

CHOICES

WINTER 2017

SUCCESSFUL LIVING ISSUE!

DETERMINING
WHETHER YOU
SUCCEED OR FAIL
BEGINS WITH YOU!



HOW TO STAY FOCUSED

THREE SIMPLE STEPS
TO MINIMIZE PESKY
DISTRACTIONS



LIVING IT UP IN RETIREMENT

RETIREES ARE LIVING
LONGER AND BETTER THAN
EVER. HOW WILL YOU RETIRE?



DRESSING FOR SUCCESS

WHAT YOUR ATTIRE SAYS
ABOUT YOU AND HOW TO
ATTRACT SUCCESS WITH IT.

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FROM THE EDITOR

Did you do it? Did you write out your New Year's resolutions? Did you write down the things you really want rather than things you thought you were supposed to write? Did you list things that you had on last year's list but didn't achieve?

That's what happens to many of us. We write down something like "Lose 10 pounds." Yet, the year comes and goes, and we don't lose the weight. The reason: No purpose. If our goals aren't attached to a purpose, we generally don't achieve them. I had been writing about those same 10 pounds I needed to lose for several years. Then this year, I saw myself on television and I would have sworn it was someone who looked like me, only was much bigger. I immediately lost 10 pounds. Why now? Because I have a different image in my head than the one I saw on the screen. I prefer the one in my head. Now I have a purpose. See how it works? Lots of people lose that weight when they have a

high school reunion to attend. That's a purpose. Some people lose weight when the doctor says their health is in danger. That's a purpose.

You want to live your life so you never look back with regrets, don't you? Then start taking steps right now toward finding out what you really want to have, to do, and to be, determine why you want those things, and get busy making them happen.

I don't care what it is you want as long as it is you that wants it, not something someone else thinks you should have or do or be. You might want to go zip lining, or ride elephant back through the Okavango Swamp or dive the Great Barrier Reef. You may want to start your own business or work

overseas to gain international experience. Whatever it is, know that you and only you are the only person who can make these things happen.

The writers in the magazine this month are giving you ideas of how you can live a more successful life. As you read their stories, remember, if they can do these things, so can you. The real secret to living a successful life is to have a purpose for doing it and believe it is possible. Believe! Really believe!

You Are More than Enough,

Judi

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SUCCESSFUL LIVING IS A CHOICE

BY JUDI MOREO

You have probably heard the expression, “He’s a self-made man.” In today’s language, that sentence is a reference to someone who has lifted himself up from humble beginnings to a high level of success.

The truth is that we are all self-made. Whoever we are today is a result of the time and effort we have put into being who we are. How much more successful would any of us be if we had applied ourselves throughout our lives and made full use of our abilities?

Some of us take the easy way out and do just enough to get by. Yet, sometimes we find ourselves thinking that life isn’t fair, that other person with less talent and ability than us, has “made it.” We chalk their success up to luck, knowing the right people, or coming from “money.”

As you look back over your life, do you wish you had done things differently? Yes, I’m sure there are at least some things you would like to do over. I know

there are many choices that I made in my life that didn’t lead to where I want to be now. But that part is over. We can’t go back. We must start from here. If we really want to live a successful life, then we must make better choices now!

The dictionary definition of success is the accomplishment of an aim or purpose. It doesn’t say what aim or what purpose. So, that part is left up to

us. We can choose to be a success and achieve whatever it is that we want to achieve. However, many people don’t know what they want to succeed at doing. They don’t have goals. I have found that if I want to achieve things, I must write out my goals in very specific terms, decide when I want to have the achievement completed, and determine what steps it is going to take to complete my project and get what I want. Many





people are spending their lives trying to be what someone else wants them to be and doing what others expect them to do instead of following their hearts.

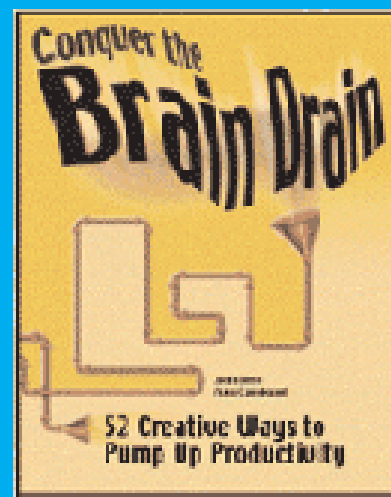
You are the only one who can determine your success or failure. All of us are capable of accomplishing something we can be proud of. It may be in our careers or our personal lives. It may be a hobby or a talent. Whatever it is you feel in your heart would create a successful way of living for you, go after it. The opportunities are there. It is up to you to discover them and take advantage of them.

Get a clear picture of who and what you want to be, do, and have, where you want to go, and what you want to accomplish. In other words, determine what success means to you. If you are doing what you want and you feel you are accomplishing something important and worthwhile, you will find the drive and commitment to ascertain what genuinely gives you personal satisfaction, and is that not the definition of successful living?



ABOUT THE AUTHOR

Judi Moreo is the author of the award-winning book, "You Are More Than Enough: Every Woman's Guide to Purpose, Passion, and Power" as well as its companion, Achievement Journal. She is a Certified Speaking Professional who has spoken in 28 countries around the world. Less than 10 percent of the speakers in the world hold this highly respected earned designation. To contact Judi or book her for a speaking engagement, contact Turning Point International, (702) 896-2228 or judi@judimoreo.com.



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Moreo reviews books in several categories: Business, Self-Help, Novels, and Children's books. She analyzes the books on content, style, and merit and makes recommendations for books that will suit your reading needs and preferences.

About Judi Moreo

- Motivational Speaker
- Popular Podcast Host, *Choices with Judi Moreo*
- Publisher of the *Life Choices Book Series*
- Publisher of *Choices Magazine*
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Produced and Directed by Aimmee Kodachian



FINDING PEACE AMID SPRING

BY JOAN S. PECK

Let's face it! We are experiencing a very messy, angry way of living today with so many societies throughout the world in conflict with each other as well as individuals at odds with others within each of those societies. I would like to say that this upheaval is something new but, unfortunately, it's not.

As humans we have a propensity to gather negativity like furious little cancer cells that race to make a small irrita-

tion one large mass of anger and upset causing us to destroy good thoughts and deeds. We even get caught up in power struggles between what one person believes vs. another's belief. We stubbornly hold unto our own ideas without any willingness to look at a different perspective. This doesn't allow for a broadening of knowledge which can create a greater chance for resolution.

We have just experienced one of the more vitriolic presidential races in recent times. It appears that this divi-

sion of taking sides and having differing opinions is never going to end when you go to any of the social media and read what people are saying. And we humans seem to LOVE all this upheaval! People haven't become this engaged in what is going on around them in quite a while and it's mostly due to the dark, negativity that abounds. And we keep demanding more and more of this low energy because it is easier to hate than to love, which makes us a very lazy society indeed.

How can anyone find peace amid all of what is going on in our country and the rest of the world? I can only share with you how I have come to have greater success in finding my own peace.

- First of all, I try to avoid social media or talk with another that has anything to do with political affairs for it is hard to dismiss that negative energy once you have entertained it for it becomes like gum to a shoe. It sticks around for a while.
- The second thing I do is meditate to remind myself to let go of the idea that it is my responsibility to try to change anyone's mind toward my own beliefs. In other words, I need to allow people their own perspective and path in thinking and doing. My role is to keep the faith that all will work out as it should.
- The third thing that I do on a daily basis is to say my "gratitudes" – all the things I am grateful for. Doing this automatically raises my energy to the highest level of love. When I am in that space of awareness of all the beauty that surrounds me and all the positive things in my life, I no longer have the desire to entertain anything less. I know I am blessed no matter my circumstances.
- The last thing I do is repeat my mantra. To be completely at peace with myself and all the craziness that surrounds me, I developed a mantra that I repeat each night before I go to bed – "I send love and blessings to each and every one. May we know and feel the love of God and know in our hearts we are all connected- all one- and treat each other the way we want to be treated."

There is so much stress for everyone living today that it becomes essential to do what is necessary to climb out of our rabbit holes and find our peace within. For each of us that may be different. I only know that my rituals have helped me and continue to do so as long as I stick with them. Perhaps they will bring you peace as well.



ABOUT THE AUTHOR

Joan S. Peck is an editor and author of short stories, spiritual books and a contributing author in two of the books in the *Life Choices* book series. She also writes for *Recovery Today* magazine.

Her latest book is ***Prime Threat – Shattering the Power of Addiction***, a book written with her son from the other side about what addiction is and how to live without it. It is an uplifting book with him sharing some of his own lifetimes of addiction and what he is doing now to clear them.

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***"Peace comes within.
Do not seek it without."***

Gautama Buddha



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TRULY LIVING

BY DEBRA WHITTAM

I know I am having a day of doing the 'next right thing' when my solar plexus is not heavy with something I've said or done that was harmful or hurtful to another person. There was a time when I would strive for being the best at what I did. I thought being successful each day meant exhausting myself with doing. My worth and value depended on what others thought of me. I measured my days with comparisons.

I compared what I had, how I looked and who I knew as the true measure of success and accomplishment. Only when I came to the lowest point of my life in severe depression and anxiety, did I finally see there was nothing in those comparisons that equaled success. My

true self was hidden by the striving to be someone else.

Fear kept me stuck in the race for a place within the world of being "as good as" and "equal to." Many years were spent on this endless search for love and belonging in the arena of life where I hoped everyone was watching me doing very well.

For me, hitting a bottom so profound that I was knocked to the ground in humble acknowledgement and then learning to stay in the present moment, was where I found a way to be successful in each day.

No longer striving to predict the future... my future of prideful recognition for writing what I thought others wanted to read, I began to go deeper to the most vulnerable places inside myself where love and hurt reside. While once

I would not dare to reveal the parts of my pain and fears, I now gratefully share with others that truly living is when we are serving others as best as possible without depleting ourselves in the process.

I have heard it said that "To love and be loved is the greatest joy on earth." Loving and serving others and allowing others to love and serve me is a way for me to help as well. Successful worth and value appear to be in the small things done in honor of others.

In recovery, we talk about service work as being as important as not drinking or drugging. In doing for others in whatever way I can, I have found an honor of accomplishment never felt before.

Seeing a need and acting on what might be helpful is an accomplishment. I have also realized that putting the time and energy into loving and caring for myself is a success. There is less financial



benefit to this, although in the long run this is a preventive measure taken that is beneficial to my well-being and has become my 'instrument of peace'.

In a world of mindfulness and awareness there is joy. Joy is the success of being in the moment. Happiness seems to come in certain moments of happenings in the outside world. That, to be sure, is a treasure to remember as is a photo taken of a special person and time. Yet, to feel joy in what I do for others and myself is the proverbial 'inside job'.

Honesty in everyday life can be embarrassing and difficult, yet when we share our pains and joys, we receive genuine appreciation from others that they have us in their lives. And to me, that is truly living.



ABOUT THE AUTHOR

Debra Whittam is a licensed therapist in Pittsburgh, PA who is also in Recovery. She specializes in untreated mental illness, untreated addiction and unacknowledged grief. Running groups as well as doing individual work with her clients, Debra encourages others with her humor as well as her vulnerabilities. While Debra lives in Pittsburgh, she also has a cottage in the Adirondacks and spends time in Paris.

SUCCESS

To laugh often and much;

**To win the respect of intelligent people
and the affection of children;**

**To earn the appreciation of honest critics
and endure the betrayal of false friends;**

**To appreciate beauty;
To find the best in others;**

**To leave the world a bit better, whether by
a healthy child, a garden patch
or a redeemed social condition;**

**To know even one life has breathed
easier because you have lived;**

This is to have succeeded.

Ralph Waldo Emerson



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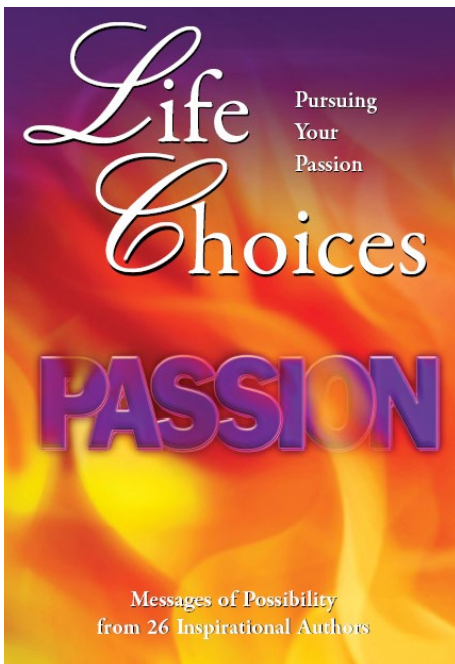
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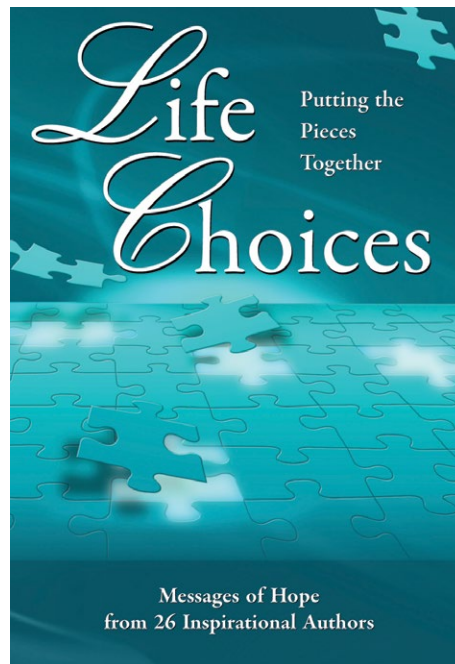
While the stories shared differ in context, they share a common thread of courage, hope and fulfillment. No matter what obstacles you encounter, or how many pieces your life is in, there is a way to find a new path, make a new choice, follow your passion and create a better life.

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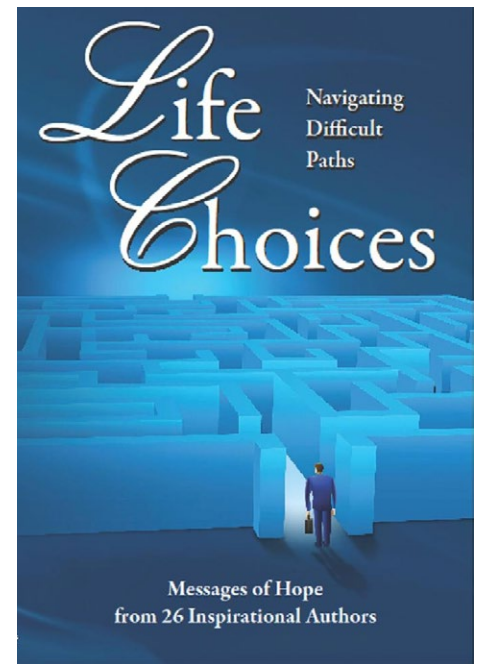
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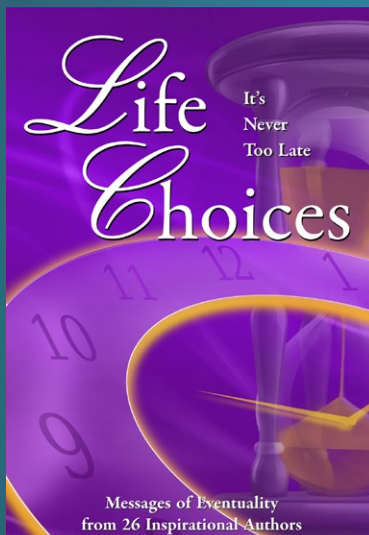
If you have ever had a dream that you wanted to pursue but didn't have the courage, if you've ever wanted to do something that you didn't think you could do, if you have ever wanted to go somewhere but didn't believe it was possible - READ THIS BOOK. Twenty-six authors share with you how they pursued their passions and made their dreams become reality.



Should you find yourself in circumstances that require the making of difficult choices, the stories in this book can offer you courage and inspiration. Each author has addressed hurdles they have faced in order to reach their current level of success. It is a collection of powerful true stories written by real people who have overcome the obstacles in their paths.



This empowering collection of stories reminds us that we all have choices and the choices we make are what determine the course of our lives. The authors of these stories are real people who have reached into the depths of their souls to share their inspiring journeys when navigating the difficult paths of their lives.



LIFE CHOICES SERIES

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No matter who you are, how old you are or your level of success, it is never too late to make the choice to be who you are meant to be. Don't be afraid to make changes. Don't be afraid to make an attempt to achieve your goals.

Within the chapters of this book, 28 authors tell their stories and share the lessons they have learned. Their enlightened knowledge can serve as inspiration for finding your own path to the understanding that it is never too late.



HOW TO STAY FOCUSED 3 SIMPLE STEPS TO MINIMIZE PESKY DISTRACTIONS

BY AMBER DE LA GARZA

According to an article in the *Journal of Experimental Psychology*, interruptions of four-and-a-half seconds triple the number of errors made post interruption. Triple! Are you okay with errors in your work? Errors being sent to your clients? Errors that portray a lack of professionalism? Doubtful. So, you should not be okay with the massive number of interruptions that distract you on a daily basis.

Think back to the last time you were completely in your focused zone – when a bomb exploding could not break your concentration. Were you able to get a lot of quality work done? Probably. Like everyone, you do your best work and make far fewer errors when you're able to completely focus on the task at hand. So, how did you stay in your zone last time? Chances are you had come in early, stayed late, or worked on the weekend to avoid being interrupted. In the short term, that sort of commitment and schedule may suffice, but over the

long haul, it's not sustainable. You have enough on your plate as it is. You should not have to work at odd hours to get in and stay in your zone! The good news? You don't. You simply have to minimize the distractions that are within your control to regain that lost time. It's easier than you might think.

3 Easy-To-Follow Steps to Minimizing Distractions

Step 1: Determine Which Notifications Disrupt Your Concentration.

Every chime, ding, and ring that makes a noise while you are attempting to concentrate steals your focus away from the task at hand. Those little productivity demons may seem harmless, but according to a survey performed by Career Builder, 24% of workers admit to

spending at least one HOUR each day on personal calls, emails or texts. That's 260 hours per year lost to succumbing to those particular types of distractions alone! If you're unaware your phone just received a text, you won't feel the need to respond to it. You also won't be zapped out of the zone you had been working so diligently in before that pesky notification alerted you.

Typical Notifications That Prevent Your Focus:

- Email Alerts On Computer
- Email Notifications On Cell Phone
- Voicemails
- Text Messages
- Missed Call Notices
- Social Media Notifications
- App Notifications

Step 2: Identify Which Disruptive Notifications Are Legitimate.

You can't easily make your neighbor's dog stop barking or the cars stop honking right next to your office, but there are plenty of distractions you can control. Take an inventory of all the audible distractions you deal with on a daily basis that are within your control and identify which notifications are indeed legitimate. There will be a few important ones you need to pay attention to. For example, if you purposefully schedule meeting reminders on your calendar, you will want those reminders to break you out of your focused zone. Although possibly annoying, those necessary notifications will alert you to switch hats and focus your attention on reviewing notes, so you can adequately prepare for the meetings that are about to take place. Otherwise, you might miss an important meeting or show up unprepared! Because you don't have an internal clock that alerts you when it is 15 minutes before a meeting, it is wise

to keep those reminders and other such important notifications turned on.

Step 3: Turn Off All Unnecessary Notifications!

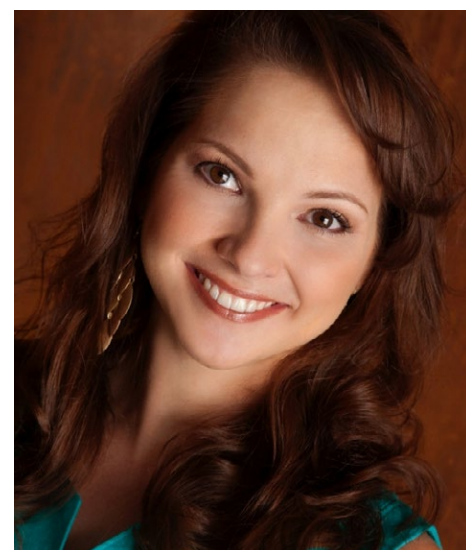
Numerous other notifications cause more harm than good. It doesn't matter if they come from your phone, computer, tablet or other device. If there would be no ramifications from turning these alerts off, turn them off! If you can't hear notifications, they can't beckon you and dictate how you spend your day. If you don't know how to turn certain notifications off, take action and YouTube it!

Inanimate productivity thieves are not biased. It doesn't matter if you're an employee, entrepreneur, or business owner. The result of audible notifications is always the same: succumbing to small distractions adds up to giant gaps in productivity. Employers recognize cell phone calls and texting (50%) and social media (38%) as primary productivity stoppers according to the same CareerBuilder survey.

If you respond to every chime, ding, and ring you hear, or even just lose a bit of focus any time a notification sounds, you are forced to be reactive to your environment. As a result, you are at the mercy of everyone else's wants and needs instead of being proactive and productive with your time. Turn off

unnecessary notifications, and instead, respond to people's calls, texts, and emails on scheduled intervals at times you select. Choose to be productive and have more time for important tasks by taking steps to minimize the pesky distractions that are preventing your focus!

Download a FREE Time Maximizers Resource at www.TimeMaximizer.com



ABOUT THE AUTHOR

Amber De La Garza works with business owners who are eager to maximize their personal productivity to be more effective in life and business, meet their maximum potential, and accomplish their goals. For more information or to reach Amber: 702-527-2307 or Amber@TheProductivitySpecialist.com

“A master in the art of living draws no sharp distinction between her work and her play; her labor and her leisure; her mind and her body; her education and her recreation. She hardly knows which is which. She simply pursues her vision of excellence through whatever she is doing, and leaves others to determine if she is working or playing. To herself, she always appears to be doing both.”

François-René de Chateaubriand



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LIVING IT UP IN THE RETIREMENT YEARS

BY LONNIE BERRY

Those little rascals who were born between 1946 and 1964 are hitting the retirement age. These “baby boomers” have finished their chosen careers and are entering retirement with several things going for them. They were fortunate enough to be born in a period where men and women can expect to live longer. A recent study done by the Social Security Administration, tells us that men at 65 can expect to live six years longer than a man who reached 65 in 1970. The same

study shows that women may expect to live an additional four years. A healthy man at the age of 65 can expect to live until the ripe old age of 83. A healthy female might easily live to 85.

These retirement years are enhanced by the fact that those reaching that age are doing so in better health. The Urban Institute determined that adults reaching the age of 80 are more likely to enjoy better health than the same age group 20 years ago. Add the fact that most of these households had two incomes, and the potential retirement income is

also increased. In a study reported by CBS *Moneywatch*, 83 percent of all baby boomers have a retirement plan to fall back on, in addition to Social Security.

So, what are all of these retirees going to do with their time? For most of them, the sky is the limit and they intend to make the most of it. Some are going to work well into their retirement years, in their chosen career, or in a new field. Others are returning to school to study or learn a new interest. While some are finding ways to serve their communities by finding volunteer opportunities.



One of the more rewarding activities may well be focusing on a previous talent or taking up a new hobby. Most community colleges offer classes on jewelry making, pottery and music. A look at these classes shows that many of the new participants in a guitar class are older men who have always wanted to learn to play. Senior citizen center dance classes are bursting at the seams with older participants learning new steps as well as getting some exercise. Farmers markets are enjoying the addition of retirees who are spending their summer putting in a garden that benefits their community as well.

While some retirees are learning a new skill, some may just be finally spending some time on a hobby they took up many years ago. A judge who spent years on the bench, now sits in the brass section of the community band as he enjoys playing his high school tuba. A retired accountant travels to craft fairs with the wood projects that he now takes on. And, after teaching third-graders for 30 years, another now makes quilts, using the same patterns her mother used 50 years ago.

While many “boomers” choose to continue working on their present careers, others are reinventing themselves in a variety of ways. From adding their experiences and expertise to small local businesses, to learning a new trade and starting their own businesses, some choose travel and relocate, while others use their workforce skills to help their

church or in some local community activity.


If “boomers” finds themselves single at this stage of their lives, many dating services cater to people over the age of

65. With the many opportunities available on social media as well as within a community setting, the “boomers’ may not be at work, but they are definitely living it up.



ABOUT THE AUTHOR

Lonnie Berry retired from city government in 2012. Since that time, he has returned to college and is studying Broadcast Journalism. Lonnie is also a freelance writer with weekly publication in the local newspaper as well as Campus publications. You may contact Lonnie at berrylonnie@yahoo.com



“Don’t blow off another’s
candle for it won’t make
yours shine brighter.”

Jaachynma N.E. Agu,
The Prince and the Pauper

Am I Going to be Okay? is an American story with a universal message. Ms. Whittam traces her history in the form of stories about her all too human, and sometimes unhinged family; she throws a rope to the little girl living there, and in adulthood, is able to pull her out safely, bit by bit.

Her history is peopled with folks from a different time, a time before therapy was acceptable, 12 steps unimaginable and harsh words, backhands and even harsher silences can be spun to appear almost normal. She writes of a mother who would not or could not initiate love nor give it without condition, and a father, damn near heroic at times, abusive at others, a survivor with his head down and his sleeves rolled up.

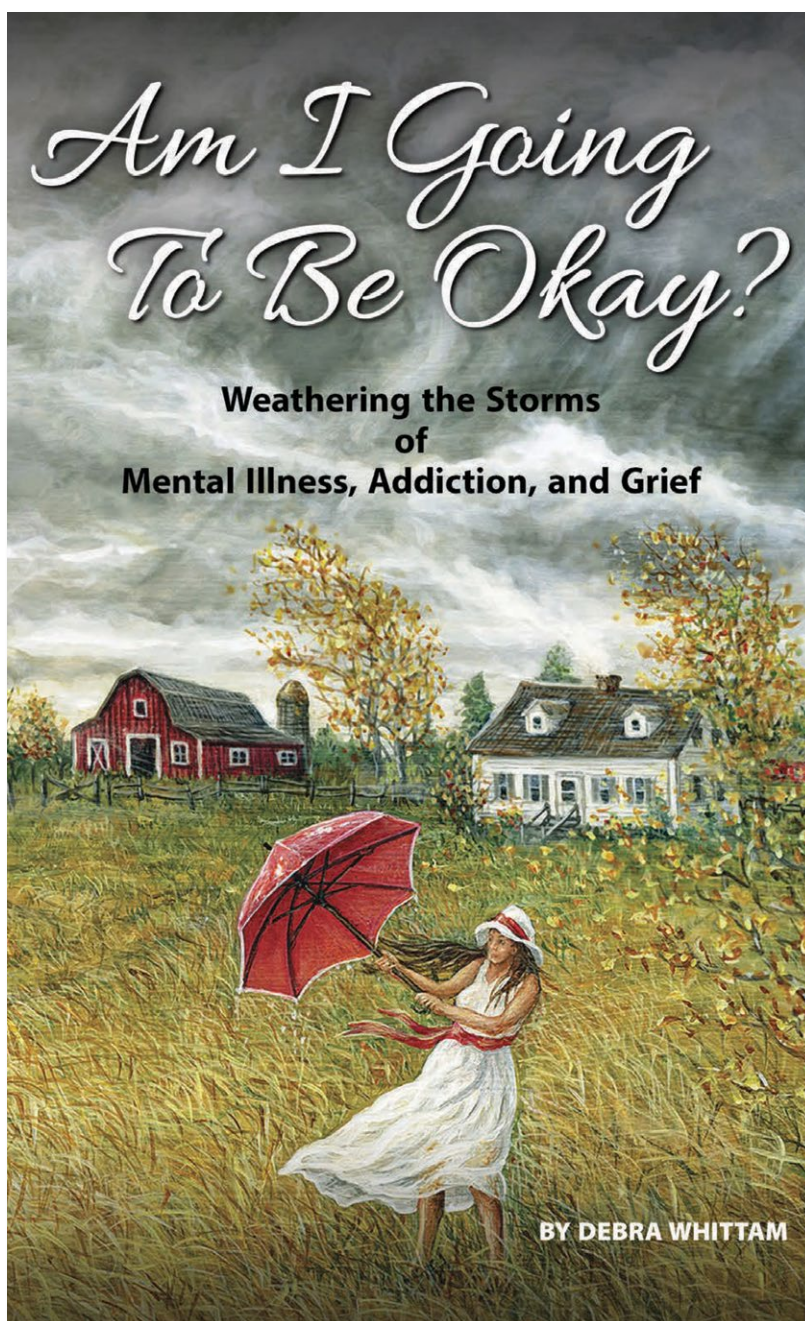
Ms. Whittam approaches her past with the clear-eyed, tough but sensitive objectivity necessary to untangle the shame from the source. She speaks of the people that affected her life so deeply with an understanding of their time and place in American culture; a family not far removed from immigrant roots when men carried their own water, emoted misplaced anger, and with fresh socks and food found on the trail, were confident, unflinching and at that same time tragically failing to the little ones they ignored.

Like many of us, details notwithstanding, Whittam responded by numbing, running and gunning. Alcohol gave her hope, soothed a crushed soul for a time and wrecked her on a train, until finally she had the courage to accept it wasn't working for her anymore. It was time to stop drinking and take inventory and accountability. It was time to accept, forgive and move forward. She healed where she was broken.

It is in the telling of this story that Whittam teaches us the difference between just surviving and surviving well; the importance of shared introspection and a careful eye on the wake we leave behind us in our actions. Her story is a guide to surviving abuse and addiction. It is also about witnessing and dealing with the shrinking faculties of aging parents in the unavoidable circle of life. Finally, she offers a realistic sense of hope, forgiveness and a life we can shake hands with.

AM I GOING TO BE OKAY?

REVIEW BY ERIC OESTREICH - ARTIST, AUTHOR, AND TEACHER



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- Mack Jackson Jr.



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BE-YOU-TO-A-FULL

5 CONSCIOUS CHOICES TO LIVE LIFE FULL OUT

BY HOLLY DUCKWORTH



“DECIDE TO
..... BE
YOURSELF”



Have you ever had a moment you wanted to say or do something, and you held back the real you? Have you experienced a time

when you disagreed with someone and simply stood by silently because it was easier than being the real you? We all have. It is human nature. When we choose this action, we hold back our unique gifts from that person and from the world. It's not bad; in fact, it's normal. Now, however, we are shifting into a new "normal."

We live in interesting times as humans both seeking approval and trying to rebel from authority. The world's appreciation for being different is shifting. This creates a world where we are learning that to be fully happy and present, we must become more of our selves. Bluntly, we are all exhausted trying to change to fit someone else's mold. I love the words of Sally Hogshead, "Don't change who you are to fit the world. Be more of you."

The key to successful living as our society rules evolve is to define success by your own definition. Don't let TV, magazines, social media or peers define your success.

5 Conscious Actions to Live Full Out... Beautifully:

- **Being vs. Doing.** Focus on who you are being and what you are becoming, and less on your doing. Your being is the essence of who you are as a person. When you are in that moment of holding back, ask yourself who you are being and if that is true to who you want to be. For some, being is a

title such as mother, father, sister, employee, or author. For others, it is the "I am" energy of being kind, joyful, grateful, or peaceful. Who you are being is the legacy you leave everywhere you go.

- **YOU** matter! Put yourself first without any hesitation. Talking with friends, I am discovering that many of us are asking the question, "Am I truly worthy?" I have it verified by shame researcher, Brené Brown, that there is no pre-requisite to worthiness. Therefore, you matter. Express who you are to the world.
- **Two** Affirmations – Two times a day, you brush your teeth. Why not use those same two times a day to tell yourself you are beautiful and allow yourself to feel beautiful in your body? There will never be another you. Knowing there is no duplication, make the time twice a day to be fully you for yourself in the mirror so that you feel empowered to be more you in the world.
- **Accept** your adventure. Take a moment to celebrate who you are in this moment. Look at the adventure you are creating for your life. Your adventure can be anything you want it to be, including going to work, school, or on a vacation. Accepting it allows you to create it consciously.

- **Full** – Play full out! Fall in love with your life without needing permission from anyone else. When you go down the buffet of life, fill your plate totally full with all the goodness that life has to offer.

As you activate the choice to be more fully you by doing these 5 actions,

you set in motion a new trajectory for success in your life. Next time you find yourself in that choice-point of being fully yourself or holding back your light, idea, or opinion; pause, breathe, love and give yourself permission to be you, fully. Choosing to live a successful life requires you to write your own definition of success and then to Be-YOU-To-A-Full. Be beautifully you!

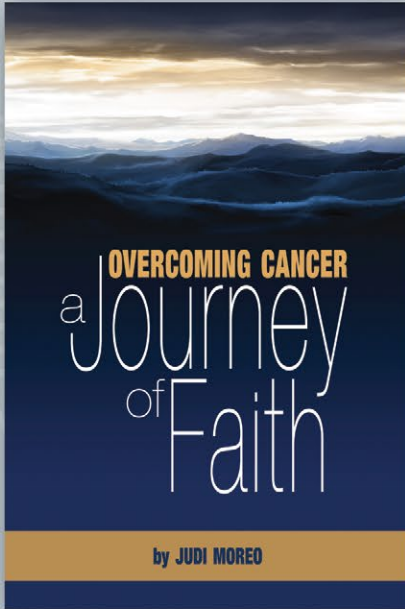


ABOUT THE AUTHOR

For more on leadership presence and conscious leadership, contact Holly Duckworth, LSP, CAE, CMP. Holly is a nationally recognized speaker, author and coach for conscious leadership. Author of Ctrl+Alt+Believe: Reboot Your Association for Success, Holly is a columnist for MeetingsNet/IdeaExchange, Association Trends and writes regularly on the future of business for Science of Mind magazine. She lives in Denver, Colorado. Learn more at www.hollyduckworth.com, visit her on LinkedIn & follow her on twitter @hduckworth.

Award-winning author Judi Moreo knows what it is to travel the journey of cancer and shares that experience in this book.

Overcoming Cancer: A Journey of Faith



Through her personal story, inspiring quotes and practical suggestions, Judi shows us that cancer and fear are messages to us to make lifestyle changes. This supportive book can help the newly diagnosed cancer patient ask better questions, understand there are alternative and integrated treatments that can work and, most of all, maintain hope.

Even though traveling the cancer road was a rocky and difficult journey, it was also rewarding. The path through cancer requires enormous discipline, work, and change; yet it is filled with excitement, experiences and discoveries that can bring us to a new and better place if we are open to possibilities and focus forward.

"This book may help save your life or that of a loved one. Judi Moreo 'gets it.' She understands that the question is not 'what kind of treatment do I undergo?' but rather 'how do I heal myself?' Her personal experience with cancer taught her to recognize that recovery from chronic illness is often a recovery from an unhealthy life in many respects. With humor, grace and courage, she addresses the physical as well as the mental, emotional, psychological and spiritual needs for recovery in an easily accessible, practical way. Whether you are looking for help to reclaim your health from cancer or any other illness, let Judi be your guide."

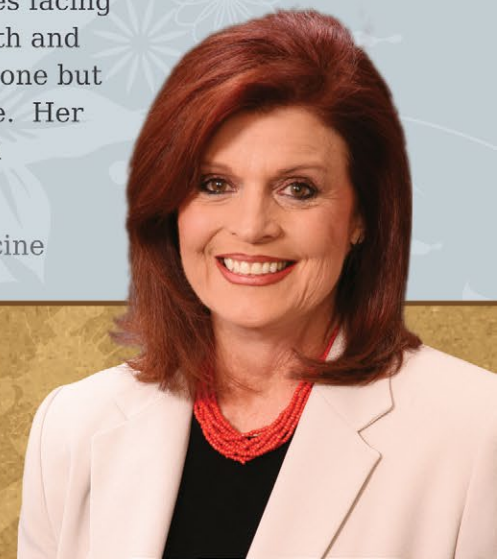
- James Sensnig, N.D., Founding President, American Association of Naturopathic Physicians; Former Dean, National College of Naturopathic Medicine; Founding Dean, College of Naturopathic Medicine, University of Bridgeport, Connecticut; cancer survivor

"This book is a must for those facing cancer and for those who have loved ones facing this fear-filled disease. Judi writes from the heart -- telling her story with truth and emotion. She highlights her course of action, not forcing her opinions on anyone but truly providing options to conventional cancer care that are sound and doable. Her recommendations for nutrition therapy and exercise are quite impressive and fact-based."

- Julie Freeman, MA, RD, LD, Licensed Nutritionist, Integrative Medicine

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AVOID A REGRET HANGOVER

BY SHERYL GREEN

In 2008, I found myself five feet from the top of a mountain in Moab, Utah with my friend, Steve's, hand outstretched towards me. We had been hiking for hours and I was exhausted, weak, and ready to throw in the towel. (A pretty fair assessment of my life in general at that point). My friend peered over the last ledge I needed to traverse and said "If you don't come up here, you are going to regret it for the rest of your life."

I gathered up strength I didn't know I had, put one foot firmly on a rock and accepted my friend's hand while I scrambled over the last stretch of mountain. The view was astonishing and the feeling of accomplishment was the sweetest I had ever known.

Steve's advice has become the litmus test by which I've made all decisions since then. When faced with a Should I or Shouldn't I question, I ask myself "If I don't do it, will I regret it tomorrow?" Too often, we are ruled by fear. Not the smart kind of fear that keeps us from doing dangerous things like sticking our hands into open flames, driving while

intoxicated, or antagonizing clowns. These fears just keep us safe. I'm talking about the kinds of fear that keeps us stuck in our current position- the fear of failure, rejection, and humiliation.

By focusing on the potential regret, it allows for a fear bypass. This doesn't mean that it stops being scary, but rather becomes less frightening than the "regret hangover" you'll experience if you don't.

A few months ago, I was at a Michael Franti concert (one of my favorite musicians). Michael called a woman up from the audience to sing a song with him. She made it halfway up, panicked, refused the microphone, and scrambled off the stage to safety. She was faced with an amazing opportunity, but allowed her fear to take charge. Can you imagine her regret hangover the next day! As it turns out, I'm grateful for her fear. I was the next person he pulled up on stage and you can bet that I sang my heart out.

What does this mean for you? Are there any situations in your life where you have allowed fear to control you? What if you applied the Regret Litmus Test? The

decision could be as small as whether you should join a friend for belly dancing class, or as large as whether to accept an amazing job offer in a new city. If you can imagine waking up the next morning having not accepted the challenge, and not caring, pass it up. But, if the thought of not jumping at the opportunity will eat away at your soul for years to come, face your fear, and go for it.

H. Jackson Brown, Jr., author of 'Life's Little Instruction Book', once said "Be bold and courageous. When you look back on your life, you'll regret the things you didn't do more than the ones you did." Weigh every decision against the Regret Litmus Test, and bypass your fear to a better life.



ABOUT THE AUTHOR

After a devastating divorce, Sheryl Green experienced a deep depression. A self-described "sad--ass," she used volunteerism and a variety of other tools to lift herself out and rediscover the super hero inside. She now teaches others how to go from Sad Ass to Bad Ass.

A passionate animal advocate and rescuer, she approaches life and speaking with humor and heart. She'll make you laugh, cry, and embrace your own super powers.

Find her at www.sherylgreenspeaks.com.



W

hen you choose who to listen to and learn from, you orient your world to a particular direction.

When you choose what to read and where to focus your attention, you eliminate the other options at that time and that changes the mix of information flowing to and through you. So, if you want to change your life then change your input sources.

One of the common traits of those who are living successfully is their peace of mind. They have determined what kind of person they want to be and identified what people who are like that would do. Then, they do likewise. That clarity allows them to silence all the conflicting information for a while. Of course,

CHOOSE YOUR INPUT SOURCES CAREFULLY (THOSE YOU LEARN FROM)

BY JIM CATHCART

there's a danger in this because if you are only listening to one source or point of view, what if that person is wrong? So, be careful and vigilant as you choose whom you will follow.

For example: when I was in my mid-twenties, I was not successful. Overweight, out of shape, no money in savings, doing nothing proactively to improve my life and working in a clerical job at a low salary. It would not have

been smart to bet on my success potential.

Then one day I changed my information source. I decided to start listening to and following the advice of the radio commentator, Earl Nightingale, the "dean of personal motivation." What he said in his short radio show "Our Changing World" really resonated with me.

Until I heard Earl, my main input was

from the mainstream news and from my circle of friends and coworkers. I was taking no intentional action to select my sources, I just went with the flow. But what Nightingale said on that particular day was, "If you will spend one extra hour a day studying your chosen field you can become an expert in that field in five years or less." Well that certainly appealed to me! I'd love to become an expert on something...but what?

As I thought about it over the ensuing weeks, it occurred to me that I would like to do what Earl Nightingale was doing. I wanted to become an expert in the field of personal development (a.k.a. "Applied Behavioral Science".) But I knew nothing about that field and had no resources to assist me. I had never given a speech and had no knowledge of psychology or success skills. So, I started to select new input sources.

I read The Bible cover to cover in a three

month period. I read Think & Grow Rich by Napoleon Hill, The Power of Positive Thinking by Norman Vincent Peale, How To Win Friends & Influence People by Dale Carnegie, and more. I purchased the Earl Nightingale audio library "Lead The Field" on a payment plan. And, every day I listened to the recordings and read some of the books. This went on for many months and as I talked about what I had learned I discovered new friends who were also eager to improve themselves.

My circle of friends evolved, some old friends drifted away and many new ones emerged. They were interested in what I was interested in and our discussions fed both of us. My personal growth accelerated. Within a matter of months, I was participating in group discussion programs about leadership, personal goal setting, interpersonal skills and strategic thinking. This became known as "the Human Potential Movement"

because nationwide hundreds of other baby boomers like me were also seeking to grow and learn.

Within a couple of years, I was leading those group discussions and conducting occasional seminars for others. Then I went into business on my own selling Earl Nightingale's training systems. A short while later, I began to develop my own programs and today I've been a full time professional speaker and trainer for over 40 years!

Today I'm the guy on the radio. I do about 6 to 8 radio interviews and podcasts a month and I've delivered more than 3,000 paid speeches to audiences around the world. Where do I get my information today? From a wide variety of sources including mainstream media. I read blogposts of people I admire, listen to podcasts, subscribe to newsletters, read magazines, attend conferences and collaborate with colleagues who are



seekers of success. I also listen to other sources so that I'm getting a balance of points of view.

Who are you listening to, reading and following? What points of view are coloring your understanding of the world?

If you want to live successfully then please assure that your mentors and role models are people who you truly admire, as people, not just as commentators. If the person is a jerk but is also interesting then remember the old Bible passage, "by their works you shall know them." I'd say that if the person's life isn't an example of his message then maybe he doesn't really believe it.

Find a number of people who you admire and create a "Composite Role Model". That is: find someone whose thinking you admire, someone whose family life you admire, someone who is physically robust and active, a person

**Who are you
listening to, reading
and following?**

**What points of
view are coloring
your understanding
of the world?**

who is gracious and generous to others, and other traits you would like to acquire. Then, in each category, be like them. Not like just one of them but a little like each of them.

You can be the best you have ever been by listening to your heart and soul and then following the examples of the best people you know in each aspect of life.



ABOUT THE AUTHOR

Jim Cathcart is the author of 16 books, a Hall of Fame professional speaker and the creator of over 100 brief video lessons on Thrive15.com/acorn. His brief TEDx talk on How To Believe in Yourself now has over 460,000 views. View it for free at: www.choicesonlinemedia.com/believe



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POSITIVE CHOICES FROM A NEGATIVE SITUATION

BY WILLIAM P. MOYER

As a person ages, unexpected life changes can occur from accidents or health related issues. It happened to me when I was 55 years old, rheumatoid arthritis changed my life. I made the poor choice of denying that arthritis was serious and didn't seek medical treatment while in its early stages. I lived with sore joints, morning stiffness, fatigue and pain which steadily increased in intensity. I thought it would pass and that I could beat it.

One morning, I couldn't get out of bed and hit rock bottom. I went to see a doctor, accepted treatment and followed up with a rheumatologist. Both the primary care physician and the rheumatologist recommended medical retirement and disability with instructions to take my medications, rest, and recover. Six months' later, depression became a problem, I talked about it with my doctor who treated it with antidepressant medications. Mentally, I avoided contact with people because I felt useless and was feeling shame for not being employed.

During this lonely time, I discovered the joy of writing screen plays and started dreaming about making television documentaries and films. Writing took me into a world of my choosing, a place to inhabit, to experiment with ideas, and have no fear of failure. It felt good.

After a year and a half of retirement, I responded favorable to heavy medications. The doctors talked to me about my interests and where to go from here. I told them about the desire to write for television and film. They recommended attending college and retrain into a field of study that would fit my physical profile. I made a positive choice by seeking counseling with the New Mexico Voca-

tional Rehabilitation Office who assisted with the registration process and helped me enroll at Eastern New Mexico University. I followed up with a call to my friend Don Criss, who works for KENW-TV at Eastern New Mexico University. Don invited me to tour the studio and spent time with me, explaining the details about broadcast television, producing television shows, filmmaking and



acting. I will always be grateful to Don for opening the door to a new opportunity in television and film.

Don introduced me to Allen Crawford, the new television production director and supervisor at KENW-TV. Allen offered me an opportunity to volunteer time at the station helping with the production of Creative Living, You Should Know, and News 3 New Mexico television programs. My first job was mixing sound on the Wheatstone sound board to maintain the sound quality between the studio and the recording tape decks in the control room. At first, I was afraid to touch the equipment, (a common first reaction of most people) but with some coaching, he got me past the scary sliders, buttons and colored lights, into the world of audio and video produc-



tion. When the paperwork was finally completed, I became a full time broadcast production student and continue to work with Allen on various projects.

Returning to college as a 58-year-old person is quite an interesting experience. College has changed considerably from my last class in 1997, America On Line was the internet and we turned our research papers in on real paper. The classes filled my spare time with goals, objectives and plenty of work. The mild depression I was experiencing was gone and the doctors took me off the antidepressant medications.

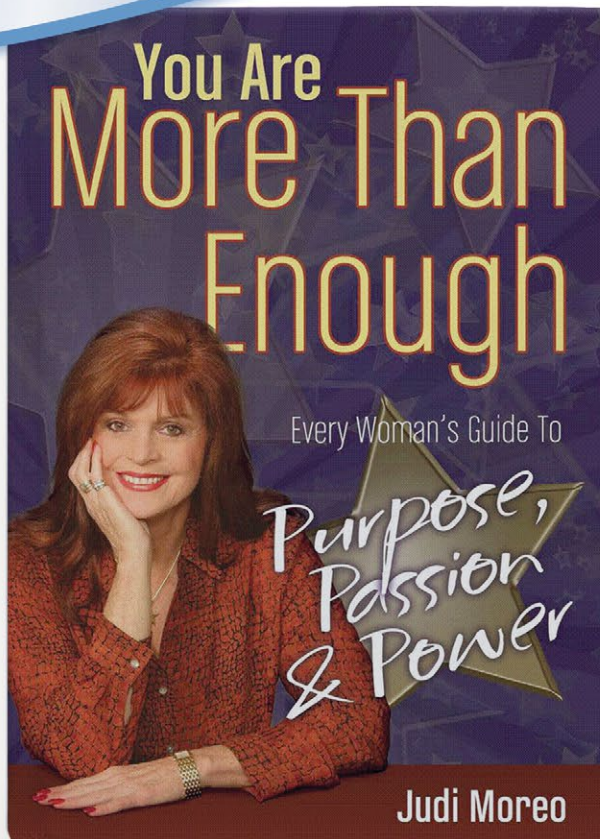
The future is bright now. I have a student job in the master control room preparing television shows for broadcast and will graduate next year with a broadcast production bachelor's degree. I learned while facing a life changing event, that there is hope with counselling, guidance and the desire to improve, all available by making positive choices.



ABOUT THE AUTHOR

Bill Moyer returned to college in the summer of 2015 to study television broadcast production and filmmaking, 19 years after the last time he was in a classroom. He will be graduating in May 2018. Bill served in the USAF, is married, has two children and one grandchild. Bill can be reached at: William.P.Moyer@enmu.edu

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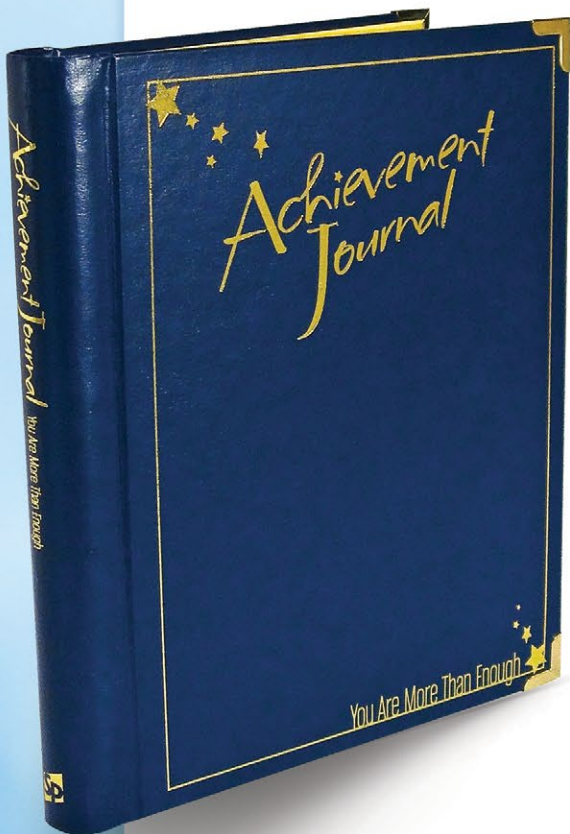
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- Sheryl Benzon, M.A., M.F.T.
President, Ventures in Excellence, Inc.



SMALL IDEA BIG REWARDS

BY PAT TURNER



When I was completing a major in education at Central Washington University in the late sixties, I received a gift from a literature professor that has literally reached far and wide over the years. What started as a prize for answering a question continues to give me joy decades later.

Just out of college, I moved to California for my first teaching job. After eight years I moved back to Washington. In my travels and tucked away in a drawer, I found this little bookworm made of yarn that had hitched a ride during my first adventures. It caught my attention as something that would be fun to make.

I was nine years old when mother and grandma taught me how to crochet. Busy with a new career and life, I didn't make anything for years. Then I found the bookworm one day, and started playing around with the idea of making some, and soon it morphed into something that was kind of cute. And as they say, "The rest is history"!

Being a teacher and always promoting literacy, this became a very worthwhile tool to inspire students. Amazing what we all do for that carrot that is held in front of us. The success of my students was always a primary goal, so I worked really hard so that in the end everyone got a bookworm.

Some took longer than others but they eventually reaped the rewards of working hard. I laugh when I think back to the college professor, she dangled the bookworm and I so wanted it. I sure wish I could tell her what an impact she made on my life.

When I started substitute teaching, the bookworms became part of my hook to encourage kids to focus. I would usually wait until the last recess and lay the worms on a table so when they returned they could see all the colors that were available. As they came thru the door their eyes would light up and ask “Do we get one?” Teasing I would say, “No, I just wanted you to look at them, (then laugh) yes, you get one.” That got them settled in their seats really fast. Then there was the issue of who would get to choose first. The class always helped with that decision. Just before the last ten students came forward, I would put out ten new ones as the colorful ones were always the first to go. I told them the reason I did that is when I was in school my last name

started with “W” and I was often the last to choose anything.

Now that I am retired, the bookworms go on trips and are freely shared. Ladies I met on a zip line tour in Mexico took three hundred to Africa. The largest order I have ever filled was six-hundred. A librarian friend was retiring and she wanted to give a bookworm to every child in her elementary school. Recently, a ‘lending library’ started up in my town and I randomly put out a few bookworms for people to enjoy. I also send them with friends to distant parts of the world. So far, my crocheted bookworms are present in sixteen countries, from Iraq to France to United Arab Emirates and all parts in-between.

It feels good when my gift is received so warmly. It’s fun to see the surprised looks, then smiles, when I share something so little, colorful, and useful with perfect strangers. Quite often, they say they will pass their bookworms on to a child or grandchild

at home. When they are sharing the joy, I always have them take one for themselves, too. I’ve made a lot of new, best friends this way. I believe I’m leaving a memorable footprint. After all, the message at the bottom of my business card is: Goals: Educate, encourage, and inhabit the world with “worms” and “smiles”.



ABOUT THE AUTHOR

Pat Turner lives in East Wenatchee, Washington with her husband, Joe. She has been active at her local ski area, Mission Ridge, learning to three-track ski in 1966. She received her B.A. in education from Central Washington University and Fifth Year from the University of California Sacramento. Her first teaching assignment was in Placerville, California, then she finished her career in the Wenatchee, Washington area. She enjoys working out at the gym as well as riding tandem bike with Joe. Her travels include New Zealand, Tahiti, Mexico, and Hawaii. Pat also enjoys watercolor painting, writing, and hand crafts. You may contact Pat at: pturnerj2@nwi.net



LIVING A HAPPY AND REWARDING LIFE

BY DELORES RAMSEY MCLAUGHLIN

Is living a happy and rewarding life determined by the success in your life? Everyone defines success differently. Success for some people is determined by the amount of money they earn, the level of education they complete and what position they hold in their companies. But is money, education and company position the true success and happiness we desire? Or, is there more to being successful and happy? This is a question I have asked myself frequently and the answer is always the same, "No, I need more happiness." You and I deserve to be happy, satisfied and living a rewarding life.

Living a happy and rewarding life is not based on success only. There are certain elements that are necessary before true success can be achieved. The ultimate goal is reaching and achieving the elements of faith, love, time and talent which encourages serving and connecting with others. For example, a simple way to build the connection in relationships is to keep your promises. When people know that you follow through with your promises and are dependable, this establishes trustworthiness in relationships. Building relationships is a true indicator of success in living a happy and rewarding life.

Element One: Faith is not denying what you believe and is a soul-searching process.

The foundation for living a happy and rewarding life is faith. This soul-searching process allows us to realize the most important goals are not self-focused but instead focused on others.

Element Two: Love and Give of Yourself to Help Others.

Success is built on who you are as an individual and what you do in developing relationships. When you determine that

something is wrong within a relationship, take a few minutes and determine if there is anything you need to change about yourself.

Element Three: Time: Bridging the Gap.

Success in your life is determined by how you spend your time which includes establishing priorities for a successful outcome.



Element Four: Talent: Sharing With Others.

Living a happy and rewarding life is sharing our talents and experiencing peace, freedom and success.

Living a happy and rewarding life is the first step in success. We must be willing to experience the elements of faith, love, time and talent.



ABOUT THE AUTHOR

Delores Ramsey McLaughlin is a motivational speaker who can inspire audiences from corporate to faith based. She has a gift of making the most serious topics become less intimidating and more accepting. The founder & executive director of "All Out Communication" and "Freedom-N-Christ Ministries," she teaches effective leadership skills, conflict management, strategies to successfully pursue your dreams and how to bridge gaps between cultural and religious differences.

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"THE GOOD LIFE requires that we take pleasure in new things; A GOOD LIFE requires that we take pleasure in moments.

To enjoy THE GOOD LIFE we have to get ahead; to enjoy A GOOD LIFE we have to make the trip worthwhile.

THE GOOD LIFE is supported by feeding our pocketbooks; A GOOD LIFE is supported by feeding our souls."

Steve Goodier

LIVING THE AMERICAN DREAM

BY AIMMEE KODACHIAN

Exactly 30 years after the horrible war in Lebanon that claimed my brother, Robert's, life, I had just finished a successful business meeting. As I proudly walked toward my car, I was gushing with excitement and delight. I felt alive for the first time in years. I got in the car and inserted a CD by one of my favorite singers, Celine Dion. I rolled down the window, looked up at the beautiful sky and took a couple of deep breaths. Then, I started my car and proceeded down the freeway.

All of the sudden, memories from childhood through adulthood started to flash back. It was like a movie trailer in my mind. I felt as if I were living my life all over again. You can only image how overwhelmed I was. Mixed emotions took over my body.

As I was distracted by my feelings and thoughts, cars started honking. Drivers began shouting and waving their hands. They yelled, "Hey! Come on! Go faster!" Quickly, I realized that I was holding up traffic. In that moment, I knew that I needed to stop driving. I took the first exit I saw and pulled over in a large desert area.

As I turned off my car, I put my head on the steering wheel and broke down crying. Tears were running down my face. Fortunately, those tears were



tears of joy, appreciation, and disbelief. Years ago, I had been a woman with no hope or opportunity. Now, I had been given the freedom and the right to raise my voice and stand up for myself.

Next, something magical happened. For a moment, I felt like I was in a dream. I heard my own voice say, "It's time to tell your story."

And as I came back to reality, I felt like my thoughts were running through

every inch of my body. I told myself, *"Absolutely not? That's not going to happen. I'm a private person and I want to keep it that way. Why would I even want to do such a thing?"*

I heard the answer strongly. *"You must put your interests on the side and do what you're here to do."*

I was going back and forth in my mind, as the doubts wouldn't seem to let go. *"Who is going to care about what I have*

to share?" I thought. *"Most importantly, how am I going to tell my story to the world?"*

However, the intuitive urge to share my story was overwhelmingly powerful. I knew what I had to do. I raised my head back up, took one deep breath, looked at the sky, and asked myself the most important question. *"Should I listen to my mind and be logical, or follow my heart and be guided?"* I didn't hear an answer, but my body automatically took action and I turned the car back on.

My mind was in complete silence. For the first time in my life, I could feel my heart beat and hear every breath I was taking without going into a meditative state. It felt like I was in a different world and I wasn't in control. The whole experience was surreal.

Somehow, I made it back home. My husband wasn't feeling well that day so he was at the house resting, watching television and reading the newspaper. As I walked into the family room where he was, he looked at me and asked, "What's wrong? Are you okay? It looks like you have been crying."

"Nothing to worry about," I calmly answered. "I am doing fine."

"I can tell something is wrong. What happened?" he continued.

I gave in and told him.

"Okay," he responded. "What are you going to do about it?"

"Well," I said. "I am going to write my story."

He went silent, allowing my words to sink in.

A few moments later, he said, "You've surprised me many times. I know how smart you are and I know you're capable of running a business and dealing with life's obstacles and challenges. However, doing that is one thing. Writing a book is another. The other thing is that you're a very private person. Do you really want everyone to know the intimate details of your life?"

It was clear to me that he was looking out for my best interest. He meant well with his words and was speaking the truth.

"How are you going to do all that?" he asked. "How are you going to write a book when you only have a fourth grade education and you've never read a book in your life?"

My answer was simple. "As long as I have my why, the how will appear."

I walked away towards my home office. Sitting in my comfortable rocking chair, I looked up to the ceiling. All I could think about was why my life was saved. When the first bomb hit our apartment in 1975, it should have been me who died instead of Robert. Now, not only was I alive and living in the most powerful country in the world, but I was also living the American dream. Here, I could be whoever I wanted to be...even an author with a fourth grade education. In that moment, I realized that everything I had endured had led me here and that it was not a coincidence.

A year and a half later, in 2005, the first edition of *Tears of Hope* was born. In 2010, I finished the new expanded edition of *Tears of Hope* and found a publisher who believed in me and was willing to help me share my message with the world.



ABOUT THE AUTHOR


Aimme Kodachian is an author, speaker, life coach, television show host and producer of *AK* and the *Experts*, *Stephanie's Movie Reviews*, and *The World of Book Reviews* on WCOBM on-line tv network. As a child, Aimme wasn't able to excel due to her severe dyslexia. When the Lebanese War began, she was only 12 years old when her family lost everything and became homeless. After years of persistence and determination, Aimme found a way to live out her dreams.

To learn more about Aimme and watch all of the tv shows she directs and produces, go to www.AKexpertsTV.com. Her book, *Tears of Hope*, is available on Amazon.com and bookstores everywhere.

“Success is the accomplishment of any number of possible aims, dreams, aspirations or goals. It’s very personal and unique to you. Your greatest desire could be someone else’s idea of hell; you might want to be an award-winning chef while your best friend hates cooking.”

Nigel Cumberland





Resilient Survivor
Available On
Amazon.com &
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Resilient Survivor

*A true story of GROWING through
BETRAYAL, DECEPTION and LOSS*

BY MARLENE LIVINGSTON CURRY

“This is a book about love, betrayal, and a mysterious death. The author, Marlene Livingston Curry, shares her personal journey through devastating circumstances in order for us to understand she has been where we are, hurt as we hurt, and felt complete devastation from the secret betrayal of the person she loved the most. She then shows us how to reclaim our self-worth, resolve the shame issues we may be dealing with, and rise to new levels of self-confidence, happiness, and success. Within these pages, you will find practical ways to meet challenges, overcome difficulties, and give up any feelings of brokenness.”

—Judi Moreo, author, *You Are More Than Enough*

“This book is both inspirational and practical. It is the kind of book you will keep close at hand, refer to often, and actually use. It is full of simple, yet profoundly effective techniques that anyone can use to regain and maintain self-worth and confidence.”

—Mary Monaghan, author, *Remember Me?*

“This is a book I will keep and give to others, to my friends who are grieving. Marlene writes from a calamitous experience and offers advice of various ways of coping with the issues following the death of a loved one.”

—Kathie Slaughter, Retired teacher

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Marlene Livingston Curry is available for lectures and workshops based on her book *Resilient Survivor*.

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SLOW DOWN & SMILE

BY RIDGELY GOLDSBOROUGH

I remember meeting Lindsey in the pool on a summer afternoon. She frolicked and splashed about in her floating sea-horse in the shallow end.

I could tell from the almond shape and slight redness around her eyes that Lindsey suffered from Down's Syndrome, a difficult condition fraught with ongoing physical challenges.

Lindsey had already endured a number of heart and other surgeries, her first at barely three months of age.

Despite the obstacles, Lindsey's bright smile and youthful zeal revealed a young girl enjoying the whims of toddler-hood.

Her mother shared with me that she and her husband consciously chose to bring Lindsey into the world, with full knowledge of her condition. She loving-

ly expressed her surprise at the blessings Lindsey gave her family, the closeness that stemmed from the operations, the celebration of each small victory.

A first step, a first word, meant so much.

They would never worry if Lindsey didn't make honor roll, or compete for student council or top-of-the-class.

To them, if she could learn enough words to speak her mind, that would be an extraordinary success.

Every milestone along the path, no matter how small, marked a huge triumph.

"She is our greatest treasure," she said.

Talk about perspective.

Nowadays, we take too much for granted.

We neglect the tiny moments of beau-

ty that surround us everywhere, too caught up in the crisis du jour to notice smells, sights and sounds—the magnificent daily unfoldings.

What have you overlooked today?
What did you miss?

Even when we see, we quickly disregard. "Yeah, yeah, sure. Nice garden. Nice pots."

On to the next thing, in a furious flurry.

Can't dally.

Gotta' rush.

Suppose you slowed down.

Suppose you brought yourself more into each moment, pulled focus from the problem at the office or the emergency that awaits you at home.

If you do, you will discover two enor-



mous benefits.

First, your quality of life will improve immediately.

Second, the break that you give yourself from worry gives your brain time to rest and makes you more effective at solving the issues when you return to them.

Win-win.

Too often, we scurry like rats from dusk to dawn, home to work and back, nose to the ground, blinders blocking all vision.

Pick your head up. Look around.

Find something to appreciate.

Drink it in.

Smile and spread your joy.

Hans Christian Anderson wrote:

"Just living isn't enough," said the butterfly. 'One must also have freedom, sunshine and a little flower.'"

I found a beautiful flower that special day.

Her name was Lindsey.

That's A View From The Ridge...



ABOUT THE AUTHOR

Author and International Speaker, Ridgely Goldsborough, believes in taking complex and challenging topics and making sense out of them. He started his first business at age 16 and since graduating from Law School in 1987 has founded 43 companies. Ridgely's team manages several active websites in multiple business verticals and he speaks in both English and Spanish, as an expert in online marketing. He has written 12 books, hosted his own television show and created dozens of audio and video programs on success and prosperity. In addition, Ridgely is the author of The WHY Advantage for Business, a revolutionary marketing and messaging program used to attract ideal clients based on a company's WHY. He is a frequent speaker at top internet marketing conferences and a facilitator and trainer for high-level CEO masterminds.

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DRESSING APPROPRIATELY FOR YOUR JOB LEADS TO GREATER SUCCESS IN BUSINESS

BY ANNE DREYER

Being able to develop your own signature professional style for work, will add to greater career success.

Appearance still matters. How you look and behave has measurable effects on the viewer.

Our world today has become a small global village, and with the mingling of different cultures and mind sets of all generations - all playing the game of wanting to be the best in the working arena - it has become more than vital for us to have in-depth knowledge of the mechanics and dynamics of the

**“Human
Resources
professionals
estimate,
that 95% of
people dress
inappropriately
for their jobs!”**

‘workings’ of the business environment, in order, to conduct ourselves successfully.

Thirty years after women forcing their way into boardrooms around the world via the woman’s movement, we are now putting our cause back at least sixty years by wearing casual clothing.

Divested of the most powerful components of the business uniform-clothing elements, that have garnered respect and built fortunes for more than five hundred years, women are now working harder to earn less and stressing out more than ever before.

For example, “Casual Friday” started as a way for business people to usher in the weekend by “dressing down” one day a week. It soon became a daily uniform for many offices and spiralled so completely out of control that women who once went to work in suits and heels started reporting to work in shorts and flip-flops, looking as if they are going to the beach.

Sloppy Dress

It is vital to dress appropriately for the office and to develop a unique business style. Thus, the wearing of sandals, midriff showing, and ‘recycled Barbie’ hairstyles are unacceptable!

Image vs. Talent

Today how you ‘package yourself’- how you dress, speak and behave, contributes 85% of reaching the pinnacle of your career, and only 15% is about your skills! In this day and age of casual dress and relaxed attitudes, taking the time to dress appropriately for your industry and learning to behave in the correct manner will put you so far ahead of just about anyone you work with and the avalanche of benefits that you’ll enjoy will astound you!

Researchers have proven there is a great PAY OFF for dressing and behaving in the correct manner. Some of the benefits are that others will:

- Hire you
- Comply with your request
- Trust you with information
- Give you access to decision makers
- Pay you more.

First impressions DO matter and it is not only about a pretty face or if you spent tons of time and money training for your career. Alternatively, even if you went to the “right” school, joined

all the “right” organizations, or have an excellent resume...if you jeopardize the way you look by showing up to work in clothes that never warranted a second thought, it is like cutting a perfect diamond, putting it in an elaborate setting, polishing it to a high sheen... and then wrapping it in a brown paper bag and wondering why no one gives it a second look.

**“Clothes make the man;
naked men have no
influence.”**

Mark Twain

Image Audit

- Do your work clothes accurately and immediately identify your position, income, and level of success?
- Does the way you dress instantly grant you access to the people and places that will help you advance your career?

Why sell yourself short?

Even if you’re the brightest, smartest, wittiest, and most deserving person in your office, if you don’t dress appropriately for your position, you’re not going to advance as quickly as you should.

By simply taking the time to accurately match your business attire to your position, you could instantly change the outcome of every meeting you attend, every order you give, and every interaction you have with other people.

Develop your own unique style

To develop style, you only need a few pieces of good clothing that can mix and match, reconcile what suits your height,

shape and age from what’s currently in fashion, and understand which ‘looks’ are appropriate for what occasions. In other words, become a person who understands fashion without becoming a slave to it.

You can easily learn how to develop your own sense of style, and the experience of trial-and-error can give anyone from any background the ability to achieve a look that is fashionable, flattering and in good taste.

Our personal ‘taste’ affects the way we co-ordinate colors, patterns and fabrics. Learning about harmonious color schemes, appropriate patterns, how various fabrics drape and relate to our individual shapes and how to skilfully co-ordinate jewellery are all-important steps in developing good taste.

Self Confidence

For a person to create a lasting and enduring style, discover what suits you and find your ‘special signature.’ True confidence is built on ‘knowing yourself.’ Self-confidence never grows from perfection. If you can accept the way you look and feel about yourself, this will enable you to reflect true confidence... the kind of confidence that tells others you respect yourself, love yourself and dress up for yourself and nobody else.

Style comes from knowing who you are and what you want to be in the world: it does not come from wanting to be someone else, or wanting to be thinner, shorter, taller or prettier.

Age appropriateness

Dress for your age...many of us are reinventing ourselves, going into new careers and working well into our seventies.

Covering ourselves appropriately is the key to aging gracefully. If your upper arms, thighs, and décolletage have all seen better days, it's time to cover them up a bit instead of sharing the wear-and-tear with the world.

There comes a time when you need to avoid extremes, as they exaggerate your less than positive features, but that doesn't mean frumpy. It means you must modify certain elements of your style just as you do during times when you feel bloated... it's all about adapting. As we age, rather than being really trendy and following the latest fashion, what we need is to develop our own style – a style that suits us, our lifestyle and our time of life. As you age, develop a look that has more sophistication, but retain some fun elements.

There are many factors which may influence our "sense of style" and these form part of the knowledge of knowing ourselves better- to embrace our uniqueness and become confident and beautiful no matter what age!

Be aware of the fashions without the urge to buy every latest trend. A new, modern haircut, and a great latest season shoe and handbag will go a long way toward making your look modern and timeless, without looking like "mutton dressed as lamb."

Simplicity

Simplicity, good taste and grooming are the three fundamentals of good dressing and these don't cost money.

Make sure your clothes fit your body. Have them altered to your shape. Your clothes should allow you to do what you need to do comfortably, like eat, move, bend down, reach up, sit and breathe. If something is too constraining, rides

up, or slides off, try a different size. That means that the size of your garment should be at least an inch bigger than your body. This is actually a small amount and you should be able to "pinch-an-inch" of fabric when wearing the garment.

Make sure you have enough coverage at your neckline and hem. Give yourself a minimum of half an inch safety margin. Check that you can get in and out the car, bend over or sit down easily without your undergarments being exposed.

Jeans are a great staple in many wardrobes. Look for darker denims because they are dressier and more classic and won't date too quickly.

Higher quality fabrics are very important for a professional look. Think like a French woman, "quality is essential to elegance." Aim for quality over quantity. Good quality is not an extravagance, it lasts for a long time and may end up to be cheaper because you get more wears from each item.

"Your clothes should be tight enough to show you're a woman, but loose enough to show you're a lady."

Marilyn Monroe

There is nothing that will take a look from classy to cheap faster than clothing that's too tight or too revealing. When underwear lines show through tight pants, when cellulite can be clearly seen through stretched fabrics, when you have any visible color or lace showing through your blouse, you know that you're sending out the wrong message. It is worth investing in getting some HELP from a professional... This will be an investment into your Personal Wealth.

The Pay-off: if you look good, you will feel good- and the best job will be yours!

"Dress shabbily and they remember the dress; dress impeccably and they remember the woman."

Coco Chanel



ABOUT THE AUTHOR

Anne Dreyer, Author, Speaker, Master Image and Etiquette Expert, walks the talk, sharing her dictum 'Irresistible for the rest of your life,' as she infects her audiences from all over the world, with her warm personality and tangible style, training and inspiring her audiences from her personal life's experience as a successful business woman and entrepreneur.

Nominated Business Women of the Year and the recipient of 'The Best International Trainer in Singapore 2012/2013,' Anne founded Colourworks International, South Africa's first Make Over Salon and Image Consultants Training Academy in 1985 where she trains image consultants from all over the world.

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A SPARKLING VALENTINE

BY S. L. GORE

There can be times when a romantic dessert at home is the perfect way to end a Valentine evening. Especially if it involves glasses of rosé bubbly, chocolate and candlelight.

I find it perfectly acceptable to cheat a little with the dessert—like my chocolate ganache purchased at Trader Joe's and enhanced with fresh strawberries. Frankly, I would be hard pressed to make a better ganache myself. Never mind if the berry taste isn't summer sweet; this is all about the presentation. If you can't find strawberries, then choose any exotic fruit.

Whether dining out or at home, at some time in the course of the evening, our celebration must include a very chilled bottle of pink sparkling wine. Yes, it must be pink. Just as preferred by James Bond.

The gold standard of bubblies is authentic French *brut rosé champagne*. To my mind, one of the best is Nicolas Feuillatte. Although not as well-known outside France as Moët Chandon or Veuve Clicquot, this superb, highly complex wine has the perfect balance of dry and fruit without being the least acidic.



Chocolate Ganache with fresh strawberries.

If on a tighter budget, which most of us are much of the time, there are a myriad of other rosé sparkling wines in a wide price range to fit any pocketbook. I say “sparkling wines,” as not only is there a special method of fermentation in the bottle required to call the wine “champagne,” but the only true champagnes are from one small wine district in northeastern France within a hundred miles of Reims. In other words, all champagne is sparkling wine, but not all sparkling wine is champagne.

A bubbly wine doesn’t have to be French *méthode champenoise* to deliver that distinctive titillating taste sensation. I’ve selected five sparkling pink wines from various countries that range from \$13-\$50. All are very drinkable, make a lovely presentation and not so obscure that they can’t be found in your local stores. The list is certainly not meant to be the only choices. With the new popularity of marvelously festive rosé sparkling wines, there are many lovely selections available. Having said that, I would avoid Korbel or André.

Here’s my suggestions, ranging from most expensive to least.

- Nicolas Feuillatte Brut Rosé Champagne \$50 – (France)
- Domaine Chandon Etoile Brut Rosé \$35 (California)
- Szigeti Brute Rosé \$21 (Austria)
- Freixenet Elyssia Pinot Rosé Noir Brut Cava \$21 (Spain)
- Martini & Rossi Sparkling Rosé \$13 (Italy)

Just a quick note on serving a bubbly wine. Chill the bottle as cold as you can make it. Pop the cork with all the drama you can summon. (NEVER open in the



Suggested pink sparkling wines from \$13-\$50. Nicolas Feuillatte Brut Rosé Champagne \$50 (France), Domaine Chandon Etoile Brut Rosé \$35 (California), Szigeti Brute Rosé \$21 (Austria), Freixenet Elyssia Pinot Rosé Noir Brut Cava \$21 (Spain), Martini & Rossi Sparkling Rosé \$13 (Italy)

kitchen) Fill the glasses and serve. Let your guests enjoy the full excitement of the loud pop and the lovely pour with bubbles rising. Flutes (the tall skinny stemmed glasses) have replaced the traditional coupe—probably to reduce spillage at parties. But there is something especially celebratory about a wide-brimmed glass and fragrant bubbles tickling the nose.

Cheers! Skål! Prost! Salud! Santé! Cin cin! gān bēi! Kanpai!

And to love...



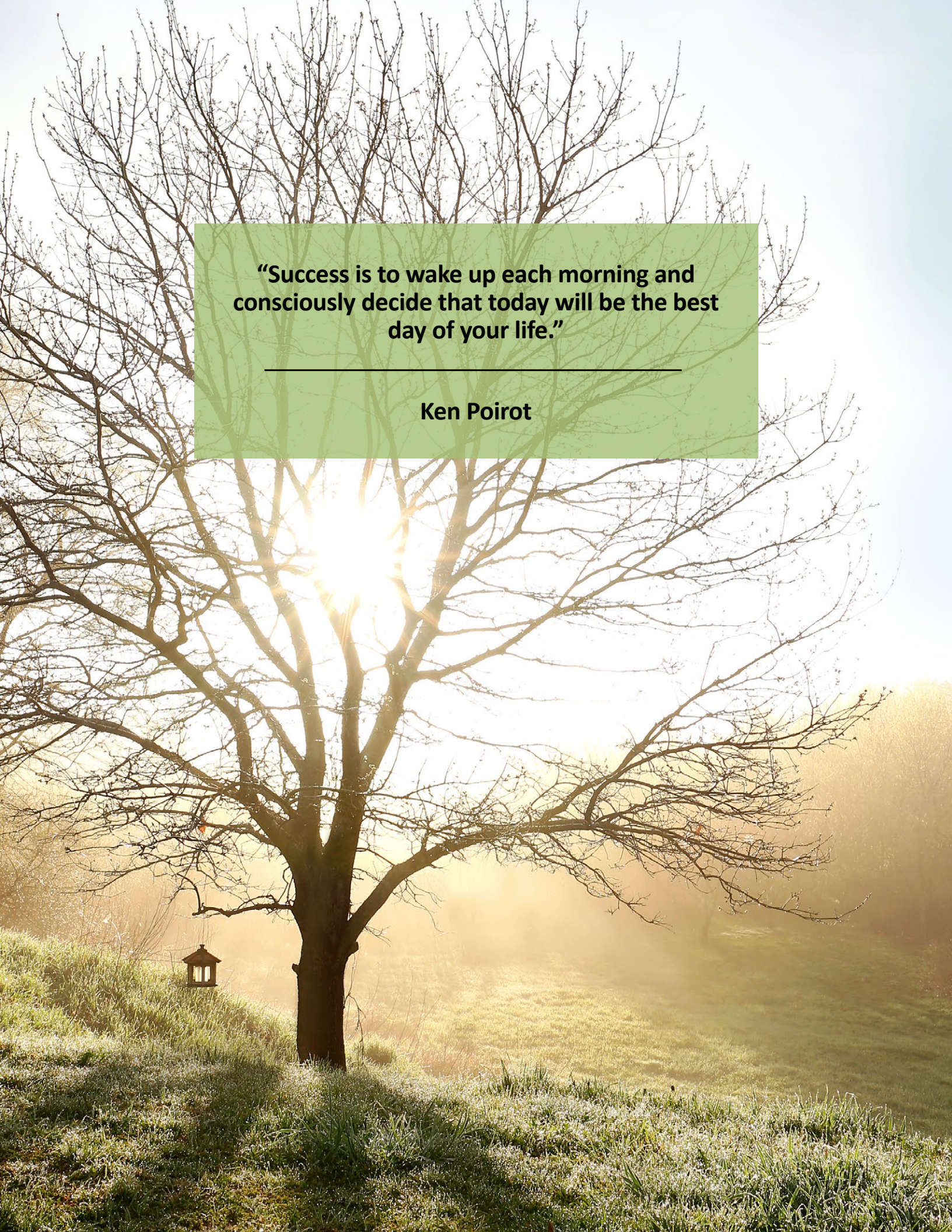
Coupe v Flute

ABOUT THE AUTHOR

Born with wanderlust, forever living in a fantasy world, S.L. Gore escaped the prairies of Kansas and followed the yellow brick road on an odyssey that took her around the world. Love of history, languages, mysticism, food, shopping and romance helped create her romantic time travel thrillers of the Isis Trilogy. Her *Sex and the Zen of Shopping* is a self-help for the spirit and how-to for the practical. Joyously married, she and her Viking husband live in Coastal California.

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**“Success is to wake up each morning and
consciously decide that today will be the best
day of your life.”**

Ken Poirot



CHOICES MAGAZINE
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A FINAL NOTE FROM JUDI MOREO

Let's face it, the only thing that's really holding you back is fear...the Fear of Failure. Believe me, we all suffer from it at one time or another. We all have thoughts like, "Oh, I couldn't do that. I might fail and then where would I be? Look what I will have given up to try something new and if I fail, I'll have nothing. And besides, what will people think? Sound familiar?

Let me assure you, you have nothing to fear! You can be, do, and have anything in life that you want as long as you are willing to set your goals, work hard enough to achieve them, and be willing to give up the things which must be given up in order to make it work... things like television and leisure.

So what do you dream about? A great relationship? A bigger house in a better neighborhood? A luxurious vacation each year? A job that is fulfilling? A new car? It's all within your reach, no matter what your situation is now.

If you are going to live a successful life, you must change any negative thoughts you are having to positive thoughts. If you think something might be impossible, ask yourself, "What is the worst that can happen?" If you are prepared to live with your answer, you'll be able to take the risk and handle the really big challenges.

What most people don't realize is that achieving 100 percent of their goals is not a requirement. Even if you don't

achieve everything, you will still be out in front of where you were. It is a fact, that goals, whether they are totally achieved or not, still constructively change your life.

So, get in motion as soon as possible. When you have fear, you may feel frozen. This is when you put on your running shoes and "Just Do It". Action is the key to taking control. Remember, successful living is more about the journey than about the destination.

You Are More Than Enough,

