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FROM THE EDITOR

Happy New Year!
As another new year begins, I have spent hours pondering what I want my first message to be, as it sets the tone for the year ahead. As I reflected on 2019, and all the wonderful things that have happened to me, I realized that the message is simple: Even in the darkest moments of your life, there is strength within you (that you don't even know exists) and, if you don't give up and succumb to the negative feelings, you will realize that there is hope and that better times lie ahead.

For someone who is going through an extremely traumatic period in life, you may not believe what I am preaching because you can't see the light at the end of the tunnel or because you believe that your life is over.

While the life that you knew may be over, or to be more correct, altered, there is definitely light at the end of the tunnel. Trust me … I know.

Up until a few years ago, I lived a pretty charmed life. I had wonderful parents and a loving family. I got married immediately after graduating from college. We bought a home, had two kids and great friends; I was living the dream. Then, within a few months, my life crumbled. My 23-year marriage ended, my mother and sister (my last remaining original family members) died, and my oldest child left for college.

In that brief period, I lost: my identity – I was no longer a wife, daughter, sister or mother (as I had known it); my security – I was a single woman responsible for supporting myself and kids while maintaining a home; and the future I had planned – there would be no happily ever after.

I felt alone, vulnerable, and scared. I was knocked down, exhausted, and didn't see any place to turn. I questioned whether I wanted to keep going.

But, in was in that darkness that I chose to not only survive, but to thrive. That was the hardest decision of my life. I didn't know where to turn or what my first steps would be. All I knew was that I didn't want to feel that way any longer!

If I was going to make any progress, I recognized that I had to change my thinking and beliefs, mostly about myself. Little by little, with each baby step, I moved forward. I spent much time thinking, writing, reflecting, and getting in touch with myself. Being an active participant in the process of healing saved my life.

I learned the importance of a positive attitude and CHOSE to see the gifts and lessons being offered to me. I have found my inner strength and am learning how to count on ME and love ME!

Now, when I look back over the past few years of my life, while there may be a twinge of sadness, the pain does not engulf me and I am able to say that many wonderful things have happened to me and for me. I am a person I never would have become without those experiences.

So, as the new year begins, no matter what you are going through, always remember that change, resulting in pain and sadness, is inevitable. It’s not a matter of “if” something will happen, but “when” it will occur.

But, if you embrace it, learn from it, and grow with it, you will realize that you are strong and that there will always be an invincible summer within. Sometimes it's just a bit more challenging to find … but it's always there.

— Joan Herrmann
ON THE COVER
Can you really change your brain? According to Dr. Daniel Amen, you’re not stuck with the brain you’re born with. You can change it and change your life. Dr. Amen is one of America’s leading psychiatrists and brain health experts. He has authored or coauthored 70 professional articles and more than 30 books, including the New York Times bestseller, Change Your Brain, Change Your Life. Dr. Amen has appeared on numerous television shows including Dr. Phil, Dr. Oz, The Doctors, and The View. He was a consultant for the movie, Concussion, starring Will Smith, and he appeared on the Emmy-winning show, The Truth About Drinking.

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Rates and References upon request
LEADING OFF

WHY YOU SHOULD NEVER EAT HIGH FRUCTOSE CORN SYRUP

Written by Mark Hyman, MD
Renaissance physician Paracelsus famously said, “The dose makes the poison,” meaning that even harmless substances can become toxic if you eat enough of them. Many people ask me, “Is high fructose syrup really that bad for you?” And my answer to this question is “Yes,” mainly for this very reason.

In America today, we are eating huge doses of sugar, especially high fructose corn syrup. It is sweeter and cheaper than regular sugar and is in every processed food and sugar-sweetened drink. Purging it from your diet is the single best thing you can do for your health!

In recent history, we’ve gone from 20 teaspoons of sugar per person per year to about 150 pounds of sugar per person per year. That’s a half pound a day for every man, woman, and child in America. The average 20-ounce soda contains 15 teaspoons of sugar, all of it high fructose corn syrup. And when you eat sugar in those doses, it becomes a toxin.

As part of the chemical process used to make high fructose corn syrup, the glucose and fructose - which are naturally bound together - become separated. This allows the fructose to mainline directly into your liver, which turns on a factory of fat production in your liver called lipogenesis.

This leads to fatty liver, the most common disease in America today, affecting 90 million Americans. This, in turn, leads to diabesity --pre-diabetes and Type 2 diabetes. So, high fructose corn syrup is the real driver of the current epidemic of heart attacks, strokes, cancer, dementia, and of course, Type 2 diabetes.

HFCS Contains Dangerous Chemicals and Contaminants

Beside the ginormous load of pure fructose and sugar found in HCFS, as an added bonus, it contains other chemical toxins. Chemical contaminants used during manufacturing end up in the HFCS and in our food.

What we know, for example, is that chloralkali is used in making high fructose corn syrup. Chloralkali contains mercury. And there are trace amounts of mercury found in high fructose corn syrup-containing beverages. Now, it may not be a problem if we eat this occasionally, but the average person in the country consumes more than 20 teaspoons a day of high fructose corn syrup and the average teenager has 34 teaspoons a day. Over time, these heavy metals can accumulate in the body, causing health problems.

Additionally, when we look at the chemical components of high fructose corn syrup on a spectrograph, we can see that it contains many weird chemicals that we know nothing about. That’s why I say better safe than sorry.

Look Out for the Red Flag

The main reason you should give up high fructose corn syrup is that it’s a big red flag for very poor quality food. If you see this ingredient on a label, I guarantee you the food is processed junk. So, if high fructose corn syrup is anywhere on the label, put it back on the shelf. You should never eat this food.

If you want to stay healthy, lose weight easily, get rid of chronic disease, and help reduce the obesity epidemic, the single most important thing you can do is eliminate high fructose corn syrup from your diet and from your children’s diet. Just banish it from your house.

Purge Your Kitchen

I challenge you to go into your kitchen right now, go in the cupboard and refrigerator, and look at every single label. And I want you to count how many products you have right now in your house that contain high fructose corn syrup. Then, I want you to get a big garbage bag and throw them out and find replacements that are free of it.

If you want to have some sugar, that’s fine. Have a little sugar, but add it to your food yourself. Don’t eat food made with added sugar. Cut the high fructose corn syrup from your life forever. You’ll be healthier. Our planet will be healthier. And we’ll have a healthier generation of children.

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**About The Author**

MARK HYMAN, MD

Mark Hyman MD is the Director of Cleveland Clinic’s Center for Functional Medicine, the Founder of The UltraWellness Center, and a ten-time #1 New York Times Bestselling author.

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—Mark Nepo

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A fight between two people (lovers, spouses, family members) is a kind of psychological battle often filled with personal attacks, accusations, and dredging up past mistakes.

When both parties are exhausted, or one grudgingly concedes, the fight ends — for the moment. But nothing has changed; resentment has just gone underground until it's dug up again, and hostilities soon resume.

But it needn't be this way. There's a little known magic that can stop any fight in the moment and helps prevent the next one from getting starting. It's the result of what we can call relationship jiu-jitsu.

Jiu-jitsu is an ancient Japanese martial art based in "the art of yielding." The combatants use special moves to turn an opponent's energy back on them. But here, I'm using the term psychologically, where the opponent isn't a person you're fighting. The true opponent to be overcome is a negative, lower level of consciousness in each of you that blames the other for the punishing pattern you're both caught up in.
To apply relationship jiu-jitsu, at least one of you must see you’re about to mindlessly repeat some old cruel pattern that has no winner. So, instead of acting from the negative energy you feel — having seen the futility of throwing it at the other person who will only throw it back at you — you do something completely new: rather than try to prove you’re right, you use the moment to discover something about yourself that will not only help transform you, but maybe the other person as well!

If you’re ready to break old patterns with a little relationship jiu-jitsu, here are specific steps to follow in the heat of any battle.

**Reverse your attention.** Being upset with someone tends to block self-awareness. All you see is someone you believe is making you feel bad. They are responsible for the negativity you feel. But the true cause lies in unseen expectations you brought to the moment that aren’t being met; this means your own demands are a big part of the problem between you.

So, instead of focusing on what the other person is doing that irritates you, reverse your attention and place it on what’s going on within you. This is the first step to making the inner transformation that can change the moment.

**Instead of resisting the other person’s negative state, ask yourself, “What can I learn from you about myself?”** When you resist another’s negative state, you just make them more negative. Instead, meet people differently with this inner request: “What can I learn about myself from you?” It makes a huge difference in what comes up in you and what you can learn about yourself as a result. For example, suppose you’re out with your partner for what should be a romantic dinner, but your partner is in a foul mood. His irritation triggers a corresponding reaction in you that wants to accuse him of ruining the evening. But instead you turn your attention back on yourself, allowing you to see — on the spot — that you and your partner are actually the same — both reacting with negativity to a moment you don’t like. This realization empowers you to take a conscious step back, so that instead of punishing him from a position of imagined superiority, you meet him with real understanding of the pain you both carry. This changes the dynamic in the moment. Out of this completely different order of relationship comes new compassion and the possibility for a transformed interaction.

Remember that the other person is doing the best they know to do and would do better if they knew better. When we’re hurt by someone, we try to make them change. But, it’s not in our power to change anyone.

Here’s what is in our power to do. When someone hurts us, we can remember they’re doing the best they know to do but they’re blind to their own actions. This means they can only change if they see themselves as they are, which they have a chance to do if we stop giving them justification for their insensitivity by responding to it in similar terms.

Our new choice — to step out of the pattern of arguing — creates an obvious contrast between us and our opponent, giving them a chance to see their behavior and creating the space they need to change.

**Realize it’s not your pain or my pain — but our pain.** Whenever two people fight, both are in pain. So, best to attend to self-healing rather than trying to prove who’s “right.” Our new intention is to be conscious of us, a choice that lets us see the truth of the moment: we are both in pain, and it’s this pain that has picked the fight. The healing inherent in this revelation releases us from any wish to punish the other person, shattering the old pattern.

**See the gift in the moment.** In moments of conflict, catch the divisive belief that “you are different from me.” This allows us to capture the surging negative energy and turn it around so instead of driving us farther apart, it draws us closer through our deeper understanding of ourselves and each other.

These moments are a gift that can be used to help us transcend ourselves and elevate the relationship. A little relationship jiu-jitsu is key to this transformation.

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**From The Story**

“Rather than try to prove you’re right, you use the moment to discover something about yourself.”

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**About The Author**

**GUY FINLEY**

Guy Finley is an internationally renowned spiritual teacher and bestselling self-help author. He is the founder and director of Life of Learning Foundation, a nonprofit center for transcendent self-study located in Merlin, Oregon. He also hosts the Foundation’s Wisdom School — an on-line self-discovery program for seekers of higher self-knowledge. He is the best-selling author of The Secret of Letting Go and 45 other books and audio programs that have sold over 2 million copies, in 26 languages, worldwide.

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I have run northern NJ’s most awarded academic firm, BrainStorm Tutoring (stormthetest.com), for almost 15 years.

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How we feel about ourselves dictates the way we live life. It impacts the way we approach just about every thing we do. Yet, sadly, many people struggle to believe in their worth and abilities.

Throughout my life, my levels of self-confidence have ebbed and flowed. Growing up I was an overweight adolescent, which had a significant affect on how I viewed myself. When you're young, external validation is so important and when that is compromised it can stay with you forever. When I became a teenager, I lost weight, but, to be honest, my self image didn't change. The programming was written and, as I later learned, only I could modify it.

After college, my first job was as a public relations assistant for a Fortune 500 company. I was a 23-three-year-old thrust into a position that petrified me. I worked side-by-side with the communication manager, directly with the CEO and other corporate executives. I solely was responsible for writing the employee newsletter, we scripted the CEO's speeches, I assisted on the annual report, etc. These were high level pros and I was a wet-behind-the-ears kid. But, I worked through my fear and grew stronger with each accomplishment. Each achievement was like a notch on my confidence belt. I felt really good about myself.

Fast forward a few years. My life circumstance changed when I chose to be a wife and stay at home mom. Now, this was the best role I ever had with the greatest rewards, however, it was also the job that almost destroyed me. For 17 years, I allowed myself to become “hired help” with very little external validation or praise. Outsiders tended to belittle stay at home mothers and no one in the home was building me up. I didn’t recognize any of my many
accomplishments or successes. I felt neglected, unwanted, and to be frank, stupid.

It was only after I made changes to my life situation, stepped out of my comfort zone, and went inside of myself, that I reclaimed my self esteem and confidence.

Looking back, I can see the pattern in my life. Whenever I looked outside for validation, I felt horrible about myself. When I went inside, believed in myself and achieved my goals, I became confident. Building confidence is an inside job!

Building confidence is not something that happens overnight. There are so many situations and people that can tear it apart, if we let it. Like building muscle mass, confidence is built up over time, with repetition. To get the process going, I recommend:

1. Push yourself out of your comfort zone.

Many of us go through life living an existence that is not even close to our full potential. The fear of failing or being ridiculed makes us play it safe. It’s only by moving through our fears that we can feel good within. Face your fears. Try something new that you’re not sure you can do. Something that scares you: take a class, run a 5K, speak in front of an audience, volunteer for a work project. Then, try something else that’s new. Do this over and over again. Give it your best and have fun. With each success, you will chip away at the self doubt and fear until you feel like there is nothing you cannot achieve.

This is what I did at my first job and again when I was at my lowest point. In middle age, I had a crazy idea to start and host a radio show. With absolutely no experience or knowledge about the industry, I went for it. It was not easy. Actually, it was the hardest thing I ever did. There were less than positive outcomes along the way, but I persisted. Little by little, I began to believe in me. I stopped focusing on the “failures” (I viewed them as learning experiences), and put my attention on the wins. Those wins, no matter how small, build you up!

2. Eliminate negative thoughts (yours and from others)

As I said, self confidence is an inside job. Stop negative self talk. We speak to ourselves in ways that we would never speak to another. Recognize that when you speak about yourself, what follows “I am” in your statement defines you. When you say, “I am too dumb,” or “I am not pretty enough,” or I am fat,” or “I am (fill in the blank),” becomes your reality. If you catch yourself having an inner dialogue, stop! Don’t feed it! Learn to catch these thoughts

and replace them with a positive affirmation about yourself.

Just as important, do not allow the negative external voices to infiltrate your thoughts. When I started my work, I was told by someone close to me that I was making a fool of myself and everyone was laughing at me. Talk about a self confidence crusher! It took work but I did not allow that voice to reside in my mind. Spend time with people who life you up and remove yourself from those who want to keep you down. Tip: when someone says something unkind or unsupportive, it has to do with the way she feels about herself and has nothing to do with you.

3. Act Confident

You’ve heard the expression, “Fake it til you make it.” Well that’s the golden rule. If you look confident, and speak and carry yourself with confidence, eventually you’ll start to feel like a winner.

Take care of yourself. Shower, wear makeup, comb your hair, exercise, eat nutritious food, rest, get a manicure, read books about a topic of interest. Take off the sweats and faded T shirt and put on nice clothing, even if just lounging around the house. Take part in little things that will help you feel good about yourself. When you feel good inside, you cannot help but exude confidence.

When you believe in yourself, you are more likely to maintain a positive mental attitude, which makes you happier. When you’re happier you tend to be more grateful and see your blessings. You come from a place of abundance and not lack.

Self-confidence can help you manage fears and even eliminate them. Fear will no longer dictate how you live. You’ll stop playing it safe and step into your greatness. You’ll ask for the promotion or volunteer to work on a project.

Believing in yourself will help you tackle life’s challenges with more certainly and strength. You will be able to face whatever is thrown at you with the knowledge that you can get through it.

From The Story

“Building confidence is not something that happens overnight. There are so many situations and people that can tear it apart, if we let it. Like building muscle mass, confidence is built up over time, with repetition.”

About The Author

JOAN HERRMANN

Joan Herrmann, creator of the Change Your Attitude…Change Your Life brand, is the host of the radio show, Conversations with Joan, which is broadcast on New York’s AM970 The Answer. She is the publisher of 24 Seven magazine and a motivational speaker.

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My daughter came home the other day complaining that a classmate had refused to lend her a charger for her computer. My daughter’s computer was running out of battery but the girl kept insisting that my daughter did not need to borrow her charger. This incident really hurt my daughter and I listened and acknowledged her pain and disappointment. As the conversation continued, my daughter also shared with me that all of the other children in the class had looked around and

Seeing the Bigger Picture: Life Maybe Better Than You Think

Written by Allison Carmen
through their book bags to see if they had a charger to lend her. She didn’t spend much time on that fact and I let it be for that moment.

For the next few days, my daughter continued to tell me the story about the girl who would not lend her the charger. The fourth time she brought it up, I turned to her and said, “You have been so busy telling me the story about the girl who did not give you the charger, how come we never focus on all of the other children that looked all over the place to try and help you out?” She looked at me and smiled and said, “Yeah, that was pretty nice of everybody to try to help me out. I guess there was more nice in the room than mean.” We both laughed.

Just like my daughter, I often see clients view a problem they are having with a similar perspective. My clients sometimes let one difficult person or a problem with the phone company cloud their entire day with stress and worry. Even though issues like these can give us heartache, there is far less suffering when we make a point to see the bigger picture. Often we fail to see that we have hundreds of interactions each day that don’t cause us aggravation and are working out just fine.

A great analogy is going into a kitchen and only seeing the dirty dishes. Did you ever walk into your kitchen and open the cabinets and admire how many clean dishes there are? When I heard this for the first time, I actually tried it and it made me laugh so hard! I never had entered my kitchen before and acknowledged what is clean. But when I did, nothing else seemed so bad.

So what happens when we acknowledge all the clean dishes in our lives? We stop our hyper-focus on the things that are bothering us and we expand to see the entire vista of our lives. We stop looking just for the faults and also look for what is wonderful and glorious. This is beyond being an optimist instead of a pessimist. It is seeing life in its entirety and acknowledging everything. In fact, often there is so much to be thankful for and we see that so much is going our way.

And for the things that continue to bother us, keep in mind that in every moment there is always Maybe. Life keeps moving and as the winds change direction MAYBE things will work out better than you ever imagined. Just Maybe!!

From The Story

“There is far less suffering when we make a point to see the bigger picture.”

About The Author

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Linda Mitchell
TCA Certified Coach ICF Member
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Maximizing Your Memory

Just because you have a bad memory doesn’t mean that you’re stuck with it. There are numerous techniques that can make a tremendous difference to your ability to remember.

Written by Lynne Kelly, PhD
All my life I have battled an appallingly bad memory. It was only in my 60s, as I learnt to apply indigenous memory methods, that everything changed. Approaching 70, and my memory is the best it has ever been.

Indigenous peoples all over the world were dependent on their memories for everything they knew. They memorized vast amounts of information: details of thousands of plants and animals, hundreds of miles navigation, weather indicators, complex genealogies, land management, astronomy, history, laws and ethics, and the list goes on and on.

So how did they do it?

The most effective method is associating information with places. Native American pilgrimage trails, Australian Aboriginal songlines and Pacific Island ceremonial roads are just a few examples. Often referred to as a memory palace, the ancient Greeks called it the method of loci. All contemporary memory champions use this technique. And recent neuroscience has indicated a perfect match with the way our brains work, especially for long term memory.

The technique involves using somewhere very familiar to you and attaching information. Your home or place of work is very familiar to you and attaching information. Having your memory palace allows you to re-experience that location, and makes associations much easier.

You need to add the next three countries in that room: USA, Indonesia and Pakistan. Then you go to the next room. At the door you have Brazil, then Nigeria, Bangladesh, Russia and Mexico. Already you may be surprised. Did you expect Bangladesh to be so high on list?

The beauty of a memory palace is that it lays down a foundation for whatever topic you want. You can then layer even more complexity on top, seeing patterns that will not have been available to you before. So once you have the countries in place, you can add all sort of other information like capitals, geography, recent events, history or significant people. You will always find something around that location to hook on new facts and ideas. The capital of Indonesia is Jakarta. I have a child I know called Jack with his cart on the low table which represents Indonesia.

Try this for yourself. You will be astounded how well the information sticks. The more fun you have with making up associations and the more vivid your imagination, the easier it becomes.

I have over 1000 locations in constant use. I play with this memory game during my daily walk. My various memory palaces are the streets around my home. Every house and shop, side street and parkland has an association. My landscape is vivid and alive, just the way indigenous people describe their country. I could not bear to move house now!

That is only the starting point of what we can learn from indigenous cultures about memory. How often do you get a song stuck in your head? Indigenous cultures don't sing about romance all the time. They sing their knowledge. Each of the locations in the landscape will remind them of a song. They will probably dance as well which makes it even more memorable.

Then there are stories. By adding characters to anything you want to learn about, you can make up stories which encode information so much more memorably. That's why the sky is full of characters like Aquarius and Leo. It's why the ancient Greeks had Grammatica to teach punctuation and spelling. And it is why indigenous cultures have hundreds of characters populating the stories about all the practical information they need to survive both physically and culturally.

Every indigenous culture I researched also used handheld objects as miniature memory palaces. For example, the African lukasa is a piece of wood covered in beads in shells, each representing location. Similarly, Native American birchbark scrolls and song-boards are adorned with symbols, each one representing a song or bit of knowledge. I have used my own version of a lukasa to encode the 412 native birds of my state. Each bead or shell represents a family and then I use stories to name every bird in that family. My stories become more and more elaborate as I learn more about the birds. I would never have believed this possible had I not tried it.

In mediaeval times, books were very rare and so they were memorized. That's why they were decorated so elaborately to make each page look completely different. Studying from typed notes, every page identical, makes your task so much harder.

Art was used as a powerful memory aid in all indigenous cultures and right up to the Renaissance in Western societies. Music and art can be used to tell memorable stories about important knowledge. It is only in the last few hundred years that these methods have not been taught in schools and used throughout life.

We've gained a great deal with the spread of writing and technology, but we have also lost the ability to use our memories to even a fraction of their potential. Exercising your brain, like every other muscle in the body, is essential to maintain your memory into old age. And it's fun.

About The Author

LYNNE KELLY, PHD

Lynne Kelly, PhD, is an educator and Honorary Research Associate at LaTrobe University in Australia. She is the author of 18 books including The Memory Code and Memory Craft.

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SO SOMEONE YOU LIKE, LOVE, or respect crosses a line. They say something that you don’t like. They send an email that you find dismissive. They overlook an important issue. They make a hurtful joke. A lover. A colleague. A client. A friend. What do you do?

You don’t want this to be the end of the relationship, and yet you never want to find yourself back at this place. You have to say something. You’re scared and anxious about how it’ll be received, but it’s time. You must speak up, but what do you say?

I know I’m not alone. Most of us get anxious immediately preceding those difficult conversations. We fear becoming emotional or that the other person will become emotional as a result of what is said. It’s tricky terrain — one study found that 66 percent of people feel anxious when they know a difficult conversation is coming up, and yet 80 percent of them said they had no real training on how to handle those conversations. Another study looking at workplace conflicts found that 85 percent of employees deal with conflict on some level and nearly a third of those surveyed witnessed conflicts leading to personal attacks.

So just how do you resolve a conflict without launching an attack? How do you assert yourself without becoming aggressive? How do you guard your boundaries without becoming defensive? How do you address a problematic behavior without alienating the very person whose behavior you’re trying to address?

It’s called sensitive accountability. During my mediation and conflict resolution training, I was taught an important concept. Picture a table. Most people in conflict see themselves on one side of the table. They see the other person on the opposite side and the conflict between them. But what if, instead, you could make it so that both people were on the same side of the table, with the conflict on the opposite side of the table? And what if you could remove the table? Then, rather than antagonists, the players become partners, working collaboratively to solve a mutually agreed upon issue.

This is the importance of learning to see a person as separate from their behavior. If you can do so successfully, you often gain an ally in addressing the issue. If you attack the person in the process of going after the problem, you lose your partner.

Now, don’t get me wrong. This doesn’t mean that you stop holding people accountable for their actions. On the contrary, all people (including you and I) must be accountable for what we say and do. But it can be done in a sensitive way, making conflict resolution a collaborative process of teaching and learning rather than judging and condemning. That’s how you turn a potential loss into a win-win.

So just how do you get the person who just hurt your feelings to join you on the same side of the table? Here’s a nifty little version of sensitive accountability that I like to call the “compassionate CALL-out.”

Center yourself. It’s OK to have an emotional reaction. Your emotions give you good information about why you hurt, where you hurt, and what you need. But responding from a place of pure emotion may not get you the result you are going for. So before you dive into addressing the issue, first take a few deep breaths and work your way out of the intensity of that emotional reaction and into a more clear-minded center. This way, you can communicate more clearly and receive anything legitimate that might be raised by the other person.

Analyze the interaction. Think through what the comment or behavior means to you. Why were you offended, hurt, or otherwise bothered? How did it make you feel? What impact did it have? Why are you uncomfortable? What pattern does it perpetuate? What harm does it have the potential to do? How can its energy best be neutralized?

Consider how the person could help restore what was broken. For instance, if what was damaged was respect, what could you ask the person to say or do to help fix that moving forward? In other words, how can the person partner with you to address the conflict on the other side of the table?

Let it out. Ask to speak with whoever said or did it, in private, if possible. No matter how uncomfortable, these are great teachable moments. Often, these things result more from ignorance than malice. Take the time to explain why you were offended. If you attack, the person will be too busy defending themselves to listen or learn. So, remember to talk about the behavior and not the person — how it affected you, what you fear it has the potential to create, what you would like to see come out of this.

Clear sentences. Easy-to-follow pace. Fill your voice with more bass than volume.

Check in with them and ask for their interpretation of what they are hearing you say. Let them clarify what they may have been thinking. And make sure to ask for what you need.

Let it go. Holding on to your feelings about the incident will only keep you bitter inside. I am not suggesting that you forget about it or be unaffected. I am suggesting that after you have addressed it, you take away any power that it has over your mood. You also want to allow the other person the space to grow from this and not hold them hostage to your anger. You don’t have to forgive and forget, but you may want to find a sense of calm so you can keep it moving.

You can hold someone accountable in a way that is sensitive to their humanity and call them out in a way that is compassionate.

Now, there are a very low number of people who will continue the behavior even after they’ve been compassionately called out. In those instances, you may have to decide whether to stay and how to walk away if necessary. But most people tend to respond well to being made mindful of their impact in a way that honors their heart. We all want to learn and grow and be better tomorrow than we were today, so let’s find ways to facilitate that in one another.

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About The Author

DINORAH NIEVES, PHD

Dinorah Nieves, PhD, is a behavioral scientist, personal development coach, and consultant for OWN’s Iyanla Fix My Life. She is the author of Love You: 12 Ways to Be Who You Love and Love Who You Are.

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Healthy Living – Always

Written by Lorie Gardner, RN, BSN, NBC-HWC

Do you believe that it is possible to live healthy always? How do you live healthy if you have a chronic disease or are facing surgery? It just doesn’t seem to be too realistic to think everyone can live healthy always. I say, it depends on how you define healthy living. Health is more than your physical state. It encompasses your physical, mental, social, emotional and spiritual states. This is whole person wellbeing.

At any one time in our lives, we can experience a physical illness, a mental illness, or a life crisis such as a death or divorce. All of these events can compromise healthy living. Science has now provided us data that shows that the connection between our mind and thoughts can directly affect our physical health. So all aspects of our lives are connected and need to be addressed to live healthy always.

Have you ever known anyone that is in perfect health and has a seemingly perfect life but has a negative outlook on life or is depressed? Do you know anyone with a chronic illness or disability that manages his or her physical challenges with grace and has a positive outlook?

The second example is someone who is experiencing healthy living always. He or she may have a chronic illness but manages it and lives well because of a good connection between their thoughts and attitude. That leads to overall healthy living always.

It is important to know how to shift from an illness paradigm over to a wellness paradigm. What does that mean? Overall, it means that no matter what illness you are battling or disability you are challenged with, you have a choice on how you respond to your current health state.

Despite health challenges, we believe people can learn and develop other skills and ways of being so that they can maximize their level of functioning and achieve a balance of wellbeing that they feel happy and joyful about. This can take some time and self-reflection and just dogged determination to be make that change and connection.

In the many dimensions of whole person wellbeing you can tap into some deeper wellness opportunities such as:

• Using your intuition
• Addressing negative feelings and thoughts
• Accepting a new normal
• Identifying self-healing powers
• Managing fears, hopes and desires
• Building a strong support system

• Being aware of how you manage your energy

Moving towards a wellness paradigm includes learning how to refocus on living your life with more ease and joy despite your past pain and current health challenges.

How do you take the focus off pain and negativity and into joy? One way is by using small steps. First pick a slightly better feeling thought to focus on and keep taking more steps toward a better feeling state. Little by little you will teach yourself how to put aside the negative thoughts and replace them with better feeling thoughts. Once you achieve that you will feel better and gain clarity on what next small steps you want to take toward improved wellbeing.

About The Author

LORIE GARDNER

Lorie Gardner, RN, BSN, NBC-HWC, founded Healthlink Advocates, Inc., to assist people with all aspects of their healthcare. As private nurse patient advocates and board certified health and wellness coaches, they partner with clients seeking assistance navigating the complex healthcare system and those seeking self-directed, lasting health improvements aligned with their values.

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If you feel like you can’t keep up, have difficulty juggling everything on your plate or feel out of control, you probably need new, healthy boundaries. Many people think boundaries are hard to hold, but I believe life is easier and more enjoyable with healthy boundaries. While there are many, here are the top benefits of holding better boundaries.

Creates balance and diminishes overwhelm.
Sometimes feeling overwhelmed is the result of having too many demands on your time and energy, yet other times it’s because we’ve absorbed other people’s responsibilities or problems. When
life feels chaotic, setting limits helps immeasurably. Boundary management becomes more important than time management because you’ll free up your precious time and use it more wisely. You’ll learn to focus only on the essentials - those activities that make you more productive, therefore less frenzied.

Without boundaries, it's easy to assume too many projects, extend help to those who might not want or appreciate it, and even enable others by doing things they can reasonably do for themselves. Typically, people have difficulty setting boundaries because they're concerned about being criticized, rejected or making others upset.

Beware of becoming a people-pleaser who's more concerned about what serves others than what's right for yourself.

Of course, it’s important to consider the feelings of others, but people-pleasing fosters self-neglect and resentment, which in turn makes it hard to deal with our own commitments.

Without setting boundaries, people take on more than can realistically be done and end up with a huge list of sobering obligations, few of which bring them joy. This happens equally in personal and professional lives. Naturally, you feel frenzied, stressed out and depleted. Creating boundaries means you give only what, when, and to whom, you want - this translates to being generous to more of the right people over a longer period of time. We have both a right and a duty to protect ourselves with healthy boundaries!

**Saying “no” is an essential part of self-care.**

Regular self-care makes a huge impact on our mood and energy and ensures we’re taking care of our own needs. Saying no to someone else means you’re saying yes to yourself, your family, your priorities and your overall health and wellness – including your peace of mind!

Saying no when necessary is the healthiest way of caring for yourself by protecting your physical, mental and emotional health. It’s easier to say no when you’re at your best physically and emotionally. The next time someone asks for your help or you’re tempted to volunteer, I encourage you to pause, discern if it serves you, your family and your overall goals and values.

Remember, depleting yourself serves no one - you can’t give from an empty cup. It may feel uncomfortable at first but listen when your intuition says no. Try something like: “Gosh, I’d like to, but it wouldn’t be fair to you if I took on something that I can’t give appropriate attention to.” They’ll respect your honesty. Boundaries are healthy, normal, necessary, respectable and lead to more joy and ease!

**From The Story**

“People have difficulty setting boundaries because they’re concerned about being criticized, rejected or making others upset.”

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**About The Author**

**LINDA MITCHELL**

Linda Mitchell, board certified executive and personal coach, speaker, and reinvention expert empowers people who are stuck, overwhelmed or ready for change to gain clarity, release struggle and evolve to their highest potential as they transition to their next meaningful role with ease, joy, confidence and purpose.

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Want an Academic Breakthrough? Find a Mentor

Written by Scott Doty

If you’ve been struggling to help your child succeed in school, look at your child’s relationships. Why do students typically fail in school? In our experience, students struggle primarily for non-academic reasons: lack of motivation, health concerns, social distractions, organizational incompetence, time mismanagement, anxiety under pressure, and more. All of these pivotal issues can be improved through the patient, enthusiastic coaching of a personal mentor.

In ancient Greece, Mentor was hired by wise Odysseus to advise and care for his son, Telemachus. In nearby Italy, Romans used the word ‘mensa’ to say ‘mind’, which gives us the English word ‘mental’. Many believe that these neighbor kingdoms shared, through language, an important insight: that the mind is most itself, it is most alive and capable, with the help of a mentor. They knew that to have mental prowess, they needed a proud mentor.

This crucial insight has been lost over time. In today’s classroom, teachers crank out inflexible lesson plans geared towards standardized testing and entirely neglect (often because class sizes prohibit) the customized, holistic care for each individual. Students are inculcated with arcane geometry formulas and historical data, yet many of them don’t know how to employ a growth mindset or study effectively. Many students simply get lost in the shuffle of the mass-produced monster of American education.

Our best advice to you: find a mentor. Not just someone who’s academically intelligent, but someone who is truly, deeply gifted at caring for and coaching others. Success in school is about so much more than academics.

About The Author

Scott Doty is the founder and CEO of Brainstorm Tutoring. Brainstorm Tutoring offers SAT or ACT prep via Skype, in your home, or at one of its centers.

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THE OPPOSITE OF JUNE
CLEAVER: WOMEN WITH ADHD

Written by Gayle M. Gruenberg, CPO-CD®
If you are a woman with ADHD, there ways you can manage your life.

Seek a concrete diagnosis from a mental health professional and find out if you have any comorbid challenges, like depression, anxiety, or bipolar disorder.

Learn as much as you can about your type of ADHD. Read every book you can, especially about women with ADHD. If you can’t focus enough to read a book, listen to the recording. If you can’t sit still, listen while doing something physical.

Become self-aware about how your ADHD and other executive function challenges show up for you.

Practice good self-care. Give yourself a strong foundation of restful sleep, nutritious food, adequate hydration, and exercise. This keeps your body and brain healthy.

Structure your life to support how your individual brain works. Build a ‘scaffold’ for yourself by creating systems that make it easy to stay focused. Have systems for everything: calendars for schedules, reminders for tasks, checklists for things you have to bring with you when you walk out the door, and homes for everything you own, so they can be found when you need them and returned to their proper places when you’re done. Note: emotions are important to how you make decisions, so notice how you feel about something when creating a system around it.

Do you feel like you’re expected to wear pearls and heels while vacuuming, run a house like clockwork, and have dinner on the table when your husband comes home?

In reality, do you forget where you put your keys every day, race from here to there, arrive late for appointments, space out over who needs to be where when, and celebrate remembering to brush your teeth? Are there clothes all over the bedroom floor, toys all over the living room, and dishes in the sink? Do you have a business report due in the morning and wait until the night before to start it? Do you run your own creative business and have piles of papers all over your office? Do you try to focus on the task at hand and fight all of the distractions, both inside and outside your head?

If you’re a woman with ADHD, you may have serious stress over living up to the expectation of the first scenario, and are actually living the second. You may feel out of control, overwhelmed, exhausted, inadequate, or like a failure. You may wonder how other women do it all.

Once thought to be most prevalent in young boys, ADHD shows up differently in girls and women. Girls may go undiagnosed because they might not be jumping all over a classroom and calling attention to themselves. Inattentive type ADHD is common in girls. They may stare out a window and daydream, make careless mistakes, or feel anxious. These girls grow into women who feel overwhelmed, disorganized, and out of control. Add the hormonal changes that happen over a woman’s lifetime, and life can feel like a tornado.

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A businesses most valuable asset is its people. Building an excellent team - happy, challenged, motivated and secure - should be a goal of every business owner. And offering them benefits is good for business. Here are a few examples why:

**Keeps turnover low.** Hiring and training new employees is expensive, time consuming and disruptive. It slows down momentum and can create an atmosphere of instability and added stress throughout the company. Keeping your employees is a key way to achieve consistent long-term growth. Having employee benefits available greatly increases the chances your people will stay with you and not seek other employment opportunities elsewhere, such as with your competition.

**Increases productivity.** Employees that have benefits know the value and feel more valued. This brings energy and positivity to the workplace. Happy, satisfied employees produce more which directly affects your bottom line. They take less sick days, take less breaks, are more focused on priorities and customer service. They spend less time distracted by cell phones, negativity and complacent behaviors and habits. Employees are more motivated to hit goals and quotas, accept challenges and perform at optimal levels.

**Improves loyalty and morale.** Employees feel greater loyalty to you and the business when they have benefits. There's a give back affect from the employee. They will speak well of the company, which spreads good will and generates outside interest in your products, services and brand identity. It’s built in free marketing. Employees have a team spirit, a pride in their job and their company when they have benefits. They will also defend the company, if necessary, and reject other opportunities. Loyal means they will be more apt to be creative forces within the company, spark thoughts of improved ways of bringing in new business, streamlining and expansion. Loyal fans of your company want the company to win. Bottom line is everyone wins.

**Attracts new talent.** Companies that offer benefits will attract and retain a better quality of employee. More talented, loyal, motivated and happy employees will improve your company's bottom line.

The long term investment in having benefits for your employees far outweighs the short term savings by not. There are many levels of benefits you can offer. Medical is top of the list and a must have. Other benefits include dental, vision, short and long term disability, and retirement plans. Sponsoring voluntary programs will also expand your benefits package without adding any direct costs to the company.

The benefits landscape is fluid, constantly changing due to economic challenges, rising health care costs, industry reform as well as ever-increasing legislation. It is important to work with a very knowledgeable broker that can identify priorities, develop a strategy and execute its intention with plan design innovation and creativity.
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Are You Ready To Learn Reiki?

Written by Roxanne D’Angelo
You have decided to learn Reiki so you begin a search for a teacher.

You will find ads that promote becoming Reiki attuned or completing all three levels of Reiki to become a Reiki Master in a weekend. You will find certifications online for as little as $59, with price fluctuations from high to low. So, how do you select the right person?

Research credentials. Before a person can hang his or her shingle as a Reiki practitioner, that person needs to master energy in order to understand how to feel and read energy. There is much knowledge to be acquired in understanding what physical systems and organs are associated with each chakra, and what chakras are associated with the mental/emotional bodies. There are symbols that need to be learned accurately in order to promote effective healing. These symbols vary from practice to practice, which is why it is important to know what type of Reiki is being taught.

Check references. Do your homework and speak with people who have completed the courses, otherwise you may spend unnecessary money and time before you find a Reiki master/teacher who is qualified.

Select a practitioner who teaches a practice that resonates with your own vibration. Usui Reiki was channeled to a university professor, Mikao Usui, who founded Reiki as a healing art dedicated to healing broken people. You will find many variations of Usui Reiki along with other signature healing modalities.

Study the teacher’s program and what will be offered. Ethics and integrity play a huge role when training others to do energy work. A teacher should ensure that you thoroughly know your course material before allowing you to move on.

Inquire about follow up. The teacher should be available for mentorship throughout the training as there are many questions that need to be answered. He or she may allow their master/teacher students to sit in on future classes so they can learn the art of teaching and attunements. This is an added benefit.

As you research your future Reiki master/teacher be sure to include someone who has your best interest at heart in teaching you about your own spiritual journey in healing.

About The Author
ROXANNE D’ANGELO
Roxanne D'Angelo is a certified crystal Reiki, arch, and magnified healing master/teacher, and sound healing practitioner. She changes lives by creating harmony and balance healing patients on a cellular level.

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Aura D’Amato Shares The Power Of

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Is it POSSIBLE for You To Be Happier, Healthier, and More Successful?

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My name is Aura D’Amato and I am a Certified Reflexologist and Energy Healing Practitioner, who has a passion for sharing the messages and healing love of Angels that can bring about profound changes in your life.

Aura sees clients at a Natural Medicine center in Holmdel, NJ for Angels Guided Healing, Energy Healing and Reflexology

Aura D’Amato

Angels Guided Healing
Energy Healing Practitioner
Certified Reflexologist

During my many years of study and practical work, I have realized that our bodies are designed with all of the tools needed to heal. During a healing session, Angels will make their presence known through messages, signs & gifts of healing.

Aura offers individual or group sessions, and remote sessions by phone.

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