what we are feeling (this is often an unconscious response). Not feeling understood, often leads to a game of inflicting mutual hurt.

In most cases, partners do not take the time to make us feel understood because they do not know how to do it OR because they get defensive (feel under attack).

When accused of wrongdoing, people often try to...

- * apologize
- * offer excuses and explanations
- * withdraw
- * or even attack back...

These strategies do NOT work because they fail to create real understanding. Simply put, people need to feel understood before apologies are offered and explanations are given. It is virtually impossible to rebuild trust until people who have been harmed feel understood.

So, when trying to build or repair trust – it helps to see the situation from a partner's point of view. Try to understand why the other person is so upset – directly acknowledge his or her feelings (“you are angry, hurt, confused”) and his or her interpretation of the situation (“and, you have every right to be upset, because what I did was wrong.”)

You basically have to agree that the other person's feelings are legitimate and fair – let the other person know that you get it. If you can do this, trust is going to be much easier to regain.

If you can make someone feel understood when they are upset, they are more likely to...

- * calm down
- * forgive you
- * feel closer
- * listen to your side of the story...

If you don't take the time to understand your partner's feelings, rebuilding trust is much more difficult to do. But, once you make a partner feel understood, it becomes possible to offer an effective apology.
Relationship: Breakers

Have you noticed that some girls just can't help self destructing their relationships? Even when they have a great guy who treats them well, they start committing relationship sins that are sure to lead them to a cold and lonely destination. One major relationship crime is smothering.

Listed below are some of the most commonly violated forms of smothering. If any of this sounds familiar, you need to make a change starting today.

1) Do you insist that you two spend every weekend together?

For your boyfriend to fully appreciate you...he needs time to miss you. Remember, too much of a good thing is still too much.

2) Do you give him alone time?

Everyone needs time to kick back and chill. Your boyfriend will go crazy if you're in his life twenty-

four-seven.

3) Do you insist that he brings you to every party or event he goes to?

Everyone needs time away from the person that they're dating. Especially, to go out and have fun with their friends.

4) When your boyfriend wants to go to a party or sports event alone with his friends...and you say OK...do you show up halfway through or at the end?

This is the ultimate sign that you're smothering him. Not only will this drive him crazy and make you look psycho to his friends, but you'll also be breaking a bond of trust. If you agree to something...keep your word.

5) Do you always come over uninvited or when you're asked not to?

Realize that your boyfriend might not appreciate your habit of "just showing up". In your mind, you're being thoughtful and sweet, but that's probably not how he sees it.

6) Do you call him several times a night?

News flash, ladies!! Most guys don't like talking on the phone to the same person more than once a day...this includes you.

There are many things that can get wrong or from bad to worse in a relationship... it is depressing how many couples split-up because of stupid reasons. If you have the slightest feeling that your relationship is in jeopardy or if you inquire what went wrong in ex-relationships, take a look at the list below.

There are 5 "don'ts" in a relationship.

1. Betrayal of the partner

Absolutely unforgivable-you have seen couples that break up because of this, even families. It is hard to forgive and forget, broken pieces stay broken, this is life.

2. Being a private eye

If you check on your partner continuously, visit unannounced... he/she will get tired of the relationship. Everybody wants freedom, a private space, friends... Love means trust and respect, it is not funny on scrutiny all the time, do not act as a detective, act as a lover.

3. Lack of emotional support and attention

In a relationship mutual support and attention are essential. We are humans and we crave for being with our loved one, for better and for worse... when it doesn't happen we feel lonely and rejected. If you have such a problem, deal with it, do not avoid it. Stay close to one another.

4. Too many fights

Let's face it, in every relationship there are fights. Believe it or not, specialists say they clarify things, but do not dramatize, or raise your voice or offend.

Things clarify themselves if you have patience.

In a relationship, when it comes to fights silence is golden and too many of them ruin what you both have built with love and care.

5. Boredom and lack of spontaneity

Do not let boredom to step in, be creative and spontaneous. Think of common hobbies, activities that make both of you happy.

If love is in the air, every day would be a celebration of your relationship.

Even a ride in the park on rollers can be fun, or going to a movie, exhibition, disco, party.

Before doing anything that can affect your relationship, meditate a bit. Is it worth doing it and ending up alone?

Whether a relationship lives or dies largely depends on the individuals involved. What is seen to be an insurmountable relationship killer by one person will just be a minor challenge to another.

Take infidelity for example, some relationships survive and even thrive by acknowledging either one or even both partners will seek sexual fulfillment., in part, outside the marriage but as a whole fidelity is paramount for a healthy marriage.

I was listening to the radio the other day when a girl stated that whether her marriage went ahead or not depended on how accurately her fiancée could answer questions about her. I don't know about you but if I had expected my partner to know all my likes and dislikes before we got married our relationship would have been dead in the water. As it is we wouldn't have been without each other for the past 20 years.

Marriages have even broken up over one of the partners forgetting a birthday or an anniversary. I must confess that I don't really want to be reminded of how quickly the years are passing me by and I'm equally prone to overlooking special dates as my partner. What is more important to me is how we relate to each other throughout our lives and not just on one or two days of the year.

As you can see, what would totally destroy one marriage is perfectly acceptable in another it just depends on the characteristics of the individuals involved and, in some cases, the timing of events.

— One of the biggest relationship killers is most definitely infidelity. Many people struggle to understand and come to terms with such a betrayal but more importantly, struggle to regain the trust.

— Abuse is something which is tolerated far too often. No one should have to be subjected to any kind of physical, emotional or financial abuse. I only have one bit of advice to someone who is in an abusive relationship, get out, even if the abuse is only occasional. Even occasional abuse is unacceptable and it will only get worse. You can always return if and when they have sorted themselves out but no matter how much you have been promised that it will never happen again it always will unless you take a stand.

— Lack of ability to communicate is a real relationship killer. So many marriages have been thrown away through a lack of understanding and a total inability to communicate. Often all it would take

would be for couples to learn how to listen to each other and many perfectly good marriages could be saved.

— Trust is so important in any relationship. If trust doesn't exist it is very difficult to keep a relationship alive. Infidelity, gambling, drinking, drugs and financial spending are all strong and compelling reasons for not trusting your partner (among many others). A marriage can only usually be saved if the reason for the lack of trust is eliminated and both parties are prepared to forgive and forget. Unless you can let go of the past you cannot look to the future.

— Jealousy can often exist in cases when one partner is still friendly with someone they used to have a relationship with or when a new baby comes along and all 'couple' time is eliminated or step parents can be jealous of their partners relationship with their children. Obviously the source of the jealousy can't always be eliminated, you can sometimes stop seeing previous partners but you can't exactly throw the baby out the window or banish the step children. Resolving jealousy comes back to communication, discussing and understanding the reasons for the jealousy and jointly devising an action plan to overcome it.

— All too often the initial romance of any relationship often clouds people's judgment. When it comes to what both partners want out of life. A simple example is children, how many women get married knowing that they don't want children or don't want children any time soon but don't communicate this to their partner. It is so important to be totally upfront. Other issues sometimes develop when one partner is far more ambitious than the other or just wants different things out of life. Unless your dreams of a perfect marriage are on the same playing field then it's often a ticket to disaster. Couples need to be totally upfront and honest with each other both before and after marriage to ensure that the dreams and desires of both parties are met and fulfilled.

— Financial issues put a great strain on any relationship. Couples often divorce due to lack of money when all they really need to do is solve the core problem. And statistics obviously show that finance is far more of an issue once you are divorced. I was watching a programme the other day and this couple had survived 15 years living with parents while they saved up for a house. Enough to put a strain on any marriage. However, what I then realized was that they had three children, one of which was probably conceived very early on, and the wife had stayed at home to look after them. This left me thinking, wouldn't their life have been much easier and wouldn't that house have come quite early on in the marriage if they had just delayed their plans for a family and both worked for a deposit in those first couple of years. As it happened, their marriage actually survived the 15 years but how many others would have?

— To many it sounds strange, but a lot of married couples feel lonely, especially when their partners work long hours and/or spend periods of time away from home. Sometimes a partner will head to the pub, to the gym or to a mate's, after work, or I know of many golfers who take a week or even two of their annual holiday to go off golfing without their family. In any relationship there has to be a balance between work, personal time and family / couple time.

— Lack of intimacy can often make people feel worthless, unwanted and unloved. Even if sexual relations have diminished or ceased a relationship can still survive through other types of intimacy, a kiss, a cuddle or a caress. Once intimacy ceases in any form partners often feel that they are no longer desired and it is inevitable that people who need an element of intimacy will seek affection elsewhere.

— Many people often say they think their marriage is over when they no longer feel that they are that

special person in their partner's lives. It can become a real big deal when a couple settles down into married life and the romancing comes to an end. No more flowers, romantic diners, endless conversations while you learn all about each other. Perhaps the presents have stopped or less effort is put into making each other happy or children have taken priority. Of course the answer is so much simpler than heading for the divorce courts, just start making an effort and spend more quality time as a couple, bring the good times back. After all that's just what you'd have to do if you were to start all over and how often to people realize far too late that the grass wasn't greener.

— The break up of long term marriages can often be as a result of the children leaving home. Couples often have children early on in the marriage from which time their lives totally revolve around the children. Once the children have grown up and left home the parents are no longer comfortable with each others company and just don't know what to do as a couple. As the children get older it is vital that couples start spending more time together no matter how difficult it is and learn to enjoy each others company without the children.

— Letting yourself go can be a real relationship killer especially if you were really good looking when you got married. If just one partner gets too comfortable in the relationship and feels they no longer need to make an effort it can become a major negative to the future of the marriage.

This is but a short list of reasons why marriages might fail and just because something on the list will destroy one marriage it doesn't mean to say it will destroy another. Like people, all marriages are unique, the real key to saving your marriage is, understanding what is causing you to feel that your marriage is failing, recognizing what action you need to take to put it right and having the determination and the desire to do so.

For almost every possible relationship killer learning how to communicate is critical, if you truly want to save your marriage.

Relationship: Cherish Save Your Relationship

Here are some romance items you should have available at all times to help you to be spontaneous and romantic. Do you want to romance her, spark her libido and ignite her passion? Then here are some romantic ideas and some romance supplies you should have:

Romantic Candles. Get the kind of candles that come in their own glass jar with a lid. They are safer than the tall candles, won't spill wax all over the place and when you put the lid on they go out without filling the room with smoke. Choose scented candles with mild scents like vanilla or melon – or your wife's favorite scent. Here's a romantic idea: light them all around the living room – at night, get a relaxing drink and just sit on the couch and talk with her – run your fingers through her hair as you talk – and don't "expect" any action – if you remove the pressure, she will relax and come after you!

Romantic "I love you" Cards. Get about 15 different "thinking of you" and "I love you" greeting cards. Then – over the course of a few months, whenever you have the idea of leaving one in her purse or car or mailing one to her work, you can do it before you forget. Just write a short personal note in each when you send it. Here's a romantic idea: send her a card a day for a week and then personally bring flowers to her at work at the end of the week as a romantic surprise. She'll love it!

Romantic Bubble Bath. Get scented bubble bath for your wife – but don't give it to her – yet. The cucumber and melon scents are really relaxing. Romantic idea: make her a bath, use the romantic bubble bath and put some romantic candles (above) around the tub. Then just leave and let her enjoy

some peace (unless she asks you to join her). She'll melt with relaxation.

Romance Incense. Incense can really make your home smell nice and create a relaxing atmosphere. Some incense is really powerful – I personally don't like those. I get the Angelic Series from Shoyeido Corporation – they are really mild and romantic scents. My wife loves them – and the gift box set from the last series has lasted us over 3 years now.

A Blanket can be Romantic. Keep a blanket in your trunk. That way, you can do spontaneous romantic excursions like stopping, laying on the blanket and looking at the stars on a clear night or just enjoy relaxing under a tree on a warm day.

Your Romantic Cell Phone. Yes – your cell phone can be romantic – just call her out of the blue just to say hi and “I love you.” Romance idea: send her loving text messages at random times in the week.

Try to do something small two or three times a week for her – such as a card or note or a call or e-mail. Try to do something medium for her at least once a week – such as bring home flowers or make a nice dinner. And try to do something big for her at least once a month – such as a full evening without kids that includes a nice dinner, a bath and a massage – all truly from your heart with no obligations attached. Mix it up – make nothing routine.

Every once in a while, go a week or two without doing anything romantic except calling or e-mailing to keep contact. Then start romancing her again. She'll appreciate it more that way – it won't be the same ol' thing.

So many jump into relationships wanting to fly to the heights without having any understanding at all of how to build a solid foundation that will allow their relationship to stand strong. However, just as an architect knows and respects the laws of gravity, we too must know and work with the basic laws of love. These laws operate unfailingly. They are the cornerstone of all relationships and guidelines for the human heart. Once we learn and apply the basic laws of love, it is truly impossible to fail at love. No matter what happens.

Unfortunately, rather than learn these simple laws, most have absorbed many myths and fantasies. They then suffer greatly when their dreams do not come to pass and either blame themselves and others. However, it is extremely important to realize that the only thing that causes hurt, loss, or distress in relationships are the fantasies we hold onto. Once we replace these fantasies with the simple laws of love, a whole new world opens. Confusion is cleared up and we naturally see the right steps to take.

To begin with, let us absorb this law #1. It is impossible to fail at love.

No one is a failure in love. Our mistakes, losses, confusion and mishaps do not arise because of love. They arise simply out of our ignorance of who we are and what love truly is.

In order to recognize real love, we must move onwards to law #2. There is a difference between real and counterfeit love.

Counterfeit love is based upon the idea that love is an emotion, a wonderful feeling, not a way of life. In counterfeit love, when we have strong feelings towards someone, we immediately assume that we are in love. But all feelings naturally change, that is their nature. Many feel that love is leaving when this happens. They do not realize that it is the nature of feelings to change, and that this is also the

nature of counterfeit love.

Counterfeit love is confusion between excitement, dependence, attachment and love. Real love does not fluctuate. We do not reject the other person if they do not meet our needs. Real love grows through action. It is love is a verb, upon deeds of kindness, value and respect. It knows that the foundation of lasting relationships is built something deeper than feelings that come and go.

Love brings fulfillment, healing, kindness, warmth and inspiration. Let us separate truth from error here. If this is not what's going on in your relationship, it is not an expression of love. But it is easy to save your relationship. Let us learn how to build relationships that are based on a strong foundation. Once you learn and practice the laws of love you will not only save your relationship, but become all you were meant to be.

If the cliché familiarity breeds contempt is starting to take shape in your relationship then you might want to try a quick and easy relationship fixer. Get you and your significant other to go to a romantic getaway that will surely get you in the mood for some much needed quality time. Here are some great romantic getaway hotspots that you and your honey can hightail to even for just the weekend.

1. Jersey Shore, New Jersey

New Jersey, highly known for its Beachy Glitz, is the place to go for couples who love to go clubbing all night long while spending their days in luxurious long sanded beaches. Down and out couples will get a chance to enjoy and relax themselves and hopefully even bond with the various great beaches and fast-paced casino action. A recent addition to the many wonderful attractions in Jersey Shore is the Vegas-worthy Borgata Hotel Casino and Spa whose presence has surely livened up the whole Jersey Shore area. A quick insider tip from Jersey Shore is that bands from the '80s have always been headlining the shows at Atlantic City, try checking out Ticket master on what's available during your visit there.

2. Lake Tahoe, California

For nature tripping couples, a great weekend getaway will be in Lake Tahoe in California wherein you will surely get to experience nature's best. From the most pristine lake that you will ever see in your whole life to the most picturesque mountains, nature loving couples will surely get a kick out of this whole romantic getaway. Also, when you start looking for other Lake Tahoe attractions, you can start going around this adorable little town or enjoy a bit of gambling at their fantastic casinos. The hippest resort in Lake Tahoe is the Mammoth Mountain especially in the fall wherein you will surely feel like having the place all to yourselves since the skiers who frequent Lake Tahoe would not be arriving 'til winter.

3. Monetelago Village, Nevada

Considered to be too cool for Las Vegas, Monetelago Village in Nevada is actually only 17 miles from the world famous Strip. But unlike Vegas, the atmosphere here in Montelago Village is a lot more laid-back and completely the opposite of the fast-paced scene that you will find in Las Vegas. This romantic getaway hotspot is filled with relaxation that will surely get you in the mood for some loving. From various spas, to boutique shopping, even cobblestone streets as well as jazz on the lake performances and romantic yacht rides, there a lot of romance filled activities that you and your honey can enjoy in this romantic getaway. If you opt to take this romantic getaway, you can either stay in a condo or in a

casita (a little villa) that is actually a whole lot more affordable than renting out a condo. Great food, views as well as wine flights await you and your significant other at the Sunset and Vines restaurant

4. Central, Pennsylvania

Here, you can find a place great for some rural romance for your romantic getaway wherein you can head off to Hershey, Pennsylvania wherein you can book a room for your romantic getaway at the historic Hotel Hershey. You and your loved one can enjoy various chocolate-themed body treatments at the newly renovated spa at the Hotel Hershey as well as cocoa-infused entrees at the Hotel Hershey's restaurant. You can also relive your childhood at this romantic getaway by taking fun rides at the Hershey park. An insider tip for those who are thinking of going on a romantic getaway at Central, Pennsylvania, you can take a highly interesting trip to Dutch Country that is home of Pennsylvania's Amish community and is only a 30-minute drive away from Hotel Hershey.

5. Saugatuck, Michigan

For a coastal cool romantic getaway, head off to Saugatuck, Michigan wherein you can find nestled on the shores of Lake Michigan as well as the Kalamazoo River this great romantic getaway resort town. This is exactly the perfect place wherein the two of you can just mellow down for a couple of days to enjoy the vintage char of this charming little resort town. From an unusual collection of galleries to various restaurants and shops as well as the top-rated beaches in the United States there is really a lot of things that you can do in Saugatuck during your romantic getaway here. Also, Saugatuck, Michigan is considered as the Bed and Breakfast Capital of the Midwest so expect some good old homey hospitality from the locals. A good time to stop by Saugatuck is during the month of October wherein you and your loved one can have a few brewskis during Oktoberfest.

You know, these are just examples!

Relationship: Heal Broken Heart

When a relationship ends, you might think the world is over! But you can heal a broken heart and move on to better things. Here's how to cope with breaking up.

It happens to most of us at least once during our lives: What was so wonderful at the start of the relationship, that amazing feeling of being in love, suddenly comes to an end. Our loved one leaves us, one way or another, and we are left with the pieces, feeling broken hearted. Humans bond deeply to one another and when these deep attachments are broken we suffer. We feel bereft, betrayed, depressed, hopeless, furious, deeply saddened, anxious for the future and in pain. Although the following steps are not a miracle cure, letting them guide you may help you to recover quicker from a broken heart. If you need more help then this article can offer seek us out at Sex and Relationships (see resource box) for more advice on sex, sexuality and relationships.

Step 1: Acknowledge that it's over. However things ended between you and your lover, you need to acknowledge that for now at least, things are over between you. You may not want to give up hope yet and hold on to the thought that your lover will return one day, but you need to accept that for now, right now, you will need to be facing life without him or her, day by day. Acceptance of loss is one of the first steps to grieving, any grieving. Allow your feelings to be whatever they are – loss, rage, hurt, sadness, or nothingness – but keep your thinking clear. He or she has gone and you need to live your life, one day at a time, without them. If you still have hopes that you can win them back this still applies to you. Accept how things are for now and get back on your feet. Being a clingy emotional

mess won't bring your lover back.

Step 2: Acknowledge your emotions. A broken heart is painful. We often experience a whole range of unpleasant emotions from grief, betrayal, hurt, disappointment, anger, disbelief, guilt, yearning, anxiety, jealousy, rage, sadness, hopelessness and despair. Some people go numb and listless rather than very emotional and feel deadened and lifeless. Whatever you are feeling, let yourself feel it. See whether you can name what you are feeling at different points in time and explain to yourself why you are feeling that way. Psychologists call this skill 'mentalising' and it's about creating meaning out of the storm inside. Ultimately that will help you process the feelings and move on. You could also write down your thoughts and feelings in a journal or find some other means of expressing what is going on for you. Talk to people how you are doing, such as your friends and family, and if there isn't anybody in your life with whom you can do this you could find a self-help group on the internet to engage with. Be patient with yourself and give yourself time. Look after yourself to the best of your ability by eating well, exercising and being around other people. If you feel loads of emotion, make sure you release the emotional energy by crying, sobbing, shouting and movement (even just going on a long walk can help here). If you tend to feel nothing, make some time and space to grieve and don't feel scared about the feelings. In the end they are just feelings, just electrochemical energy in your brain.

Step 3: Reflect on who you are now. Losing a loved one doesn't just mean the most important person in your life is gone, but also that you are not the same person yourself anymore. Losing a loved one affects our dreams, our identity and our hopes for the future. We become the person who has been left behind, or who had to leave, who was betrayed, abandoned or who felt he or she couldn't stay. The impact of the ending deeply affects our self-image, our identity, how we see others and what we think is possible in life for us. Make sure you are honest and clear in your thinking. Yes, this relationship has ended, but that doesn't mean all relationships will end or that you will never find someone else. That's catastrophising. Listen to your friends, even if you don't believe yet what they are saying, e.g. that you are an attractive person and that your lover has made a big mistake. In the end you need to make sure you can integrate what has happened into your self-image. Keep your options open for the future by keeping your own image of yourself as a good, attractive and worthwhile person, other people as mostly trustworthy and good to be with, and the world as an exciting and fairly predictable place in which stuff on occasion can go wrong. This puts you in a position where you see yourself, other people and the world as generally OK, rather than one or more of them as intrinsically bad. You might also find that as you adjust your self-image and your expectations for the future, losing the dream of what you thought you had with your lover is just as painful, if not moreso, than losing him or her.

And while you reflect, forgive yourself. Some time we don't let go of relationships, because we keep thinking it was our fault that it ended. If we had only done more, or talked more, or not done this thing or that thing, then maybe we'd still be together with the loved one and all would be bliss. No. Guilt is a horrible emotion which keeps people locked into negative thinking. In the end what you did is what you did. Are there any lessons you need to learn from what has happened? Would you really choose to do things differently next time? Would that be possible or sensible? Most people take too much responsibility for what has happened even if it was pretty much out of their control, or really their lover's responsibility. If you find you still have regrets then change so that next time round you will be better equipped to deal with your relationship. Guilt and regret with no action are useless and pretty self-indulgent. If you are struggling with being in a different place then get some help through friends, books or psychotherapy. In the end do let it go, forgive yourself. Whatever you did wrong you can do better next time round. We all make mistakes and slowly grow through learning from them.

Step 4: Live your life, day by day. If you are struggling to keep going then the old Alcoholics

Anonymous tactic is best: deal with life a day at a time. Don't get lost in the bigger picture or get scared by all the long and possibly lonely days ahead. Just deal with this one day, today, to your best abilities. In the end we can only live each day in the here and now. It often helps people to really focus their attention on what is around them right now and what their task is right now. If you are doing the washing, then just concentrate on doing the washing. Be conscious of who and what is there with you, the colors, the textures, the sounds. Staying with your sensations will slow down your internal process. It will ground you and anchor you in the now. It will help you survive bad times because there is proof every single minute that you are surviving: just stamp your feet and feel the ground beneath you if you don't believe me. This is also a good technique to slow life down and be present with yourself and your feelings. There is a good chance that as you truly attend to what is around you right here, right now you reconnect again with the miracle that is being alive, no matter how painful it may feel at any given point.

Step 5: Remember back to your life before your lover. It might seem like a mystery to you how you managed without your lover before you met them, but it's obvious that you did. You did live your own life without even knowing he or she existed at some point. You did what you did, had dreams and hopes, plans for the future, possibly friends, family, a job and many more things in your life that had nothing to do with your lover. It is important that you find who you are again on your own without your lover so you feel OK about being separate from him or her and being a person in your own right. Going back to your older self, your dreams, hopes and desires, can help you separate psychologically.

Step 6: Work at having a good life. Building up a good life takes effort. The end of a relationship might also mean the end of going to specific places you enjoyed visiting together and letting go of friends or activities you shared. Although this can be a very painful process in itself, you can still rebuild your life to a richer level than it was before. Of course a new life won't just appear out of nowhere: you will have to put effort and time into creating it. You may also need to take risks and put yourself into new situations to make new friends. It's important that you move out of your old habits and comfort zone. If you were to move to a new city or a new country you'd also have to put in effort to create a place for yourself. You'd have to become familiar with a new neighborhood, you'd have to find new friends and invest in new activities. Losing your lover might also create a window of opportunity for you: you could finally start that course or activity you always wanted to do but never had time for, or take that holiday, or visit with friends that your lover wasn't keen on. This is your time again, you are single and you don't need to live with compromises any more.

Step 7: Have some hope. One of the persisting human myths is the idea that there is only one single person who is right for us and who we need to be with for the rest of our lives. This idea first originated in Greek philosophy and is about 3000 years old. Humanity has moved on a bit since then and we have much more opportunities to meet new partners and fall in love again than people had in ancient Greece. Imagine all the amazing lovers you might have missed out on if your relationship had continued until the end of your life! Most people meet many others at different times in their lives with whom they could potentially be very happy. Of course each relationship is unique, but while you could be happy with person A, living in city X, having one type of life, you could also be very happy with person B, living in city Y, having a very different life doing different things. Even though your life won't be the same with a different person it's very likely that you can be very happy in a different way with somebody else. Who knows, maybe another amazing and lovely person is just around the next corner!

Relationship: Mistakes Man Make

Relationships may be difficult to sustain. Very few relationships sustain for long with both partners totally happy. Most people carry through a relationship without any joy. We all start our new

relationships with hopes, dreams, and wonderful aspirations. But oftentimes, we see couples, or in our own relationships, where things turn sour. What can be done to keep a relationship strong and joyous? Avoid this common mistakes.

1. Not investing enough time in your relationship
2. “Housework” is not just for women. You can learn how to do laundry, vacuum the house and wash the dishes if you haven’t learned in the past.
3. Your partner is NOT your Mom and is not responsible to help you remember what it takes to keep harmony and peace in your relationship.
4. Thinking everything is about you and for you. Basically being selfish in a relationship.
5. Storming out of an argument without an agreement to at least come back later for resolution
6. Not listening too and supporting your partner’s ideas even if you don’t believe in them
7. Constantly talking smack about her family members. You knew who they were before you became involved with her and whether you like it or not, they are there to stay. Please remember that blood is thicker than water. That doesn’t mean you can’t voice an opinion occasionally, it just means don’t constantly rail on her family even if you are right. You’ll plant a seed in her that may grow into a thorn bush.
8. Not taking your time in bed with her to allow her to grab a piece of heaven. Men want quick affection, sex, and security with a woman. And then we want the space and relaxed distance. Women want space and relaxed distance. THEN they want affection, sex, and a build-up of trust and security.
9. Not learning to be emotionally available. Women aren’t asking you to stop being a man, just talk about who you are, where you came from, past history and future dreams.) If this is hard for you, seek help or join a group. Counseling can be difficult for men. It is traditionally based on talking and sharing.

These are more conducive for women. But there are male counselors out there and you don’t have to go to just anyone. You have the power of choice. Going to counseling is not a sign of weakness. Not going is more a sign of weakness, because you are avoiding the real problems and stand to lose your love relationship. Also there are another mistakes that a men should avoid:

- * Never tell any woman that she has put on weight, even if you think it only makes her sexier, keep silent. Most women are fiercely fighting against extra pounds – they are dieting, taking pills, and work out until they faint.
- * Don’t nag at her for spending the whole day and a fortune in a beauty parlor. For girls a new hairstyle or fresh manicure symbolizes a new life.
- * Never criticize her cooking skills, even in the most delicate way (“My mom usually adds eggs in the pancake batter”). Your mom has nothing to do with your relationship.
- * Never praise another woman’s looks if your girlfriend is around. Beware that the mere fact that divas

of this caliber exist on the same planet makes the life of every woman miserable. Your girlfriend is concerned about her body, no matter how perfect she seems to you.

* Don't take your girlfriend to a soccer (hockey, golf, etc.) tournament. She will either sit there bored and ruin your fun, or will get to like the sport and in no time she will know more about soccer (hockey, golf, etc.) than you do, which will piss you off eventually. This way she will deprive you of one of our main guys' pleasures.

* In most of relationships both partners try to avoid conflicts. Conflict includes such examples as arguments, differences, and variances. The Truth is, we are all different. That's what makes each one of us special. But, sometimes we try to avoid our partner. This is much like number one on the list but is more keenly felt by the partner. Worst is that we blame others (or other things) and deny our own self-responsibility. When we avoid responsibility, we typically express it as blaming others, usually our partner, and try to make them change and conform. This is a form of manipulation and an avoidance of Self.

Many of us refuse to get help. If you had the methods and the tools to keep your relationship alive, loving and healthy you don't need any advices but if not you should avoid this mistakes.

Relationship: Impress Your New Lover

If you want to know how to impress your date, and develop a successful relationship, read on!

If you are a guy:

Be polite! As they always say, politeness doesn't cost anything. Any lover likes to be treated with respect and appreciation by their new flame. Politeness is an easy, socially acceptable way to show respect and interest. It is also a very straight laced way of wooing someone, but wooing it still is, and it might work wonders. Politeness still has the air of old fashioned chivalry and romantic liaisons and who can resist being treated like the queen of someone's world?

Be flirtatious. This is the part where you can show your passionate, playful and maybe slightly devious side. Flirtation is fun, exciting and sexy. You can show that you have some sharper edges so that you don't end up in the 'boring lover' category. Falling in love is about excitement, taking risks and playing with fire. Flirtation is a good way to show your darker side.

Have her in mind. Having someone in mind means that you are mindful of them, that you have a sense of what is going on for them and are accounting for that. Mindfulness is often portrayed as a female quality, but men can learn it too even if it takes some practice. Being at the receiving end of someone's mindfulness is slightly magical, like feeling truly known and deeply connected.

Be proud of your body. There is nothing worse than a new lover, whose body shows years of neglect and sloth. Hopefully, you will have taken some pride in your body before you've met your new lover and the effort shows. You don't have to be Mr Universe, just do the best with what you've got. Your lover will give you ten out of ten for being at ease with your body, looking after yourself and owning with pride and joy what you've got. Hopefully you can say that as much about the state of your belly as of your favorite part.

Own your power. This bit is about having pride in being a man. Hopefully a polite and thoughtful man, but still a man. Stand up straight and own your power. You don't have to be a hero, but being a wimp

just will not do. After all I am sure you'll enjoy a bit of adoration from your new lover too.

If you are a woman:

Be happy and laugh! For once put down your worries and just enjoy the ride. Who knows, it might all be over by tomorrow, but today is what it is. Laughing relaxes, expresses joy and is infectious. Laughing and having a good time with someone bonds people together. After all that is what life is like when it's really great. And you'll leave your new lover in no doubt that you are having a good time with him.

Enjoy your body. Men are visual beings. Watching a woman feel at ease and sensuous about her own body is a real turn on for them. Feel free to find the temptress within yourself and let it show. Enjoy the physical sensations your body has to offer every step of the way and who knows he might get so excited that he treats you to some extras.

Let him protect you. Men like to feel useful and needed. Having a role gives them security and offers them a place in your life. Most men do have a strong protective urge when it comes to their lovers and giving him a chance to show it will make him feel good about himself. Also, don't underestimate how un-needed a lot of men feel in today's world with women being able to do everything for themselves anyway. Give him a chance to be your hero and he'll show you his best side.

Be independent. Even though you are only just starting off, don't let your independence slip. Being a demure and clingy woman really doesn't do it for most men as it has that claustrophobic touch to it. Stay your own person, with your own life, friends, interests and dreams. After all it's not surprising if he stops making an effort if you simply blend into his life like his old furniture.

Value him for who he is. Men are really useful to have around. They can reach where you aren't tall enough, they can open stuff, repair things, deal with official stuff you can't be bothered with, earn money and treat you to all sorts of things. Just don't forget that he's still a real person not just your handyman. Take some time to really get to know him, what his dreams are for the future and what it means to him to be a man. Men are good at hiding their true selves, but that doesn't mean that they don't get lonely.

Relationship: Infidelity – Caught In The Act

Trust is an essential element to any relationship. This lies at the heart of a strong relationship. But, once that trust has been abused, it will be very hard to rebuild that into the relationship. Let's say that you have a relationship for some time and you really love your partner.

Although, you have been caught having an affair by your girlfriend. No matter how she caught you, she saw the messages from your mobile, she heard you talking with the other or saw you together, you have to deal the situation if you really want to save your relationship. Infidelity causes intense emotional pain, anger, disbelief, fear, guilt, shame; but an affair doesn't have to mean the end of your relationship.

Here are some useful tips that may help you save your relationship:

- end the affair

- first of all you must end your affair; if you choose to stay with your girlfriend, you must end all interactions and communications with the other

- be honest- open communication with your partner it is very important; if she caught you in the act and she know now that you have been unfaithful to her, you have told her already many lies, so now you must confess; don't deny, because this will make things worst;
 - apologize her
 - even if you like it with the other, show your girlfriend that you are sorry for the pain you caused her and promise her that you finished your affair; convince her that you really love her and you don't wanna lose her for a mistake
 - talk to her
 - if she wants to know all the details, you've better tell her even if she will be hurt, and let her vent her hurt and anger; she will tell how she feels more than once but you should understand her and listen; remember that it is your fault that she feels like that
 - identify the issues
 - identify often points to underlying problems in your relationship; examine your relationship to understand what has contributed to the affair; some people cheat because they aren't getting their needs met inside their relationship; if she ask you why you did it, don't be brutal; say it the truth but in a diplomatic way
 - be accountable
 - if you had an affair you must take responsibility for your actions – give her some space – you both need a break from the emotional stress; you'd better discuss after she's calm down
 - rebuilt trust
 - start with small opportunities to grow closer together; after infidelity, communication becomes incredibly strained; but if you don't communicate you can never heal and build trust again in your relationship
 - determine your shared goal – make sure that you both want to save your relationship
 - go to a relationship counselor
 - to help you dealing with your relationship problems; it might really help you to save your relationship
 - set ground-rules
 - decide both some rules for the future in you relationship so that both feel safe and secure Sometimes after passing trow a situation like this, the relationships becomes stronger than ever before. But, if it happens that your girlfriend doesn't want to forgive you for what you did, and want to end the relationship, you've better respect her decision.
- Relationship: Interracial Lovers

With close to two million interracial marriages in the United States, it is apparent that people are not letting the differences in culture hold them back from falling in love. These proportions are on the rise and are attracting a lot of attention from social scientists, marketers and politicians. Determining the reasons for the escalating trends of multicultural relationships will help to better predict the social structure of the future.

Although multicultural couples still encounter racism and prejudice in today's modern world, things are much better than they once were. Before the legalization of interracial marriage in 1967, blacks and whites could not legally wed and mixed race children were considered abominations. Over the past forty years, the social response to the legalization of multiracial relationships has been a tenfold increase in multicultural marriages. Much of the public obviously approved of this change.

The increase in immigration has also been a significant factor in the escalating trend of multicultural relationships. Increasing rates of immigration result in growing populations of minorities within many large cities, offering a whole new spectrum to the selection process of dating. Immigration allows for a healthy racial mix to occur in many communities, resulting in a social desensitization to ethnic and cultural differences and an increased approval of mixed race relationships. Many people find the physical characteristics of different races attractive. Thus, the escalating social approval of mixed race relationships is helping to break down the social barriers that prevented many relationships from forming.

The media has promoted multicultural relationships via the power of role models. Celebrities, such as Tiger Woods and Mariah Carey (products of mixed race relationships) are popular role models that support the beauty and talent of multiracial people. Movies are also contributing to the social acceptance of multicultural relationships. "Jungle Fever" and "Guess Who?" are trendy movies that demonstrate the humorous side of interracial dating. While the films do poke fun at cultural differences, they effectively show that interracial dating is okay.

In order to maintain the successful acceptance of multicultural relationships, society should heighten its awareness of racial stereotypes and discrimination. The more aware people become of racial injustices, the less likely they will be to believe them. It is certain that multicultural relationships will continue to increase in number given that multiracial couples produce mixed race children. Due to their ethnic complexity, there is a very good chance that mixed race children will in turn marry someone of a different cultural background. Thanks to changes in society, multicultural relationships will endure.

The public's outlook on socially and culturally sensitive issues is changing with every passing day. From 1967's legalization of interracial marriages to current trends of legalizing gay marriages, it is apparent that, given time, society learns to accept change. Interracial dating and romance is no longer uncommon and is becoming well established throughout North American society. The individuals within these relationships are generally comfortable with the knowledge that they can both maintain their own culture as well as introduce themselves to another. These couples do not feel that they are betraying their roots by learning new customs. In fact, in most cases it is the parents that pressure their children into not abandoning their culture and thus to avoid dating those of different ethnicities. When it deals with other people, it appears that most individuals are willing to accept multicultural dating, but those same individuals are against it when it jeopardizes their own customs and beliefs.

Many parents are worried that mixed raced dating will somehow dilute their own culture and will threaten the preservation of their cultural beliefs. They feel that in order to control the weakening of their cultural bonds, they must restrict the actions of their children i.e. prevent them from dating outside

of their culture. Parents worry that if their child falls in love with someone of a different culture, they might sacrifice their own traditions in order to make the relationship work. Technically, it is up to their children to make these decisions. Realistically, the parents have the power to decide. Many children who go against their parent's will are punished with disapproval and even worse, alienation.

For couples in multicultural relationships, compromise is sometimes the best way to bridge the gap between the varying traditions. Choosing the most important traditions from each culture, while making sure to include the parents' opinions, will allow the partners and their parents to feel equally significant. The parents may never be completely happy with the choices their child has made, but at least they won't feel as though that family roots have been betrayed.

People of different cultural backgrounds are not impervious to learning new customs and traditions. New partners may readily accept the challenge of engaging in the practices of different cultural groups. A person's roots are not left behind simply because they are exposed to new customs. Cultural and familial roots make us who we are, and that can never be t

Interracial marriages and relationships have become increasingly accepted and encouraged by society. Since the 1967 legalization of interracial marriage, the number of mixed race marriages has more or less doubled with each passing decade. There are currently over 1.6 million interracial marriages in the United States and that figure is forecasted to continue rising. For the most part, relationships between races are no different than the interactions between people of the same race. There are however, certain issues such as faith, cultural traditions and racism that can cause tension and discomfort in the relationship.

Over 70% of American society has no problem with mixed race relationships, thus proving that people are starting to overcome racial stereotypes. Over 40% of Americans have already dated someone of another ethnicity and are pioneering a revolution in the dating scene. Many high school and college students are dating inter-racially, which is helping to increase awareness of mixed race relationships. Unfortunately, many of these relationships go unnoticed because the couples feel that either friends or family will not approve. Secret mixed race romances often occur because the parents are strict and forbid or discourage dating outside of one's culture. Parents are often the perpetrators of stereotypes and racism. Many parents force their children to date within their culture, in order to avoid betraying their own cultural roots.

Successful relationships often result in marriage, and the wedding plans themselves can be a major struggle. Some couples choose to avoid cultural tradition altogether, some choose to have two separate weddings in order to celebrate both traditions properly, and some try to compromise by combining cultural customs and creating their own. When preparing for interracial weddings, many of the parents feel that their cultural traditions are being denied and can cause problems. Including the families in the decision making process is a great way to keep everyone communicating and feeling happy.

Once married, mixed race couples face more decisions concerning holiday traditions, religious worship and children. It is important to talk about where holidays will take place and which traditions they will choose to celebrate. Many couples choose to worship either separately or they will find a different faith that suits them both. Issues concerning children, and how they will be raised both in faith and cultural are also major concerns for mixed race parents. The mixed race children should also be taught how to deal with racism.

Almost all interracial families encounter racism in some shape or form. Many of these families will

benefit from dealing with tough problems, like racism and will experience improved family strength and problem solving abilities. While there are many issues faced by those in interracial relationships, the friendships and romances are often worthwhile and fulfilling.

Relationship: Lies Kill

One who speaks a lie hurts. Only truth gives life and peace. A lie always hurts. Even the smallest lie hurts. It hurts one to whom the lie has been spoken, and surely the person who speaks the lie. In today's world lies are taken as way of life. Those who speak lies, bury morality so deep down somewhere, that no one can find it. These people with black hearts speak lies and sometimes they lie to the extent that it kills one who believes them.

Speaking a lie is betraying trust. To speak a falsehood to one who believes that truth is being spoken, is sinful. Society may not punish liars, but there is the law of karma, that punishes the liar. But what of the pain that a liar gives to one who trusted her/him?

Lies come in many types. Let us first try to find out about what kinds of liars are there on this earth. The first type is a small liar. A poor person, who speaks lies to survive in this brutal world. On the other end, we have liars who rule the nations. For their own power, they invent all kinds of lies and mislead people to believe the untruth.

The worst liars are those who lie to someone who has total trust in her/him. A child always takes the word of mother or father as the truth. The child has total trust in the words and takes them as the gospel truth. But as the child grows up, he/she realizes that his/her parent speak lies whenever they find it convenient. The child gets trained at this stage of life. Though the child learns about speaking truth in the text books, what he/she finds in the reality of role models, is different. And that reality is followed. This habit of speaking lies perpetuates in this fashion.

One more type of liar is the lover. Love depends on trust and nothing but total trust. When a lover speaks lies, that not only breaks the trust, but it also kills the hearts. It kills the man/woman to whom the lie is spoken. These lovers are smooth liars. They think that by speaking lies they will save the love, but they manage to destroy not only the love, but also their beloved. They poison the life of their beloved with lies and are nothing short of murderers and killers.

As I said before, society may not punish such liars, because society is not concerned with the depth of such relationships. But what of Karma, as the Indian philosophy calls it? That leaves no one. Only the law of karma gives the punishment to the liar. The liar gets punished by the law of karma. Who will save the person who trusted the liar? Only the mercy of God can save such a battered person.

All people lie some of the time. They use words to convey their lies while their body language usually gives them away. This is curious. Why did evolution prefer this self defeating strategy? The answer lies in the causes of the phenomenon.

We lie for three main reasons and these give rise to three categories of lies:

- 1.. The Empathic Lie – is a lie told with the intention of sparing someone's feelings. It is a face saving lie – but someone else's face. It is designed to prevent a loss of social status, the onslaught of social sanctions, the process of judgment. involved in both. It is a derivative of our ability to put ourselves in someone else's shoes – that is, to empathize. It is intended to spare OUR feelings, which are bound to turn more and more unpleasant the more we sympathize with the social-mental predicament of the

person lied to. The reverse, brutal honesty, at all costs and in all circumstances – is a form of sadistic impulse. The lie achieves its goal only if the recipient cooperates, does not actively seek the truth out and acquiescently participates in the mini-drama unfolding in his honor.

2.. The Egocentric Lie – is a lie intended to further the well being of the liar. This can be achieved in one of two ways. The lie can help the liar to achieve his goals (a Goal Seeking Lie) or to avoid embarrassment, humiliation, social sanctions, judgment., criticism and, in general, unpleasant experiences related to social standing (a Face Saving Lie). The Goal Seeking Lie is useful only when considering the liar as an individual, independent unit. The Face Saving type is instrumental only in social situations. We can use the terms: Individualistic Lie and Social Lie respectively.

3.. The Narcissistic Lie – is separated from his brethren by its breadth and recursiveness. It is all-pervasive, ubiquitous, ever recurring, all encompassing, entangled and intertwined with all the elements of the liar's life and personality. Moreover, it is a lie of whose nature the liar is not aware and he is convinced of its truth. But the people surrounding the Narcissist liar notice the lie. The Narcissist-liar is rather like a hunchback without a mirror. He does not believe in the reality of his own hump. It seems that where the liar does not believe his own lies – he succeeds in convincing his victims rather effectively. When he does believe in his own inventions – he fails miserably at trapping his fellow men. Confabulations are an important part of life. They serve to heal emotional wounds or to prevent ones from being inflicted in the first place. They prop-up the confabulator's self-esteem, regulate his (or her) sense of self-worth, and buttress his (or her) self-image. They serve as organizing principles in social interactions.

Father's wartime heroism, mother's youthful good looks, one's oft-recounted exploits, erstwhile alleged brilliance, and past purported sexual irresistibility – are typical examples of white, fuzzy, heart-warming lies wrapped around a shriveled kernel of truth.

But the distinction between reality and fantasy is rarely completely lost. Deep inside, the healthy confabulator knows where facts end and wishful thinking takes over. Father acknowledges he was no war hero, though he did his share of fighting. Mother understands she was no ravishing beauty, though she may have been attractive. The confabulator realizes that his recounted exploits are overblown, his brilliance exaggerated, and his sexual irresistibility a myth.

Such distinctions never rise to the surface because everyone – the confabulator and his audience alike – have a common interest to maintain the confabulation. To challenge the integrity of the confabulator or the veracity of his confabulations is to threaten the very fabric of family and society. Human intercourse is built around such entertaining deviations from the truth.

This is where the narcissist differs from others (from “normal” people).

His very self is a piece of fiction concocted to fend off hurt and to nurture the narcissist's grandiosity. He fails in his “reality test” – the ability to distinguish the actual from the imagined. The narcissist fervently believes in his own infallibility, brilliance, omnipotence, heroism, and perfection. He doesn't dare confront the truth and admit it even to himself.

Moreover, he imposes his personal mythology on his nearest and dearest. Spouse, children, colleagues, friends, neighbors – sometimes even perfect strangers – must abide by the narcissist's narrative or face his wrath. The narcissist countenances no disagreement, alternative points of view, or criticism. To him, confabulation IS reality.

The coherence of the narcissist's dysfunctional and precariously-balanced personality depends on the

plausibility of his stories and on their acceptance by his Sources of Narcissistic Supply. The narcissist invests an inordinate time in substantiating his tales, collecting “evidence”, defending his version of events, and in re-interpreting reality to fit his scenario. As a result, most narcissists are self-delusional, obstinate, opinionated, and argumentative.

The narcissist’s lies are not goal-orientated. This is what makes his constant dishonesty both disconcerting and incomprehensible. The narcissist lies at the drop of a hat, needlessly, and almost ceaselessly. He lies in order to avoid the Grandiosity Gap – when the abyss between fact and (narcissistic) fiction becomes too gaping to ignore.

The narcissist lies in order to preserve appearances, uphold fantasies, support the tall (and impossible) tales of his False Self and extract Narcissistic Supply from unsuspecting sources, who are not yet on to him. To the narcissist, confabulation is not merely a way of life – but life itself.

We are all conditioned to let other indulge in pet delusions and get away with white, not too egregious, lies. The narcissist makes use of our socialization. We dare not confront or expose him, despite the outlandishness of his claims, the improbability of his stories, the implausibility of his alleged accomplishments and conquests. We simply turn the other cheek, or meekly avert our eyes, often embarrassed.

Moreover, the narcissist makes clear, from the very beginning, that it is his way or the highway. His aggression – even violent streak – are close to the surface. He may be charming in a first encounter – but even then there are telltale signs of pent-up abuse. His interlocutors sense this impending threat and avoid conflict by acquiescing with the narcissist’s fairy tales. Thus he imposes his private universe and virtual reality on his milieu – sometimes with disastrous consequences.

Relationship: Love, Lies, Betrayal. Why?

Why do husbands and wives, boyfriends and girlfriends, lie to each other?

Our romantic relationships are seldom what they seem. We all want a relationship that is built on openness, intimacy, and trust, but the truth is, our relationships do not always work that way. More often than not, our intimate relationships involve secrecy and deceit. In fact, if you want to look for deception and betrayal in your own life, the best place to start is close to home. Husbands and wives, boyfriends and girlfriends, often lie about their true feelings for each other, the feelings they have for others, and their level of commitment. Indeed, it is safe to say that people save their biggest and most serious lies for those they love.

For better or worse, our romantic relationships are full of paradoxes which we try to overlook, downplay and ignore. For the most part, this strategy works well. Until the day comes when it doesn’t, and with little warning or preparation we have to confront face-on the reality that our close relationships are not exactly what they appear to be.

Eventually, almost everyone will catch a spouse or partner in one of their lies. Inevitably, we have a difficult time coping with what we have learned and dealing with the fact that someone close has betrayed our trust. We do not expect our partners to mislead us, nor do we have insight into how and why deception occurs.

In fairness, it should also be mentioned that it is just as likely that a partner or spouse will catch you in one of your own attempts to deceive. And ironically, we are just as unprepared to deal with this kind of

situation.

Ignoring the paradoxes inherent in our romantic relationships turns out to be a costly strategy and most people pay the price for this decision, unexpectedly, and all at once. It's not so much that coming to terms with the use of deception in romantic relationships will solve all of the problems you are going to encounter, but it will certainly help to reduce the stress, anxiety, and uncertainty that occur when deception eventually comes to light.

In fact, when it comes love and romance, most of the things we believe, are not true. Most people believe that all of their marital or relational problems can be solved through communication. We believe that deception is difficult to achieve, that misleading a partner requires a lot of effort and thought, and that romantic partners can tell when a lover is lying, and so on. None of these widely held beliefs, however, are supported by the evidence. Rather, our romantic relationships are held together by a delicate balance of both candor and deceit. And both are critical to making our intimate relationships work.

In reality, romantic relationships entail two important features which allow deception to flourish: abundant opportunity, as well as the need to deceive. As we get close to another person, we intentionally and unintentionally provide them with a great deal of information about who we are, revealing ourselves through both our words and deeds. Creating this kind of intimacy or shared knowledge is critical, as it serves as the foundation for a lot of important rewards. Through our close relationships, we create gains with respect to our health, wealth, and emotional well-being.

Because relationships provide so many important rewards, it should come as no surprise that people are inclined to view their romantic partners in a positive light. We place a lot of trust in our romantic partners. We think we know them well. But while our trust surely provides us with a sense of security and comfort, it also lays the ground for deceit. For as we trust our partners more, we also become more confident but less accurate at determining when the truth is being told.

Every relevant study attests to the fact that lovers are terrible at telling when their partners are lying. In fact, detecting deception with anyone is difficult to do, but lovers manage to take this general failure to a spectacular low. Again, as we become more confident that we can tell when a lover is lying, the exact opposite turns out to be true. This truth-bias or blind faith provides the perfect opportunity for romantic partners to engage in deception. After all, who makes a better victim than someone who is eager and willing to trust everything you have to say?

Not only do close relationships create a wonderful opportunity for deception to occur, they also create the need. While romantic relationships offer many rewards, they also tend to be overly constrictive. Most everyone has felt the constraints of a close relationship from time to time; quite simply you are no longer free to do what you want, when you want, and with whom you want. So intimacy provides tremendous rewards, but at an enormous cost— the loss of your freedom and autonomy.

Lying to a romantic partner helps us deal with the constraints that our intimate relationships impose. Quite frankly, deceiving a romantic partner turns out to be the most efficient and effective way of maintaining the rewards we get from our romantic relationships while pursuing extra-relational goals and activities behind a partner's back.

How do we decide when to lie and when to tell the truth? Well, most of the time we do not intentionally think about misleading our partners. Rather such decisions are governed by our emotions and just seem

to happen when the right situation presents itself. Often a sense of excitement, opportunity, and exhilaration can lead us down paths we had no intention of traveling. A sense of fear, loss, and trepidation, on the other hand, prompt us to cover-up what we've done and be more conservative in the short-term. Luckily our emotions are very good at reading situations and keeping our deceptive behavior within limits. Our emotions prompt us to regain some of our freedoms while also allowing us to maintain the benefits we get from our intimate relationships.

When you take a step back and put it altogether, the picture that emerges tends to be rather ironic. Because our romantic relationships are so rewarding yet constrictive, we are simultaneously more truthful and more deceptive with those we love. Additionally, we place the most trust in the person who is most likely to deceive us, just as we are most likely to deceive the person who loves and trusts us the most. These are just a few of the paradoxes that emerge when taking a close look at the use of deception in our romantic relationships. Most of what is uncovered runs counter to our most cherished beliefs about love and romance; that is, the idea that complete openness and intimacy are a central and defining feature of being in love.

Initially most people avoid looking for deception by a loved one. But as you begin to examine your own behavior more closely it becomes harder to dismiss the degree to which lies, betrayal, secrecy and deceit are ever present in our close relationships. Hopefully, you will take on a greater appreciation for the complexities of your relationships as well as a richer understanding of what it means to be in love. Regardless of the final outcome, taking a close look at deception in your life will change the way you view yourself and others.

Relationship: Pain Of Abuse

How many times have you said, "I didn't have a choice?" This is a phrase that is uttered by many to justify their behavior or complain about their life circumstances. Surely, we can continue to believe there are no choices, but it is my belief that kind of thinking is what greatly contributes to our frustration and limits the strength and amount of personal power we experience.

Whenever you are in a situation where you believe there is "no choice", remember that there are always at least three choices. Every situation has at least these three possible solutions: you can leave it, change it, or accept it. Each option will look different in every situation.

Let's examine the options of a woman in an abusive relationship. I am concerned that women in abusive relationships have no safe place to seek help or to talk about their issues. There is an embarrassment about sharing what is happening in their lives. An abuser will convince his victim that she is in some way to blame for his abuse. This, often, will cause a person in an abusive relationship to suffer in silence. I want to provide a safe place forum for women needing to share and to learn that they are not alone.

I, in no way, mean to imply that there are no men living in abusive relationships. This can create a seriously demoralizing situation for a man. How does a man explain to his friends that his wife or girlfriend beats him up or is constantly verbally and emotionally abusive? I believe there are many more men in such relationships than we think. Because they carry a special stigma if they admit what is happening in their lives, most stay silent. There can also be domestic violence in same sex relationships. However, for the purpose of this article, I am writing as if the perpetrator is a male and the victim is a female.

The first choice in a situation such as this is to attempt to change the situation. Many women will try to

have everything perfect for their spouse or partner. They walk around on egg shells, believing that if only they are better, more loving, more submissive, quieter, more invisible, then their man will not hurt them. Many women in abusive relationships are willing to put in a lifetime attempting to change their partner's behavior. Of course this is a futile attempt because people do not change for someone else. They change when their current behavior stops working for them and sometimes not even then. I might ask a woman, "How long are you willing to wait for him to change? You've already spent 10 years, are you willing to spend 10 more?" This is a question only the woman can answer because she may be willing to wait her entire life. It is not for me or anyone else to decide what is best for another person. After all, we are not in her skin. We can only presume what we may do in the same situation but the right answer for us may not be the right answer for the person going through it.

The second possible outcome is to leave it. In an abusive relationship, this would mean ending the relationship. Many women in abusive relationships are afraid to leave because they believe their partner will hunt them down and possibly kill them or at least claim their "property" and force the woman to return. Statistics tell us that more women are killed in abusive relationships who remain in the relationship than who leave but tell that to the family of the one woman who left and was killed by her husband. Statistics don't do much then. Again, it is easy for us to decide it would be best for a woman to leave her current situation but do we really know what's best for another person? Do you want to be the one carrying that responsibility? Leaving is definitely a viable option but it should only be made by the woman who is in the relationship. There are organizations set up to help victims of domestic violence escape the violence of their situation but the laws become very tricky when there are children and custody situations involved. Some women stay because they won't leave their children. Many stay because they are committed to their wedding vows that said, "In sickness and in health. Till death do us part." No one can decide for another person that she must forsake her vows if keeping them is her highest value. I might ask a woman if she has considered all of her options and thought of the consequences of each choice. Then, I would ask if she believes that leaving is the best option and is she willing to pay the possible consequences of that choice. Is paying the possible consequence of leaving preferable to staying in the current situation? Is the risk worth it? For some, it definitely is.

The final choice is to accept it. Accepting it is different from the other two options. In the first two choices, the woman is changing external circumstances. When she is attempting to change it, she is trying to change her partner's behavior. When she is leaving it, she is changing her circumstances. But acceptance involves staying in the situation and understanding and accepting that the other person will not change and finding a way to be all right with that. The woman in an abusive situation would decide that she is not going to leave and realizes that her husband may never change but decides to stay anyway. This may, for some, actually be their best option.

For those of us who love the woman in this situation, we have the same three choices to go through. We can leave it—this would most likely mean ending our relationship with the woman because we can't stand to see her in an abusive situation. We can attempt to change it by trying to convince her to leave the man. This is what many friends and family do and sometimes the woman decides to leave you. She may decide she can't live with your disapproval, either stated outright or silently. Out of loyalty to her partner, she may decide it's not right to listen to your statements against him anymore. What she needs is your support, not judgments and coercion to get her to leave someone she may love. Or the third choice, we can accept it. This means we come to realize that this woman has her own life decisions to make and that she will do the best she can with the choices that are available to her. You will be her friend and support her and her decisions, realizing that you can't change her or him, for that matter.

The statistics are startling. According to a Commonwealth Fund survey, nearly one-third of American

women report being physically or sexually abused by a husband or boyfriend at some point in their lives.

While the mere thought of this is overwhelming, there is good news. By educating yourself and those around you about violence against women, you can make a difference to those currently experiencing it and to the generations to come. This is a community problem and it takes all of us to solve the problem and create change in our communities.

“Many people are reluctant to talk about abuse because they consider it a ‘private problem’ or a ‘women’s issue,’” said Sheryl Cates, executive director of the Texas Council on Family Violence, operators of the National Domestic Violence Hotline. “But learning that domestic violence is a pattern of power and control that adults or adolescents use against their intimate partners can start to break down some of the common misconceptions about this issue and help bring it out from behind closed doors.”

Recently, men have taken up the mantle and come out loud and clear with their message: no more violence against women.

One way men are getting involved is by talking to the young boys in their lives about building healthy relationships.

Despite conventional wisdom, young people want guidance from adults. Research indicates that almost half of boys and girls say that they want to know more about relationship abuse – what it means and how to stop it. In the same survey, 31 percent of teens age 13 to 17 reported they or a friend experienced dating violence.

Adult men play an important and unique role in molding the thoughts and attitudes in a young man’s life. Talking to boys early and often is a crucial step in stopping the cycle of violence. By doing so, they can counteract the countless messages boys see and hear equating violence with “being strong,” “acting tough” and “being a man.”

To that end, Liz Claiborne Inc. has collaborated with experts in the area of family violence and compiled a handbook to help men start what can be difficult conversations with the boys in their lives on this important topic.

The handbook, titled “Tough Talk: What Boys Need to Know About Relationship Abuse,” is the latest in a series of booklets created by the company to help men, women, parents and teens address the issue.

1. Sticks and stones won’t break my bones and words won’t leave any measurable physical damage, but they will cause progressive, long-term harm. Never underestimate the power of words: words are used to brainwash.

Being told you are stupid , ugly , lazy or worthless is never acceptable. The first times you hear it, it will hurt, naturally. In time you may get used to hearing it from a partner. That’s when you start to internalize and believe it. When that happens you are doing the other person’s work of putting you down for them. This is why your feelings of self-worth suffer increasingly over time. The good news is that just as words have been used to bring you down, you can learn to harness the power of words to build you up and restore your confidence and belief in yourself.

2. You are always told that it's your fault. Somehow, whatever happens, however it starts, the ultimate blame is always yours. Notice that we are talking ultimate blame here. The blaming partner will always tell you that their behavior was caused by what you said or did. In fact, their argument runs along the lines that you can't possibly blame them for anything, because if you hadn't said what you said, or done what you did it would never have happened.

3. You're more inclined to believe your partner than you are to believe yourself. Have you ever reeled with a sense of hurt and injustice, or seethed with anger at the way you've been treated? Have you found yourself asking: Is it reasonable to feel like this? Am I misinterpreting things? Have I got it wrong?

If this is you, what it means is that you have become so brainwashed you've stopped trusting in your own judgment. Your mind keeps throwing up the observations and questions because, deep down, you know that what is happening is utterly wrong. But right now you can't feel the strength of your own convictions.

4. You need your partner to acknowledge your feelings. Have you ever felt desperate to make your partner hear what you are saying and apologize for the hurtful things they've said? Have you ever felt that only they can heal the pain they've caused?

Does your need for them to validate your feelings keep you hooked into the relationship?

When a partner constantly denies or refuses to listen to your feelings, that is, unquestionably, mental abuse.

5. Your partner blows hot and cold. He can be very loving but is often highly critical of you. He may tell you how much he loves you, yet he is short on care or consideration towards you. In fact, some of the time, maybe even a lot of the time, he treats you as if you were someone he truly dislikes.

You do everything you can to make him happy, but it's never good enough. You're more like the pet dog in the relationship than you are the equal partner. Your constant efforts to get his attention and please him meet with limited success. Sometimes he'll be charmed, often he's dismissive.

If you find yourself puzzling about how your partner can treat you that way, it is because you are trying to live in a love-based relationship, when in reality you are living in a control-based relationship. The mental abuser struggles with his own feelings of worthlessness and uses his relationship to create a feeling of personal power, at his partner's expense.

6. You feel as if you are constantly walking on eggshells. There is a real degree of fear in the relationship. You have come to dread his outbursts, the hurtful things that he will find to say to you. (Maybe the same anxiety and need to please spill over into your other relationships also.)

Fear is not part of a loving relationship, but it is a vital part of a mentally abusive relationship. It enables the abuser to maintain control over you.

7. You can heal. Mentally abusive relationships cause enormous emotional damage to the loving partner who tries, against all odds, to hold the relationship together and, ultimately, can't do it, because her partner is working against her.

Whether you are currently in a mentally abusive relationship, have left one recently, or years later are

still struggling with the anxieties and low self-worth and lack of confidence caused by mental abuse, it is never too late to heal.

But you do need to work with a person or a programme specifically geared to mental abuse recovery.

Women who have suffered mental abuse expect radical change of themselves, and they expect it right away. This is why they often struggle and, not uncommonly, take up with another abusive partner.

Mental abuse recovery is a gradual process. Low self-worth and limiting beliefs about what kind of future the abuse sufferer can ever hope for are the blocks that can stop women from moving on. But they are blocks that you can clear very effectively. Just as language was once used to harm you, you can now learn how language can heal you. You can overcome past mental abuse and keep yourself safe from it in the future. You can also learn to feel strong, believe in yourself and create the life and the relationships you truly want.

Relationship: Refresh Your Relationship

One of the challenges of even the strongest long-term relationship is the difficulty in keeping things fresh and new. We are creatures of habit, developing routines that work for us without our having to think about it. It allows us to move through fast-paced lives without having to make every little decision on a daily basis. We don't want to stop and think about which sock to put on first, which way to drive to work, what kind of gas to put in our car, how to stack the dishwasher or fold our clothes.

Habits make life so much more simple that it frees up our energies to confront the big decisions and problems we have to face. However, habits also distance us from what we do because our mind is not engaged. When someone else points out that we "always" do something a certain way, we are amazed because we are unaware. Once we've moved beyond the adolescent and young adult experimentation phase, we tend to fall into the rut of wearing our hair a certain way, how we put on our makeup, the kind of television shows we watch, the choice of foods we eat, and the lifestyle we pursue.

That is why the sneaky marketing men aim their message at young age groups who are the ones most likely to try something different. The size and the purchasing power of the baby boomers may be extraordinarily large but they are seldom targeted by major advertising campaigns because they are comfortable with the choices they have made and are unlikely to really hear messages about alternatives in which they have little interest.

Within our lasting relationships, we also fall into habits. They range from unwavering go-to-bed-at-night and get-up-in-the-morning routines to the day of the week we go out, the restaurants we frequent, and the way we communicate (or fail to communicate) with each other. We are so used to being around our partner that, despite the affection we may feel, we stop seeing each other with the wonder and appreciation we felt in those first heady months.

Shaking up our lives by dumping old habits can make us feel younger and alive. Changing our appearance, even a few times a month, makes us look at each other through new eyes and makes us focus on each other in a different way.

Women can more easily and radically change their looks because female hairstyles are so much more varied than those of men. A wig (or several), in a totally different color, with appropriate makeup adjustments, can affect your response to each other. A man can temporarily grow a mustache, a beard, or sideburns, and elicit new attention from his surprised wife. An outrageous new piece of clothing for a special date can transform your interaction with each other.

Many of us love costume parties whether something dramatic at Halloween or an only-black-and-white graphics event or a get together with friends wearing the clothes we loved in high school.

Be creative! If you usually dine out in business attire, get some cowboy gear and go to a western saloon for some line dancing. If your usual night out is at a bowling alley, dress to the nines and have a drink at the most expensive hotel in your area, rubbing shoulders with the movers and shakers. Try a Latino nightclub, hot dogs on the pier, or drinks with fruit and little umbrellas at a sushi bar. Dress in your scuzziest clothes and visit a luxury car showroom to laugh at the consternation you cause. Use that tux you rented for your niece's wedding when you visit the local pizza parlor and see the buzz you create.

The city of Las Vegas has a wonderful ad campaign about "What happens in Vegas, stays in Vegas." It speaks to our desire to do something totally different and outrageous to escape the paralyzing pastrty of our normalcy – but with the assurance that we can return without ill effects, no burned bridges forcing permanent change.

Shaking up our appearance can shake up our partner and our mutual interactions. Do it for the excitement and do it for the fun. As another ad campaign suggests, "Just do it."

A common expression is "I'll meet you halfway," and we often take that attitude into our marriage. I hear frequent complaints from couples in trouble that their partner isn't pulling their fair weight, that one is giving more than the other.

Whoever determined that life is a 50-50 proposition?

Some give more than others. Some take more than others. On every level of society from politics to business to social interactions, there are discrepancies of effort, economics, and emotions.

Going into a relationship with the expectation that contributions will be fairly shared is to court disaster. Over a span of time, a certain amount of evenness will develop through a process of give-and-take and ups-and-downs. But at any specific point, one may be giving while the other needs to just take for a while.

We all need to enter the most important relationship of our life with the foreknowledge and determined commitment to give 100%. Once we have internalized that concept, we can avoid the painful feelings we get when we think we are being cheated of our just rewards. If the relationship is healthy, and both partners are committed to the 100% investment, eventually it will work out somewhere in the middle -probably never 50-50 but somewhere in the broad bell curve of averages: 30% to 70%. At different times, the equation adjusts as careers, children, and other responsibilities change.

If you are the individual giving 70% and your other half is falling a little short, remember that you swore to give 100% so you are much better off than you expected.

Can you see how such thinking changes the framework of your marriage? You're not getting cheated, you're getting much more support than your original bargain called for!

You can use this new attitude in any aspect of your partnership. Many couples develop resentment over their relative monetary contributions. If you have the initial anticipation of being the sole breadwinner, then any contribution by the other, however small, is a great big bonus. If you enter the union with the

expectation that you will handle all the cleaning and parenting chores required, then anything done by your partner is a plus.

If one of you handles your mutual social obligations, then the participation of your spouse, even if limited to just showing up and being there, is more than you expected. You may feel, as many of my patients do, that you are not getting the support and good strokes that you deserve. Reframe the sense of deprivation within the 100% concept and you find that even occasional support and positive feedback is an unexpected gift.

We all need to feel loved and appreciated and cherished. We also need to give love and appreciation to others. If we give more than we get, we can harbor anger at our being cheated or we can love and appreciate our own selves for having a greater capacity to give.

This one single change in your outlook towards your relationship can transform the hidden resentments that result in nagging, negativity, and verbal putdowns into a deep satisfaction that leads to overt affection, positive support, and mutual respect.

Ask anyone in a committed long-term union for the secret of their success. Almost always, one of the top three reasons cited is the ability to laugh together. No matter how big the problems, or how many the obstacles, they will be most effectively approached with a sense of humor and the teamwork that emerges from shared laughter and a mutually positive outlook.

While some fun costs money: an amusement park, a fine meal out, a trip to Vegas, or that hilarious new movie, there are many fun activities that don't cost a dime. Give your partner the gift of being a slave for a week, including the requisite master or mistress verbiage, pulling your forelock, bowing or curtsying, and backing out of the room. The results can be very funny, especially if carried into public or in front of the kids.

Both of you call in sick to work and play hooky – hang out at the mall like truant high school sophomores. Spend some time coming up with totally outrageous excuses that you know you will never be able to deliver with a straight face. If it's summer, wash the car, and each other, in the driveway. If it's winter, have a snowball fight or walk in the rain. Walk along the beach or in the hills or stroll through town window shopping.

Watch television together: not the dreary news but old Seinfeld or Lucy reruns which are just as funny as when they were made. Search out joke sites on the Internet or spend some time at the drugstore just looking at funny greeting cards. Tell stories about things that happened to you before you met and reminisce about the fun times you've had since you first became an item.

Take a foreign language class at a local adult school and decide that you will only communicate in that language over dinner, if nothing else it will really polish your charades ability. Take an art class and laugh at your own ineptness with color and perspective. Take a bus or train ride and make up stories about the other passengers, Sing Kareoke and mutually laugh at the probable response your efforts would elicit if you auditioned for "American Idol." Pretend you've just met and try out some stale pick up lines to see each other's reaction.

Life is so short and there are so many problems that arise and challenges that must be faced. At times, we become overwhelmed by the responsibilities we must bear and the energy required to keep our lives on an even keel.

Deliberately establishing “recess” periods gives us a break from the daily grind. Just as children don’t learn well if they don’t have a chance to go out and play, adults need a recess too. It allows us to return to work re-energized and renewed. The more we practice it, the more frequent it will become. Most importantly, the play time with our partner intensifies our relationship and can keep our affection green and growing through the years ahead.

A good portion of the enjoyment of a pleasant date is in the anticipation. We have a date for Friday night and we think about it throughout the week. We think about what we will wear, where we’ll go, what we’ll eat, what we’ll say and do. We plan on how long it will take to get ready and whether we’ll need to leave work a few minutes early.

When we enter a relationship, we stop dating. We see each other, of course, much more than we did in our dating days. At the onset of living together, we still have that sense of anticipation before seeing that beloved face. We hurry home to the most important person in our little world.

After years together, we become used to the routine. We may enjoy seeing our significant other as much as ever but the exhilarating anticipation has become normalized. We have become habituated to the lives together we have created.

We need to start dating again. We need to create special events that we can look forward to with keen relish. Think about when you last took a vacation or a pleasure trip. The days and weeks leading up to it were times of mounting excitement and planning; we saw it in our mind’s eye long before it took place. After it was over, we enjoyed remembering the things we had seen and done, secretly smiling at the fun we’d had and the free feelings we had experienced.

The same spirit-boosting results can be obtained, to a lesser degree but with more frequency, in planning small events with our partner.

A lunch or dinner date at a special place can be something we look forward to for a long happy week. A date to go bowling, or dancing, or golfing, can be set up several days in advance. Plan on when you are going to see that special movie or attend a concert.

An event simply needs to be special, it doesn’t have to be expensive. Plan a visit to the fast food chain where you had your first date. Take visits to local hotels to see which ones have the best free hors d’oeuvres at happy hour. Meet at a museum or an art gallery for a stroll together.

Send your honey a special invitation by card or e-mail. Advise that no “regrets” will be acceptable. Prepare for the date as carefully as if it was your first meeting and be on your best behavior as you were in that delicious dance of courtship.

When your friends question why you are in such a good mood lately, just smile and tell them that your life is so special that there’s no time left to be grumpy.

Even the closest couples these days (with the rare, happy exceptions of those who work together) spend more awake time apart in their separate careers than they do together. The individual you are at work, no matter what career you pursue, is very different than the person you are within your romantic relationship.

That is why everyone loves company parties: coworkers get the chance to see the spouses or dates of everyone else. It is frequently a real shock to get a glimpse into a fellow worker's private life – the domineering manager who consistently defers to their quiet spouse, or the mousy little file clerk who clearly dominates her extraordinarily handsome lover.

Closeness with your partner can be deepened by taking the time to share your daily activities. We often assume that our significant others aren't really interested in our work life. To the contrary, when we love someone, we want to be part of their everything. We want to vicariously live in our loved one's world, hear what they did, who else was present, what kind of work relationships they enjoy. We want to know the gossip that's flying around, We want them to describe their coworkers and their assessment of the people and events in which they are involved.

Set aside a half hour every day for each of you to discuss what happened that day. Pass along jokes and anything unusual that occurred. If you use e-mail in your work, forward funny and interesting exchanges on to your mate – it will feel as if you are genuinely in each other's life quite apart from the actual time you spend together.

If your days are filled with meetings, print out your calendar and show it to your spouse, briefly highlighting each meeting that occurred. If you answer telephones all day, make a quick note of funny or touching calls you receive so that you can review them later. If you work on a production floor, keep your eyes and ears open for interesting tidbits of conversation you can share.

So often, we only mention the negative aspects of work job, bitching to our mate about a difficult supervisor or a lazy coworker. Strive to share positive feelings about your job also. Not only will it intensify your sense of participating in each other's lives, it will avoid that tendency to grow apart as we forget to focus on our most important partnership because we are too busy heading in too many directions.

If one of you doesn't work outside the home due to retirement, disability, or family responsibilities, some activities still filled your day – share them freely with the only person in your life who is as interested in you as you are.

Our lives are so busy that work and family responsibilities preclude very much quiet time with our mates. We are so weary when we finally fall into bed that we seldom take the time to really talk to each other or to nurture that specialness that is ours alone.

Look at your schedule and see where some quiet time together can be stolen from the world. If you needed to arrange an important meeting, you would make time. If you had a child in the hospital, you would most certainly make the time to spend hours there.

The time required doesn't have to be huge. The commitment to make that time does. This is the most important person in your life, not someone to be relegated to a list, somewhere below a business requirement and the PTA.

Snatch an hour here and an hour there just to be alone with your love, nurturing the uniqueness of the two of you. Take the kids to their grandparents or get a babysitter. Turn off your blackberry and your cell phone.

You can use your uninterrupted time to do anything you enjoy. Take a walk, or a drive, and talk about

yourselves. Play word games or trivia on the Internet, laughing and communicating with each other as you did when you were dating so long ago. Listen to music that was popular when you met and reminisce about the good old days.

Talk about movies you've seen, books you've read, sports, politics, or national events. Talk about plans for the future and how you see your lives together in a year, five years, ten. Talk about your problems and what you can do together to resolve them.

Plan when your next time together will be and what you are going to do. And do it.

Relationship: Sacrifices

No relationship is equal give and take. In every relationship, both the partners make adjustments to make the relationship a success. Both give up many choices in life and try to contribute for the continuation of the relationship. Sacrifices are always called for in a healthy relationship. The relationship thrives on them. When we sacrifice we feel good because we feel worthy. Having given up something always makes us feel good.

It can also make us feel bad, if it goes on from one side and the other partner not even acknowledges that. The resentment sets in to the detriment of the relationship.

Why Sacrifice- two people cannot relate and live together peacefully, if they set their own conditions of living. They have to draw a common way and sacrifice their own hobbies, interests, and many other interests. Many adjustments have to be made to make a relationship succeed.

Are You Sacrificing More – human beings are all different. Some of us are givers by our natural instinct. In any relationship, such people will always give without any second thought. As the relationship progresses, such givers keep on sacrificing more and more to make the relationship work and keep the partner happy. Slowly the resentment may develop. I am only giving since years. I am not getting anything in return. Why am I being demanded to give again and again. I have my own life and desires. What about that? Why the world is becoming selfish? No body bothers about my comfort. Am I a sacrificial goat? Such thoughts slowly develop and destroy the relationship over period of time. Any relationship that began with imbalances would not survive long if checks are not kept. If you sacrifice more, please stop and review your life.

Every relationship demands sacrifices. Every relationship demands adjustment. It is give and take all the way. Some call it compromise. Others call it negotiation of needs. Whatever you call it, the truth is that we accept what our partner wants despite our being against it and vice versa many times.

We all have our values. There are certain principals by which we live. We have acceptable and non-acceptable adjustments. Ask a green activist to adjust to killing of whales. He/she would never do that. That is unacceptable to them. That goes against their value. Similarly for some people any extra marital love is totally unacceptable. If they find out that their spouse was involved in one, the relationship may break. It is simple – I will never compromise on this set of values that I cherish.

As I said earlier, every relationship is based on give and take. For example I may be in great and passionate love with my partner. If he/she wants me to compromise on my values what should I do? I have two options. If he/she does not agree, I will either break my limits or break the relationship. Say, I break my values. What will now happen to my relationship? I will begin hating him/her for making me break my limits. I may wonder – why he/she could not respect my values? Does he/she have no respect for what I think and value? Why did he/she insist that I break my principles? Why cannot he/she adjust

and agree to my point of view?

Any compromise on highly cherished values will doom the relationship soon. You will be a loser both the ways.

Is your relationship becoming uncomfortable? Are you no longer enjoying the relationship? Do you not understand what might be going wrong, but you can sense it? You are not happy, but cannot pin point the cause of unhappiness. You want to get away from the relationship but are arguing for and against and getting tired of the whole thing. This is a typical; sign of getting crushed and facing confusion in the relationship.

Let us discuss more about how this happens.

I will give one example- your partner is with you. Your partner is not contributing any positives to the relationship. She/he keeps complaining that you are the cause of their unhappiness and discomfort. You wonder how when the ball is in the other court? She/he does not understand what ever you are trying to communicate. You get angry and try to explain again only to get further frustrated. If you talk of separation you are told that they will not be able to live alone. They want to be with you. Get all the comforts from you. They care nothing about your comfort. They blame you for everything that goes wrong. They understand no communication or act as if they don't understand. You want to run away from it all, but they make you feel guilty of doing something terribly wrong by that. You simply do not know what to do and are at your wits end. You feel crushed.

What should you do in this situation? Let me tell you. Don't interact with your partner. Don't try to communicate at all. Ask them to take care of themselves and not to bother about you at all. Get away slowly by taking no obligation from them. Let them feel it slowly. Over a period of time they will understand that they cannot manipulate you. If at that point, you separate, they will not be able to play their game of making you feel guilty. You will get your freedom. Reclaim your freedom from relationships that crush you.

We acquire our values from different sources. In the beginning our values are given to us by our parents. Speak truth, help others, do this and do not do that and things like that. After sometime, we get more values in our education. We read about values of great people and try to live by some of them. Our religion gives us many values. How to live, what is right, what is wrong and what is allowed, what is not allowed are some values that we get from the religion? Today if you observe the difference between pro and anti abortion lobbies, you will find a values conflict. In your relationship, have you found out values of your partner? Have you spelled out your values?

Values are dear to us. For some of us, values are very dear. It is found that some people even give away their life to safe guard their values. Such value contradiction can play havoc with your relationship. Some of us sympathize with poor and try to help them, while others opine that poor need not be helped, as it is their karma that is giving them this pain. Let them suffer. This singular value difference can kill your relationship, if you both are not ready to compromise on them.

Please talk to your partner about your values in the beginning of the relationship. Spell out your values very clearly and be honest that you will not compromise on any of them. Let your partner do the same. Compare the values and discuss the differences. Decide at that point about the relationship. Both of you should be aware that the difference can kill the relationship in future. Take any step forward only after this value comparison.

Relationship: Signs Of A Troubled Relationship

Anyone who's been in a long term relationship will tell you there are rough periods, and most people, when they're honest, will admit to doubts along the way. But sometimes we don't know how to assess, Just how bad is it? Here's a list of symptoms that suggest a relationship is in trouble. The more symptoms you think are true for you and/or your partner, the more likely your relationship is in need of some help. If you have three to five checked off, you probably need a tune-up. More than five, it's time to consider more serious therapy, either alone or with your partner, or in some cases, both.

Below this list is another one, Signs of Severe Relationship Problems.

You feel worse around your partner than you do when you're on your own.

Your self-esteem has plummeted since you've been together.

Either you or your partner, or both of you, are dishonest with each other.

You often feel hurt by how you are treated by your partner, instead of feeling good while being together.

You complain frequently about your relationship to others.

One or both of you have become frequently critical of each other.

You are unable to approach your partner with your concerns in a reasonable way, without exploding in anger or using passive aggressive (sarcastic, outwardly compliant but inwardly defiant) behavior. Or you expect that any confrontation will only result in an unproductive fight with no change in the situation. You feel you must walk on eggshells most of the time.

Most if not all of the issues that come up between you remain unresolved, even when you do try to sort them out together. Therefore, one or both of you often take a why bother? attitude about dealing with issues. This is different from choosing your battles, because even important issues remain unresolved and go underground.

You lose your enthusiasm about life, and have given up most of your hobbies, friends, or interests that were important to you before getting into the relationship. Instead you are consumed about the difficulties you are having in your relationship.

You no longer trust your mate. This one is tricky, because some of us have trust issues, and find it hard to trust anyone. You may need help in exploring this with people who know you (and possibly your partner) well. Of course, sometimes the doubts turn out to be warranted.

Little things about your relationship bother you and you can't let them go.

You find yourself more drawn to priorities outside the relationship than spending time together.

Your sex life has dwindled down to very infrequent or none at all, and at least one of you is unhappy about it.

One or both partners have become closer to someone else than with each other. This can be an

emotional affair, or it can even be a friend, sibling, parent, or even one of the children. Obviously the most destructive of these is if there is an actual affair. Online relationships are just as destructive as if they were in person.

You find yourself reverting to behaviors that take you away from your partner that are not likely to support a healthy lifestyle: drinking too much, spending too much time zoning out with electronics—computer, video games, TV; escaping into your work; finding more satisfaction in singular sex (pornography, escapist fantasies, etc.) than with your partner.

Signs of Severe Relationship Problems

If you are experiencing any of these symptoms, it is time to address them as soon as possible. It is usually very difficult to address these problems on your own, and getting help, or in certain cases getting out, if anyone is being abused by the relationship, including the children, is advisable.

You are afraid of your partner, because you've learned to expect an angry response that comes with name-calling, crude or abusive insults, or fits of rage.

You no longer speak to each other beyond the very basic necessities of shared living space.

One or both of you use indirect, passive-aggressive means to get to the other, and you often have the feeling that you've been punched in the stomach but don't know why.

You or your partner spend nights away from the home without calling to let the partner know where they are or when they'll be home. A lesser version of this, but still damaging to the relationship, occurs when one or both partners frequently stay out partying with others without their partner until very late.

Any incidence of domestic violence, including throwing objects, shoving, hitting, kicking, biting, or physical aggression against the other person. Lesser versions of this, but still very destructive, occur with violence against pets, or threats of violence against any living being. Still of concern is when one or both partners throw objects at walls, break things in the house, or otherwise destroy property.

Any incidence of threatening the other partner, suggesting they'll hurt you (or you'll hurt them) directly or by hurting themselves. (Some threats of suicide are thinly veiled attempts to make their partner feel so guilty that they become afraid of saying or doing anything that might upset their partner, such as leave the relationship.)

One or both partners use and abuse recreational drugs, including alcohol, on a regular basis, to the extent that it disrupts the relationship. This is the individual's issue and may not be an indication that the relationship is in trouble— the person is in trouble, and their drinking/using will very negatively affect the relationship.

One or both partners are using their children to hurt their partner, or using them to send messages back and forth to their partner.

When a couple has this much distress in their lives, people might wonder why do they stay together? But there are many ways a couple feels locked in, primarily because of children and finances. Sometimes there is a real threat that if one partner makes any move to leave, the other partner will actually try to harm them in some way. These are highly abusive situations which are beyond the need

of therapy, and a partner may need to use local resources of a safe house from domestic violence.

The signs of cheating can vary for each individual. Some people are just plain better at deception than others. If you have a suspicion that your spouse may be secretly hiding an affair with another individual whatever you do do not confront your mate. Confronting your spouse can possibly make the affair harder to prove because they will go to even greater lengths to hide what is really going on. Instead, go over the list of signs and if your significant other is showing or has shown more than a few of these it may be a good idea to hire a professional to get you solid evidence.

A few very common signs of a cheating spouse include:

— A change in sex life: The cheater wants nothing to do with sex, wants a lot more sex, or has unexplained sexual requests or utilizes new sexual techniques.

— A sudden change in appearance: He/She is working out all of a sudden; their taste in clothing has changed, change in cologne.

— The cheater has a definite attitude change towards everyone in the household especially the mate, picking fights for no reason.

— Unexplained absences, working late, hang up phone calls.

— The cheater may begin to find fault in his/her spouse to try to justify the affair.

— Unrecognized and frequently called phone numbers on your mates cell phone bill.

— Leaving home during an argument, many cheaters will provoke a fight so they can leave the home to call or visit the other person.

— Taking business or leisure trips alone

— Having new friends

— Taking showers as soon as returning home

— Will do the laundry when they never used to, or at a time when they normally would not. They may be trying to hide the signs of smoke, lipstick, bodily fluids, etc.

— Smelling of perfume or alcohol

— The Mileage on his/her vehicle seems excessive.

— Their use of the computer or internet is excessive or secretive.

— A gut feeling (intuition is real)

If you are familiar with one or more of these signs, you may have a problem on your hands. Common advice I give clients that are suspicious of their spouse is to keep a journal of their spouse's activities for two weeks. This will help establish a pattern and make it easier for an investigator to prove or

disprove infidelity. It is not easy to admit that your spouse may be having an affair. Infidelity does not discriminate. It can affect anyone of any race, color, or creed. It does not matter if you are rich or poor, where you live, or your age.

Infidelity can exist in your home, and you can be its victim. Cheaters cheat for several different reasons but it is very important to remember if your spouse is indeed having an affair that it is NOT your fault. It is extremely common for the infidel to try to place the blame on you. Saying things like “I wouldn’t have done it if” or “You refuse to do this, so”

Attempts to shift the blame is nothing but the persons guilt spontaneously combusting during a stressful situation. Life is about choices and it was not your choice for your mate to cheat, it was theirs.

If you want proof, it is highly recommended that you do hire a professional. What you plan on doing with any evidence that you obtain is your choice. Whether it is seeking counseling or a matrimonial attorney, nobody can tell you what choice is the best.

All of our relationships are multi faceted. Whether it is marital relationship or a love relationship, all have dimensions that make them go through ups and downs in our life. a relationship essentially develops between two persons and that is the reason of these changes. If one person is feeling bad for some reason, the relationship will suffer. There are three factors in a relationship – You, the person you are relating with and the type of relationship. Is there any method to test the relationships? Will that help? Let us find out.

There are few websites that offer tests and quizzes. Attempt all the quizzes on relationships and find out your answers. Ask your mate to do the same and find the answers. Compare your answers and try to find questions that were answered differently by both of you. That will tell you something about the areas your relationship may encounter friction.

The tests will serve another purpose. That is to raise questions in your mind. For example if a test question wants to know if you are satisfied with your mate's attention to you and you answer yes, but still think if the answer is correct? The questions asked in a test will give you a lot to think about. Discuss the tests with your mate and find out how your views are same and different. This will give you both a long list of questions to talk about with each other.

This exercise must be carried out in an atmosphere of good will and care for each other. Such an exercise can help you find a lot about your relationship and how your mate looks at you. Normally we don’t tell each other that we don’t like a certain habit of our mate. But when we answer that question in a quiz, our opinions will become clear to our mate and without any rancor, we manage to send the message. Quizzes and tests give us an opportunity at no cost to strengthen our relationship.

Relationship: Walking On Egg Shells

Walking on egg shells! Has anyone ever told you, that’s how they feel around you? If they have, it’s a huge red flag and one that should not be ignored. It needs to be dealt with immediately.

Relationships are a tough challenging part of our lives. Especially when dealing with matters of the heart. As truly good as they make you feel, they can in turn tear you apart from the inside in a heartbeat. When the red flags start to rise up, that’s when your relationship is crying out for help. You need to address it, as if a baby was crying out to you.

When someone says they feel like they are walking on egg shells, what is that telling you? It's telling you :

that they can no longer be themselves in your presence.
that they fear your reaction whenever they speak.
that they are stuck, that they cannot move in either direction, for fear of upsetting you.

It is also telling you that they need to stop this feeling that is tearing them apart.
Many of us are guilty for causing these prison bars that surround our loved ones.

We do not even realize that our own fears are doing this to them. We are so caught up in ourselves that we are blind to the world that we have created for them.

Through our own fears we hear what they say in all the wrong languages. We interpret them through our weaknesses and turn what they say all upside down.

Some of us react irrationally, forcing our partner to either take cover and hide or even worse become irrational themselves. This is when we both become deaf and blind. When the relationship war begins, there are no winners, only victims. What once was love, kisses and smiles has turned into an ugly vicious battle ground of snarls, hate, and searching for the lowest hit we can aim for. Wow, how does this happen so fast? We as humans are notorious for ruining so many very good things out of pure bad habits.

No one wants to lose or be the one saying, "I am sorry" every five minutes, nor should a real relationship become a win/lose situation either. Who wants to walk on egg shells? Then again, no one wants to have to defend their every breathe to someone they thought loved them unconditionally and are committed to. Walking on egg shells sucks!

If we cannot be ourselves with the one we love, then who can we be that with? This is not to say that a person should disrespect the other. When you know that something troubles the other person or makes them feel truly uncomfortable, it should go without saying that it is just not done. That is true respect. Why would you want to do something to hurt your best friend or even make your loved one feel out of place?

In new relationships it does take time to get things organized as in any new situation. Moving into a new house, a new job, having a baby, or even planning a trip, we have to reorganize to accommodate our now lives. Committing to another person is just the beginning of the book. It is just the title. Now you have to write the story and yes, make a few corrections along the way on both parts, but the trick is to constantly compare each others notes. Remember this: staying on the same page is what your relationship is all about.

When we make a commitment to another person through love, we are taking on a responsibility to share our love and life with that person. We are silently telling them that we are now going to take in consideration their feelings as well as our own.

Your once single-self life has now become a two-self life. This does not mean that you stop breathing and living. It just means that you are now sharing your life with this chosen person. It opens up a whole new world of respect. Remember also that you cannot gain respect if you do not offer respect. Life becomes a definite two-way street when two hearts are involved. There are also two minds working in

this relationship now; two minds that are of opposite genders, two minds that will collide now and then. This is not a bad thing. We need to have differences to add spice to our lives.

Be very careful of starting the “Poor Me”, habit. This is another relationship red flag to watch for. Remember, walking on egg shells? If one partner becomes so caught up in their own worries and fails to share this with their partner, it will sneak in between you both and begin to build a very strong wall of negative habits. If you have read any of my other articles, you will know these negative habits well, jealousy, mistrust, low self-esteem and total loneliness.

When your partner begins to feel they are slipping away from you, grab on and do not for a minute take that red flag for granted. Listen hard to their worries and love them more, not necessarily better. Just show more of your love. If they keep slipping away, then there is either nothing left to save or they need help outside of your relationship.

It is so important to know your partner. Only then can you realize when they are in trouble. Do not allow your relationship to become the wallpaper in your house. No one wants to be a wallflower. No one with any self-respect that is.

Another great phrase I hear all the time is, “Door Mat syndrome”. Oh this is a very bad thing for couples to allow to take hold of their relationship. In many cases one partner has taken hold of it and falls into a control habit. This is something that plagues many relationships. When does one partner become the owner? I will use that word because it shows possession and control. This happens because it can. Some one has allowed this ownership to take place. STOP allowing this, please. A partnership, relationship, commitment, whatever you want to call it, is an EQUAL understanding of respect and love. There are no owners and no bosses. No one is above the other. Man should respect woman and vice-verse. This is a must in order to make a relationship strong enough to not allow negative habits any control.

When there are no negative habits, there is no walking on eggshells. How much more simpler can it get. We are an intelligent species, so let us act intelligent when we decide to commit to another person. This is two lives we are dealing with here, not just another Hollywood movie. We are all going to age and all of us are going to notice our body parts going south. Guess what, no one is above that law. When you have found a true love, and are willing to invest your life with that person, please do not allow material things or negative fantasy ideals to come between you. It really is not worth it.

When you feel unsure of something ,or you feel negative emotions taking control of your mind, reach out to your partner. Don’t walk on egg shells. Do not turn it into a war against your partner. Use all of your love to fight the negative relationship habits. Love is worth it. We all have our good and bad days. Some have more than others. So when it’s a good day, then make it a really good day. Those are always remembered the longest. Don’t walk on egg shells. We have to love ourselves first, then and only then can we love another!

Tell each other often what you saw in each other, what you see now.
Relationship: She Needs A Break

Many couples break down after a long term relationships because many problems come into their life. But what happens when they still love each other but the girl needs a break?

Long Term Relationships are very difficult to sustain. After some time appear a lot of

misunderstandings, argues and problems which are inevitable because that's life. There are couples which know how to get over these problems and their relationship continues, but many of them fail. But there are also other reasons why a couple break down as because there is no love anymore, they can't understand anymore or just that one of them is bored in this relationship. Although, what happens if she say that she still loves you but she needs a break?

Let's say that a few days ago, your girlfriend of just over two years told you that she needs a break; she still says that she loves you and want you to be together some day, but right now she needs some space, a break in order to settle her minds. What should you do?

First of all you should try to ask her the reasons, doesn't she likes someone else? Maybe she won't tell you the truth and keep telling you lie in the face, but let her know that by taking this break is the risk of losing you forever. So if she really cares about you she will be a little worried that the game she planed would not go as she wanted. If you have the power, you should confront her and tell her that she is right, you feel too trapped lately and you consider too that is the best for you to have a break, even this is not what you want and your heart is broken.

If a girl asks for a break in relationship you have to give her that; if she still loves you as she said then she will come back to you. If she tells you that she will call you, you've better wait until she decides to do it. So do not try to contact her, to not call her, give her the time she needs. To not try desperately to get her back because she will run of you and then you will never get her back. Leave her alone, be busy and she will be sorry for letting you.

You have to think what may be the reasons why she wants to take a break as opposed to break up. Maybe you haven't been the best boyfriend she ever wanted. Or maybe she is making new friends, venturing on her own, enjoying the single life, having second thoughts about the relationship and she is outgrowing you; she is having fun right now, but having you as a boyfriend may not really fit into her new life.

Another reason why she wants to take a break is that she is not quite ready to let you go, but she wants to be able to meet other guys, without resorting to cheating on you; or she just met a new boy that she likes but she is not sure if she wants to stay with him or you.

What happens if she still calls you, dating sometime, but she doesn't tell you to get back together? The best thing you can do is to show her that you are fine without her, even if your heart is broken; all the girls are the same: when a girl it feels unwanted, is ready to do anything in order to be wanted again; so if she doesn't come running back it means that she didn't care too much.

You have to wait a little after her, but not too much. If she is sure that you love her, she likes this situation: she feels that she still has a boyfriend when she wants too, and also it is free to find someone new. So start letting go of your feelings for her right now and start date with other girls meantime because it is not considerate cheating because right now you are not a couple anymore, you are separated. It is the only way for you to move on with your life and if by some chance the two of you get back together someday, it will be on your terms. So go out with your own friends and have some fun.

When people decided to take a break, what they are really doing is taking time to see if there is somebody more suited for them out there. So you must think better if your girlfriend doesn't care about her more than she cares you.

Relationship: Infidelity Investigation

Definition of Infidelity

According to the dictionary, infidelity means unfaithfulness to a sexual partner, and in layman terms this simply means that your girlfriend / wife or your boyfriend/husband could be cheating on you for someone else. No marriage, no matter how rich, religious, political or powerful, is immune to the threat of unfaithfulness, so say experts who give advice on how to survive infidelity.

Relationship Infidelity

Infidelity in a marriage or in relationship is a bitter pill to swallow. Not simply because we strive to make our relationships thrive and survive in an all-challenging world, but because nobody, including you, can live along successfully with this lie! Infidelity in relationship can happen to you!.

Relationship infidelity is cruel and shows no mercy to the one left out in the cold. It doesn't really matter if you are married or attached, it is a symbol of the worst destruction to your life and soul which is yet to unleash to the unsuspecting you. This cheating infidelity is a symbolic of having your deepest fears and doubts exposed.

Do you know that there was a poll conducted to the Americans during the President Clinton's intern scandal? These infidelity statistics obtained were somewhat shocking

22 percent of men and 14 percent of women admitted to having sexual relations or infidelity adultery outside their marriage sometime in the past.

About 60 percent of men and 40 percent of women will have an affair at some point in some marriage, according to Monogamy Myth, Therapist Peggy Vaughn.

5 percent of married men and 3 percent of married women reported having sex with someone other than their spouse in a sexual infidelity survey conducted last year.

17 percent divorces in the United States are caused by marital infidelity.

Is your lover playing cheat on you at the time of reading this?

If you were to confront your lovers at point blank, it will definitely jeopardize your current relationship. No matter what sort of hardship you are facing now suspecting your lover of relationship infidelity, there are often the smarter ways on how you would determine your case to be true. Surely there must be some ways to put your mind at ease for once and for all if you suspect that your spouse is cheating you for another man.

How to catch a cheater

Here are the smart ways to detect signs of wife infidelity. Remember, the future of your relationship could depend on your ability to spot the telltale signs in time.

Sudden good appearance:

First impressions always count. Remember when the days you met each other, you would normally go

all out to dress up, being sensitive to your attire/wardrobe, even your personal grooming to that you would look nice in front of each other? Well, the fact that these things do happen to each if not most of us, it is often the best telltale sign on whether your partner is trying to impress or attract someone.

Is your partner treating you differently?

When your partner is involved with someone else, it is often than not your partner will start to treat you differently from how he/she used to. Even on the subconscious level, this could be detrimental to your current relationship. Hence, it is easy for you to pick up this alarming sign when the time comes.

A new mood of conversation?

Let's say your wife used to talk about cooking and spend most of her time in front of her cookery and gadgets, then suddenly you notice a sudden swing of mood in her. She now talks about grooming, talks about cars, or even start to dabble with wine or alcohol which she never used to. Well, ask yourself, could there be someone else who might be influencing her? Could the stuff that she normally talks about, places that she normally goes relate to the person she's hiding from you?

More overtime?

Let's face it. How many of us who are working for people would rather stay in the office till wee hours than slouching ourselves in front of the idiot box (TV)? Your partner would normally drives back home at close to 6 o'clock in the evening. Eventually at 7 o'clock, 8.30 pm, 10 or even not going back home? Hmmm..it is a well known understanding that your lover's working habits will undoubtedly change as her affair unfolds. Be on the lookout for work-related tell tale signs.

No time! No time! No time!

Just as infidelity cost your partner money, it may as well ended up causing your lovers time. Remember that we are all granted by God only 24 hours a day. So it's not surprising that your partner would try to steal the time away from you just to be with her lover.

Business traveling.

Traveling for business is the most common excuses for the cheating lovers as well as being the best getaway from you. Even if your lover really on business traveling, it is often the best practice to afford a cheating lover a chance to literally sway away from you.

Telephone conversation behavior

More often than not, illicit affairs often take place through the phone. Many foolish lovers take the risk of calling their partners at home or having their partners call them at home. Much to my surprise, many husbands ended up discovering their partners' infidelity either directly or indirectly by the telephone.

Your dwindling sex life

Let's face it. The moment your partner goes after her secret lover, do you think she might be interest in you? What more in having sex with you? God knows how attractive the secret lover to her. So it's crucial for you to be on alert for any type of changes or frequency of your sex life together.

Smell like an animal!

Each person has his or her own unique smell or taste. At first, you might not notice it, but when the time comes, you would feel completely different smell or taste. Remember that every lovers out there would do anything to make their first impression better? It could be their bodily smell or cologne which may attract to each other which is the reason behind the change of smell. Friendly advice, be on close guard. This is a warning sign for you.

Invasion of your home

It's quite common for your partner to end up with her lover in your home. When this happens, pay close attention to all the items or belongings which were left behind. Scour and collect these crucial evidence in everywhere in your house that you could possible imagine.

Gifts but not from you?

At times you would end up finding a gifts which were not from you. Look out for these telltale signs especially near Valentine's day or Christmas. If they are not from you, then who else?

Email usage

What does it tell you that all of a sudden you see your partner having an interest in using the computer? What else does this indicate when she's using more emails than she is talking to you? Chances are this may as well indicate the involvement of her online or cyber affair. Don't take this lightly as most of the time these affairs can be detrimental to your marriage. Emotional attachment can be extremely strong, and could progress from cyberspace to physical reality.

Sudden spike of hand-phone bills.

With the advent of technology advancement in telecommunications, it's no wonder that life has been easier for both you and your partner to communicate at any point of time. But beware, this could also be a great opportunity for your partner to stay in touch of her secret lover.

The physical evidence waiting to be found.

Most of the time the physical evidence indication of your lover's secret life can be easily found in front of your eyes. When your partner is not available, check her handbags, her wastepaper basket, her filling cabinets, drawers, or any other sort of place you could think of. Keep your eyes open. With luck, you could find yourself a new sets of physical evidence of infidelity you can find.

How would your partner behave in front of others?

Studies and reports have indicated that most men will likely have an affair with someone he already knows, either from the women he normally comes in contact with, or even business associates. Try to be observant, as at times your partner may behave strangely in front of these people.

If you have your suspicions that your partner is having an affair, but for your own peace of mind you need to be sure about the infidelity, investigation is an option but, before you go out and hire a private

investigator, make sure that you know what you are getting yourself in to.

There is no doubt that infidelity is one of the hardest things anyone ever has to go through and the period when the first suspicions develop is one of the worst. The not knowing, just wondering where your partner is and what they are doing plays havoc with the mind and trying to decide what to do is painful.

There are many options to catch a cheating spouse and trying to wade through them can be daunting but you need to be sure that before your infidelity investigation gets under way you have chosen the right option for you.

When choosing the route of private investigator one of the biggest mistakes you can make is to tell your partner that they are being investigated. Often it is in the heat of the moment and not something that was meant to come out but it does happen, in fact it happens a lot. People aren't always so stupid as to let slip to their spouses but find it difficult not to confide in their friends, colleagues or family.

Infidelity is something that is difficult and for some people impossible to cope with alone but once you decide to confirm your suspicions of the infidelity, investigation through a private investigator is your chosen path, and the initial steps have been taken, you must be sure that you can go it alone.

No one ever means to break a confidence but it is so easily done, just one slip of the tongue and it's all over, the investigation is sabotaged. If you decide to go for it make sure you are able to keep quiet, not just at the start but through the whole investigation even if early feedback appears to confirm what you originally thought you have to be able to keep quiet right to the end. You can't confide in a friend and you can't confront your spouse, you can't even change in the way you act towards your partner.

If you think you are up to it then your first step is to hire a licensed private investigator. The investigator, once instructed will basically follow your spouse and monitor their activities. They will gather evidence, if there is any to be had, as proof of what is happening. A guide to timescales is often given but it can only be a guide, the length of time it takes is all down to how frequently your partner meets with the 'other person' if they exist and how much time and money you want to throw at the investigation.

Evidence generally comes in the form of photographs but can also be from recording devices planted in a person's home, office or car. Whatever the approach it can prove a lengthy and costly process.

People who are having an extramarital affair are usually discreet and go to great lengths not to get caught cheating on their partners. Infidelity investigation therefore involves someone spending long hours parked outside your house, a hotel, a restaurant or your partner's office just in the hope that they are in the right place at the right time.

Be sure this is the path for you before you hire an investigator or else you could pin your hopes on something that is going to fall at the first hurdle!

Relationship: The Forty Commandments

Top Ten List Of What To Do And What Not To Do In Relationships

Most of us who have been intimately involved with someone beyond the infatuation stage know that relationships are like a roller-coaster ride. When things are good, they are very, very good. When things

are bad, they are very, very bad. As a relationship coach, I have developed Top 10 Lists—one for men and one for women on 10 things to do and not to do in relationships.

MEN

DO

1. Just listen to your partner without offering advice.
2. Trust and respect her.
3. Treat her as an equal partner in your relationship.
4. Stay and support her when she gets emotional. She is looking for understanding, not solutions.
5. Continue your courtship even after she's committed to you. Continue to create romance in your relationship.
6. Do little things on a regular basis. A woman doesn't care if you call her at work to say, "I love you" or if you buy a new TV for the living room. The small things are worth just as much as the big ones.
7. Honor any agreements you have made with her.
8. Encourage her goals and direction.
9. Find out what your partner would like to do and then do it with her.
10. Say, "I'm sorry" when you've done something you regret or that was hurtful to your partner, whether intentionally or unintentionally.

DON'T

1. Go to bed angry with your partner.
2. Try to offer advice or solutions when your partner just needs you to listen to her without comment.
3. Pretend to listen to her when you really aren't.
4. Shut your partner out when you need to sort things out in your head. Just explain you need space, you aren't angry with your partner and that you'll be back.
5. Criticize your partner, especially her appearance.
6. Yell at your partner as if you were her father.
7. Take every word she says literally. Women, when upset, tend to speak in absolutes, such as "You NEVER listen to me;" when what she really means is that you aren't listening to her at that time.
8. Allow jealousy to erode the trust, love and respect of your relationship.
9. Violate her privacy.
10. Forget special occasions.

Men and women have different communication styles, different needs and desires, and different relationship challenges. Learning these differences can assist us in strengthening the relationships we have now and in the future. John Gray began this revolutionary discovery in his book, *Men are from Mars; Women are from Venus*. The Women's List follows:

WOMEN

DO

1. When you want more quality time with your man, make the time you do have as positive as possible.
2. Trust and respect him.
3. Stop nagging.
4. Allow your partner time away from you without giving him the third degree.

5. Appreciate the little things he does for you and tell him so.
6. Make love creatively and often. Don't be afraid to initiate lovemaking.
7. Honor any agreements you have made with him.
8. Support his goals and direction.
9. Ask for what you want! (Believe it or not, no matter how much he loves you, he really can't read your mind.)
10. Accept his "No" gracefully, trusting that he would if he could.

DON'T

1. Go to bed angry with your partner.
2. Insist he always share his feelings with you. Talking about feelings is more what women need.
3. Attempt to converse with your partner during a good movie or sporting event.
4. Continue to "give" in what you perceive is a lopsided relationship when you are at a point of resentment.
5. Criticize him or put him down, especially the things he does.
6. Scold your partner as if he were a child.
7. Use sex as a prize for good behavior or the withholding of sex as punishment for "bad" behavior.
8. Compare him to a fictional character in a book, movie or soap drama and find him lacking.
9. Violate his privacy.
10. Try to change him. Appreciate the man he is right now.

There is so much to learn about satisfying relationships that your parents never showed you. Please don't become one of the statistics of divorce or perhaps worse, stay in a miserable relationship to honor your marriage vows while having so many regrets about your life as the time ticks away.

Relationship: First Steps To Handle Abuse

First Steps To Handle Abusive Relationships

A Relationship is a very valuable aspect in our life. It must be unique and something to be enjoyed by everyone. We all dream of having a very healthy relationship especially with our friends, family members and loved ones.

It is a relationship wherein we enjoy each others company. We do things together like watching a basketball game or sometimes with the company of some friends. We are honest about our feelings with each other. There is mutual respect and sincerity between the two of us. It means we pay attention to each others opinion or thoughts. Always trying to reach out to each other to strengthen the bonds of the relationship.

On the other hand, to have an unhealthy or abusive relationship is to experience the exact opposite when we are having a healthy relationship.

We usually feel bad about ourselves. We do not verbalize our feelings. We take each other for granted. It could be in the form of hurting the other person verbally, abusing the person physically, emotional abuse and sexual abuse. Sometimes, both of them will be violent or be abusive to each other.

There are situations wherein only one is abusive to the other. Most often, the abusive relationship does not happen immediately only after sometime. That will be the manifestation of the real self of the person you promised to live with.

If we are experiencing an abusive relationship, then how are we to get out from such relationship?

First and foremost, we need to talk to somebody we could trust, like for example our parents, a friend, guardian, counselor, teacher or a doctor. We should relate to them that we are having an unhealthy relationship and what the other person did so as to abuse us.

If we are afraid to tell our parents, then we should approach somebody whom we trust to help us in telling our parents, to the counselor, security of the school, and even the police about the abuse. And we will be able to escape such relationship.

In leaving an abusive relationship, sometimes it is too risky to do so. There is a necessity for us to make a plan for our safety so that everything will be done smoothly. It will surely not be difficult and safer if we will have a plan. These are the tips for our safety plan.

- Do not be ashamed to tell your situation to somebody you trust.
- Mention directly to the person abusing you that you do not want to see him or her in order that they will not be able to touch you. Do it when your guardian or parents are present.
- If you are injured, go for treatment from your doctor or the hospital.
- Record in a diary when the date of abuse happened.
- Contact should be avoided with the person.
- Do not walk alone. Be with your friends.
- In case of emergency, look for a safer place like the police station.
- Always bring your cellphone, phone cards and money.
- In case the person is following you, do not hesitate to call 911.
- Always have the domestic violence hotline numbers.

Most of the times, it would happen that the various abuses we mentioned are done inside our very own home, we feel bad about this kind of situation. In other words, our home can no longer guarantee our safety and security with the other members of the family. Sexual abuse is committed right at the doorstep of our home. Child abuse is also done when a person assigned to take care of the child fails to do so.

There are times when the child is physically hurt out of jealousy. And what ever happens, the parents and health caregivers must be prepared to protect and take care of the child.

Relationship: Avert Romance Killers

Title: The Top Six Romance Killers – And How to Avert Them

Remember the time your lover couldn't keep his hands off you? And now, it seems, his hands are

strictly for holding the remote, and he has eyes only for the TV.

What went wrong? Besides the fact that lifestyles today are more stressful than ever (a definite romance buster), most relationships go through predictable phases – from intense passion to a warm friendly glow to possible eventual indifference.

All couples, however, do not end up with indifference towards each other. Some even retain intense romance and passion for as long as they live. These relationships are not instances of chance or luck – the continued intimacy is a result of working on the relationship and not giving up on each other when the things look bleak.

If you are looking for more than just “holding on” to each other out of habit and wish to rekindle the flame of the early days of your romancing, here are some tips that will help you reach that goal:

Chores and additional responsibility:

The greatest difference between the dating days and the living together days is the drastic change in responsibility levels. Money matters, household chores, and decision-making are the major areas of conflict.

For instance, you have never discussed who does what around the house, and when you see your partner sprawled on the couch while you are hard at work, it angers you. The best way to sidestep this hurdle is to work on communication. In this example, it would help to discuss division of chores and responsibilities before you start living together. Also, discuss money matters beforehand – who will spend on what, how much will be saved etc. If one partner puts in efforts to save money, and the other partner spends lavishly, the relationship is heading towards troubled waters. When we stop communicating, resentment builds up.

Resentment:

Unresolved issues lead to bitterness and resentment. And when we resent our partner, we tend to start shutting him/her out of our lives. This is the beginning of indifference. Snip indifference in the bud by recognizing its signs and talking about the unresolved issue. Seek a closure.

Fitness & Health:

High profile and highly demanding careers mean that we have little emotional energy to “give” at the end of the day. When both partners feel this way, they may end up snapping at each other for non-issues. And if you have been neglecting your health by eating junk food and not exercising, you feel constantly exhausted and irritable. So when both partners maintain a healthy (and fit) lifestyle, it helps their relationship.

Babies:

Some say that the greatest test of the health a relationship is how it survives the entry of the new family member – the baby. Newborns can add to the stress of an already stressed relationship. If you don’t want your relationship to fall apart on account of the baby, make sure you are working on it before the baby is born – again, the key is open and honest communication.

Familiarity:

At some point in the relationship we get comfortable enough with each other to burp in front of each other. This familiarity sometimes extends to not opening doors for our partner, and not carrying bags for her – little courtesies are forgotten. Even if we are comfortable with each other, behaving in a gentlemanly manner (or ladylike manner) when the occasion demands, keeps the romance alive.

Bickering:

Most bickering is a reflection of a bigger problem – it is never really about the socks on the floor or the toothpaste tube cover- it is about how these gestures show that you don't care enough about your partner to put in the effort. Bickering only increases your frustration because while the issue does not get resolved, you get labeled a "nag". Talking in a constructive and positive manner about what bothers you is the best way to sidestep bickering.

Always remember to talk in a place that is free of distractions such as the TV or the baby. And while we're going on about honest communication, remember the golden rule of speaking to your partner – it never hurts to be diplomatic. We're saying, "be honest", but that does not equal "be harsh". Talk in a considerate, gentle and positive manner; and your partner will reward you by being responsive. And that is the beginning of rekindling the romance.

Relationship: Online Relationships IRL Cheating

Are Online Relationships Cheating – Yes Or No? If your significant other seems to be spending a significant amount of time online, you may wonder what is going on and are online relationships cheating? For the most part that depends on you and your relationship. If you and your partner are OK with the other having a lot of online friends, regardless of gender, then it's not cheating to the two of you.

If, on the other hand, one or both of you considers a deep connection with another person either online or off to be cheating than yes it is. You and your partner define your own relationship.

The internet, and all the social sites that are constantly popping up, have made it a lot easier to find other people to connect with. That can be a great thing. It's fun to reconnect with old friends you haven't seen or heard from in years. The problems can come when your partner seems to enjoy their online friendships more than they like spending time with you.

While it may not be technically cheating, it can definitely put a serious strain on your relationship. If your partner is forming an emotional attachment with someone else online, that doesn't leave a lot of room for the two of you. Your relationship can start to get pretty crowded if that starts to happen.

If you believe that your partner is spending too much time online the best course of action, in most cases, is to talk to them about it. The operative word here is 'talk'. Not scream, nag, or accuse. Just explain to them that you miss them and you don't feel like the two of you are connecting the way you used to.

Suggest some time when the two of you can get together one on one. If you present this request to your partner in a calm, loving way you can tell a lot about what they're really thinking based on their response. For example, if you aren't accusing your partner of doing anything wrong yet they still get defensive it could very likely mean they have a guilty conscience, maybe they really are doing

something they know they shouldn't be.

If they get angry that you've asked them to cut back on the amount of time they spend online than it's highly likely that your partner has 'met' someone new. Most people would consider this a form of cheating even if the two people haven't met in person. No one wants their partner to be thinking about someone else too often. If that is the case your relationship could be in real trouble and in most cases it's best to try to address the issue head on and see if the two of you want to work it out. Try to talk to your partner and find out where they are coming from. If either you or your partner is having romantic thoughts about another person, and that's never a good sign.

Essentially, 'going' with another IS cheating. No matter how virtual or how physical. Sharing hearts with another IS cheating!

Are Online Relationships Good Or Bad

If you've 'met' someone online you may be wondering are online relationships good? For the most part, that depends on the exact nature of the relationship and how each of the people in the relationship feels about it.

Relationships are very personal and every person, and couple, to some degree make their own rules. Having said that though, most good relationships will have some common features.

For instance, it's important at an early stage for each of you to discuss what you want to get out of the relationship. Now, obviously, I'm not talking about pledging your undying love after you've just met someone, but as you get to know one another if the bond seems to be growing, would either, or both, of you like to eventually meet? Or would you be more comfortable just keeping things in the cyber world?

There is no right or wrong when it comes to that question, but it's important that you are both on the same page. Someone can get hurt if they feel the connection is strong enough to warrant actually meeting in person and the other person has no desire to take the relationship that far.

If one or the other of you is using your online relationship to 'cheat' on a real world partner, than it's not really good. Cheating is cheating and most people would define it as having an emotional connection, a romantic connection, with someone other than your partner. Even if the two of you never meet and never have a physical relationship, many would consider it cheating to have another romantic love besides your partner.

One of the biggest things everyone has to remember when they are involved in an online relationship of any kind is that you don't really know for sure who you're talking to. That 21 year old female college student from Kansas may actually be a 45 year old plumber from Pittsburgh. Yikes! It's hard to really form a bond with another person if you can't even be sure who they really are.

Online relationships allow you to fill in a lot of the blanks about a person, and more often than not you'll fill things in the way you would like them to be. This may be one of the biggest pitfalls of all when it comes to online relationships. Of course, if the two of you actually meet in person, you will overcome that obstacle. But if the two of you are content to leave things strictly online you have to remember that you can only get so close to someone when you can't ever be sure they are who they say they are.

Many people would argue that you can never really get to know another person, but if you've actually met them in person at least you know to some degree, if they are really who they say they are.

All in all the question: are online relationships good depends largely on you and what you're looking for in a relationship. The internet offers a great way to meet new people, just make sure that you are clear about what it is you are really looking for.

Use your natural gut feel: as soon as you feel bad, then stop! Your radar is always right.

Are Online Relationships Healthy

There is a lot of conflicting opinions when it comes to whether or not the internet has allowed us to get closer to one another. Some will say that the internet makes it easy to connect with people from all over the world and all walks of life, people you wouldn't usually come into contact with any other way, while others think it's taking the 'connection' out of relationships. No matter which side of the argument you are on the question: are online relationships healthy, is a valid one.

While most people think that each relationship has to be judged on it's own merits, there are some things you can look for to make sure your relationship is a healthy one.

Here are some tips for making the most out of your online relationships:

1. For one thing, don't pay to join a dating site, with so many social sites available like Facebook, Twitter, MySpace, etc. there's really no reason for most people to pay to join a dating site. Some people may like the idea of all of their 'matches' being screened by someone else but for the most part, it's probably an unnecessary step... and it will cost you.
2. When you first meet someone online take full advantage of all the technology to slow things down, or speed them up if you prefer. You can communicate with just email if you want to take things slowly, after a while if you're comfortable with each other you can start to instant message each other and you may want to eventually use a web cam to communicate. The point is that with an online relationship both of you have a lot more control over the pace of the relationship which can help you build a very solid relationship.
3. To make sure that you're not having an online relationship solely because you are afraid to have a 'real' offline one, it might be a good idea to plan to meet at some point if things go well. Most people want and need human contact and will eventually want to move a good relationship into the physical world. If the person you are dating online is reluctant to do that it could be a red flag. Maybe they are already in a relationship with someone or maybe they have some behavioral issues that makes them fear a real world relationship.
4. When the two of you do decide it's time to meet offline, don't ever forget that the person you've been chatting with and getting to know may not really be the person they say they are. That's one of the drawbacks of only communicating via instant messages and email, people can lie about who they are. Always arrange to meet them in a public place and even though you may have spent months getting to know each other online, when you actually meet it should be almost like starting from scratch and you should take it slowly.

Many people have asked the question: are online relationships healthy? The truth is that it depends on

each individual relationship. Use the information above to make sure that the relationship you have is a good and healthy one, i.e. leaving not a trace of bad thoughts, that's really all that matters.

How To Deal With Cheating In A Relationship

If you find out that your partner has cheated on you the first reaction you might have is to leave him. But the initial reaction is often thought in the heat of the moment and might not necessarily be the right thing to do. You should consider these factors before making your final decision:

- * Has your partner ever cheated on you before or is the first time?
- * Was he having a long term affair or was it a one night stand?
- * How long have you and your partner been together?
- * Do you and your partner have children together?

These are all questions you need to ask before making a decision. Let's take a closer look at each one of these factors.

1. Has your partner ever cheated on you before or is this the first time?

If this is the first time that your partner has cheated then it's possible that it was just one big mistake and he may never do it again. It might be a little hasty to end the relationship if it is the first time. You need to talk to him and try to find out why he cheated. Was it an occasion of having too much alcohol and it just happened? Or was it something that was planned with someone he had known for a while?

If it was a case of too much alcohol and a lapse in judgment, while in his impaired state, then I'm sure he still loves you very much and regrets this happening. If on the other hand it was planned and something he has wanted for a while, then you might both need to take a long, hard look at your relationship to see where it has gone wrong.

You need to work out if this is a cry for help, is it a cry for you to notice him and pay more attention to him. Men can sometimes feel neglected in a relationship, especially if you have children that take up a great deal of your time, and they might feel that you don't spend enough time with them and are insecure in the relationship.

2. Was he having a long term affair or was it a one night stand?

As with number one, if it was a one night stand then it might be something that your partner now regrets. However, if he has been having a long term affair then it is a whole different story. A long term affair can be very damaging to a relationship and the hurt inflicted on the non cheating spouse is sometimes too much to forgive.

If he has had a one night stand then it is usually 'just sex' and nothing more but when it is a long term affair then it is more than just sex, it is sharing your life with that person. A long term affair is much more personal and much harder for a relationship to recover from. A one night stand is just sex but a long term affair is lies and deceit.

3. How long have you and your partner been together?

If your relationship is new and your partner has cheated already then this is not a good sign for the

future so it might be a relationship that you should quit while you're ahead. If you and your partner have been together for years and this is the first time he has cheated, then perhaps your relationship is going through a rocky period and needs some work to get through it and be happy again.

4. Do you and your partner have children together?

When you have children together then you need to think extra long and hard about your decision. Kids will survive a breakup and they can be happy in a single parent household, but they can be a lot happier in a happy two parent household. However, if the two parent home is not a happy one and there is a lot of anger, resentment and fighting between the parents, then the children might be better off in the single parent homes.

It is a much more difficult decision when there are children involved and if you can, it is best to try and work through this difficult time in your relationship and work out your differences so that you can give your children a happy home.

Hopefully this is the last time that you will have to deal with someone cheating in your relationship.

Well, this concludes the BlogBook. There will not be any extension of this one. I am sure you will have found helpful information here. Most of it is based on my own personal experience.

Live well and prosper!