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Think With Your Heart



Photo Credit: Tess Photography

I'm writing this from 39,000 feet in the air, flying through major turbulence on my way home from my second home, California.

California always makes me go into major thinking mode of endless possibilities. I love the people, the Bay Area, the Mountains in Tahoe and just the wealth of things to do.

California also always renews me, refocuses me and recharges my batteries. My dreams and goals are endless.

Best Ever You is my dream. My entire life, I've wanted to own a magazine, have a radio show and more. My life has taken all sorts of interesting twists and turns and I thank you each and every day for supporting us and making us the success we are today. We have a long way to go, but have come a long way in just 3 years now.

I joke that one minute I can be eating my breakfast and the next minute I'm doing a radio show with Joni Rubin or Bobby Roth. My days are never the same. I like them that way. I'm always thankful for having Brianna Brown, Alexis Carra and The New Hollywood in my life.

The one thing I've noticed about goals, wishes and dreams, is that more often than not people keep them bottled up and don't share them with others. The thing of it is, sharing them increases awareness and awareness connects. Someone who knows someone, who knows someone is sure to connect you when they know what you wish to do and they are aware.

What do you dream about doing with your life?

All "What Ifs & If Onlys" aside, what do you dream of doing?

Are you taking steps to accomplish your goals and dreams?

Are you telling people what they are? Are you asking for help?

Are you young and full of life ahead? Are you a bit older and feeling a bit rushed? Somewhere in the middle?

Whatever your situation, if you want to change it, you must take action steps to do so and most importantly, ask people for help. People love to help other people.

Some people say don't dream, it isn't realistic. Others say dream big and go for it. Some say dreaming big is dumb and a letdown when things don't happen as you dreamed about them happening.

I've noticed a whole host of people who seem to stop dreaming about life because they haven't achieved what they wish to do and are mad. You can live mad or you can keep trying. You can succumb to frustration and sadness or you can charge through and be positive and try your very best.

I say keep dreams alive. Keep them big. Keep them small. Keep them however you want them. Think with Your Heart and maneuver with wisdom, grace and freedom to live.

Sidestep dream killers and find those willing to help you accomplish all you dream of doing.

Think With Your Heart.

All My Best,

Elizabeth Hamilton-Guarino
Best Ever You, Founder and CEO



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Fight or Flight Life



This morning, I knocked a metal pan onto the floor, the lid crashing along with the pan. Made a bit of a racket, and I admit it, I jumped. I watched one cat skitter away, in fear for her life, while the other one, not even two feet away, just laid there with an expression that said “Now what did you go and do a foolish thing like that for?”

It made me giggle a bit. And I realized those two opposing personalities are much like the way we look at life. If something frightens us, we have choices. We can run in the opposite direction, adrenaline pumping, or we can face it with poise, with a sense of “that’s all ya got?”

I wish I could say I am like the poised cat, ready to take on whatever is thrown at me. However, I find I am a bit more like the cat that overreacted. So what’s your style? And if, like me, you are more likely to run for the hills, what can you do to bring it down a notch? Because, face it, I am more interested in being like the poised princess cat, not the frightened deer!

Our lives today have put us into a reactionary mode, and we see animals do this all the time: fight or flight mode. It’s an adrenaline reaction, and it’s bred into us over many generations. It’s survival. But we can try to

train ourselves to face things without that surge of adrenaline. For some, an activity that entails breathing regularly, like yoga, will center them so that they can face things calmly. Caffeine is a contributor, so eliminating an excess of caffeine may help (I’m guilty there!) For some, writing and processing things non-verbally can help them sort through the stressors, with more of a “zen” result.

A friend on Facebook asked me recently, “Liz, do you ever turn everything off, and just ‘be’?” It’s something I’d never thought about, but it impacted me. If I took more time to do that, maybe I wouldn’t continuously be in “fight or flight” mode, and my reactions to sudden things – and stress – would be more manageable.

So here’s a challenge. Start small. Start with just 10 minutes, 10 minutes of: nothing. No electronic devices, no interruptions. Just BE. Move up the process, and try it for an hour. Who knows, turn it into a habit, and maybe next time someone drops a metal pan, you’ll be the poised princess cat, not the ‘fraidy cat.

Liz Foley, Editor-in-Chief

The R.I.P. Bucket List–

Three Simple Steps to Help You Rest in Peace

Do you remember The Bucket List? It's a clever movie that prompted millions of us to think about all the things we'd like to experience and accomplish before our time is up. Among a multitude of other things, my list includes completing the New York City Marathon (done), learning a new language (trying), and waving a flag from the summit of Mount Kilimanjaro (not yet).

In this article, I'm going to step away from my role as The Civility CEO to reflect on a lesson I learned in my former career. Be aware, this is a sensitive topic, but it is also on that I feel warrants an open discussion.

During my years as a Forensic Death Investigator at the Medical Examiner's Office, I investigated scores of cases where people had shared with others extensive lists of all the things they wanted to do during their lives, but never mentioned what they'd like to have done after their lives ended. This is understandable. After all, it is one of the most difficult decisions for most people to even contemplate, never mind discuss.

What this resulted in were countless grieving families who didn't have the slightest idea of what to do when they needed to make final arrangements for a loved one who had died suddenly.

Trust me on this...as challenging as the conversation is, having the "here's what I'd like to have happen after I'm gone" talk is one of the most thoughtful things that you can do with and for the people who are closest to you. Too many families have been completely torn apart over differing points of view about what to do after someone they love passes away.



Photo Credit: www.sxc.hu/shho

In an effort to make sure this doesn't happen to you, I've created the R.I.P. Bucket List, a 3-step approach to help you Rest in Peace.

R – Resolve in your own mind what your preferences are. Do you prefer the act of burial or cremation? Are you for or against organ and tissue donation? Do you want to gift some or all of your body for scientific and medical research? Would you rather have a traditional funeral service, or a modern celebration of life? These are just a few of the questions to ask yourself. In order to find the answers, you'll need to explore your personal, spiritual, cultural, familial, philosophical and religious beliefs. There is no right or wrong here; it's a matter of soul-searching to find the answers that you feel the most comfortable with.

I – Inform others of your decisions. Once you have determined in your own mind what you'd like to have happen, it is imperative that you let those closest to you know your desires. Talk it over. Hear what they have to say about it. And remember, you don't have to be old, frail, or terminally ill to have this conversation. In fact, it's beneficial to broach the subject while you're well, clear-headed and objective.

P – Put it in writing. Saying something is one thing, documenting it is another. Writing things down makes them more real and ensures that others will know with clarity what you want. And remember . . . you can always change your mind. If you do, simply let people know and update your list.

As tough as this exercise may be, I encourage you to look inside yourself, ponder your options and share your thoughts with those closest to you. It is human nature to become highly emotional when we lose someone we love, and making decisions at that time can be very challenging. Having things on paper helps tremendously and documenting your desires is a gift to others. Doing so will save confusion, pain and heartache in the long run . . . and it's the civil thing to do.

Sue Jacques is The Civility CEO™, an executive consultant who helps individuals & businesses gain confidence, earn respect and create courteous corporate cultures. Sue proudly promotes respect in the workplace. Do you have a corporate conundrum for The Civility CEO™? Please send it to advice@TheCivilityCEO.com. Your question could be featured in an upcoming column! www.TheCivilityCEO.com

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From Red Dirt to Pay Dirt

How to Turn Adversity to Advantage

By Coach Bru



What would you say and do if the roof collapsed on your business, literally. I'm pretty sure "mahalo" wouldn't be one of the first words to come out of your mouth. I ask this question because during a recent trip to Hawaii I learned of a fascinating and inspiring story of entrepreneurial resilience.

On September 11th 1992, Paradise Sportswear, a small mom and pop T-shirt business on the Hawaiian island of Kauai, was dealt a seemingly devastating blow. Hurricane Iniki, a category 5 storm, overtook the island of Kauai, destroying almost everything in its path. That destruction included the Paradise Sportswear warehouse and printing facility as well as its inventory. After the storm, the owners arrived at their building to find the roof caved in and the entire facility flooded with Kauai red clay and water. For those not familiar with the red clay of Kauai, imagine for a moment your home town being built on a bed of permanent ink. The Kauaian clay is actually red volcanic soil and it is everywhere on the island. The clay is infamous for staining anything and everything it touches. This is the reason Kauaians always remove their shoes before entering their homes.

Knowing the powerful staining property of the clay, the business owner thought all was lost. With bankruptcy looming, out of desperation, he decided to try to clean the inventory on the outside chance that he may be able to remove some of the clay from the fabric and salvage part of his inventory. The repeated attempts to salvage the many cases of stained white t-shirts failed miserably and it appeared bankruptcy was unavoidable.

When his efforts turned fruitless, he decided to attempt to use the red clay to finish the job . . . completely dying the shirts a consistent color. Despite his wife and business partner advising against it, he felt there was literally nothing to lose. The shirts were dyed in washing machines filled with red clay and he named them "dirt shirts". One of the most amazing aspects of this "innovation" (1 part invention + 1 part innovation) was that the chemical properties of the red clay, when laundered, made the cotton t-shirts velvety soft and smooth.

A day later, he sold the shirts from a booth in Poipu Beach and the product was met with a great response. The locals bought up his entire inventory on the first day! The owner-turned-innovator had to return to his facility to produce more overnight. Born of a disaster, from that day forward, the concept of the "Red Dirt Shirt" took on a life of its own and has since become the single most desired tourist souvenir from the island.

I heard about this tremendous success story from a local executive during my recent trip to Hawaii. Paradise Sportswear's discovery led me to thinking about how we approach business problems and other "collapses" in our lives.

Col-lapse: (*kuh-laps*) verb, To fall or cave in; crumble suddenly. The roof collapsed and buried the equipment.

One of the World English Dictionary definitions of collapse is "to break down or fall down from lack of strength." Collapses in business can take a variety of forms: financial, physical and emotional, to name a few. These each pose unique problems and we can become blinded by our problems which channels our focus in negative directions. Negative thought patterns often become self-fulfilling and the resulting tailspin is difficult to self-correct your way out of. Look no further than the recent collapse of several major brands: Circuit City, Oldsmobile and Borders come to mind. As sales fell they lost touch with what exactly their customers wanted; why they were loyal; and then did not innovate to adjust to the current market. They just simply couldn't get out of their own way.

While a physical collapse is not what led to the demise of these brands, they did suffer from an inability or unwillingness to change and evolve in times of trouble and uncertainty. The takeaway here is that in order to maintain forward progress, you need to be able to separate collapses such as a roof, a business concept, product or a system within your business from your actual self. If business professionals learned to handle defeat the way elite athletes do, improved results would come more quickly and with more consistency. Which in this economy is what we are all seeking, isn't it?

Your ability to maintain forward progress and a positive mindset will increase dramatically by embracing these two concepts:

1. Detachment. Know the difference between an outcome and an identity. Your identity is not defined by the outcome of an event. Your identity is the sum total of who you are—your unique talents, core values and outlook on life. For the athlete, a loss is merely an event that took place on one day. It does not label them a "loser." The loss is viewed as feedback received and in turn corrections are made for the future. That loss is then put out of mind. The event (loss) did not define them, they defined the event. Failure is merely feedback and when used correctly, feedback becomes the Breakfast of Champions.

2. Belief. Maintain the belief that problems are solutions in disguise. Often within our greatest challenges lie our greatest opportunities. Underdog teams understand this concept better than anyone. They are often the only people in the arena who believe they can win and that is just fine with them. They are also smart enough to know that their viewpoint on performance is the only one that matters. A team's belief is essentially shared faith and confidence. Time and time again we see belief trump talent and size in every arena. Why? Because belief allows you to compete without fear. There is no pressure when you have belief. This allows you to stay focused in the moment and to be in the zone. You hear the term "playing loose" used a lot in sports. By having belief, you can play loose in the sport of business, which will help you uncover opportunities not visible to others. The owner of Paradise sportswear found a way to play loose and create opportunity.

The word "crisis" in Chinese means death and rebirth. Through crisis what began as just another sportswear business died, and a brand synonymous with Kauai was reborn. Advantage is born of adversity for all of us. His advantage was developed with zero financial capital – intellectual capital was the funding source. Yours can be, as well.

COACHING POINTS:

What would you have done in their situation? Simply call the insurance adjuster, or call upon your grey matter and imagination? How will your business be reborn in times of crisis?

What is your "Red Dirt Shirt"? Examine a current business issue you are dealing with. Like the red clay was to Paradise Sportswear, can the problem itself somehow be the very solution for you?

What is the number one way you can turn adversity to advantage in your industry?

"BRU TIP"

Define the events in your life. Do not let the events define you.

John Brubaker teaches audiences how to obtain better results in business with straightforward tools that turbo charge performance. Author of the forthcoming book *Overtime Victory: Success Strategies From The Locker Room To The Board Room*, John uses a multidisciplinary approach to help organizations develop their competitive edge. John Brubaker brings more than fifteen years of experience in Leadership Development, Coaching and Human Resource Management to his work as a consultant, speaker and author. He is a 1992 graduate of Fairleigh Dickinson University with a bachelor's degree in psychology and he also earned a master's degree in personnel psychology from FDU in 1993. Brubaker has completed his doctoral level coursework in Sport Psychology at Temple University. For more information visit: www.coachbru.com



Leadership and Conflict Resolution

Being an effective leader is not easy. The organization, the employees, and the clients all exert pressure for the leader to be everything that everyone needs. I had a conversation with a newly hired CEO yesterday. He told me, “so many people are coming into my office and telling me what a breath of fresh air I am, and how things are improving.” He was delighted. I added my compliments to what many had told him. Then I reminded him that everyone coming into his office wants something, and that he needed to measure his reaction with the proverbial grain of salt.

In a climate where many are insecure, afraid of losing jobs, internal competition can cause very interesting organizational behavior. For example:

1. Employees can become less willing to deliver difficult messages because they don't want to be the messenger that gets “shot.”

2. Competition for resources (people, money, material) can become fierce enough to minimize internal cooperation, thereby inhibiting the free flow of information.

3. Leaders are expected to do more with less, resulting in unrealistic expectations of them, as they are expected to be role models for everyone and be conversant in all areas of the organization.

In working with leaders of every size and kind of organization, what I have observed is that they are just people. When it comes to conflict, some leaders are comfortable with it, some are extremely uncomfortable with it, and some even instigate it. How a leader deals with conflict determines, in a very direct way, how the organization deals with conflict.

A healthy organization encourages healthy conflict – a lively exchange of ideas, creative problem solving, sharing of information, and cohesiveness after decisions have been reached. Businesses that have an established leader who is very uncomfortable with conflict (“I really hate conflict”) usually avoid the direct resolution of conflict, and thus have ongoing, unresolved issues that fester and get in the way of superlative results. For those organizations that have a leader who is aggressive (“My way or the highway”), creative problem solving is absent. Everyone just wants to agree with the boss. Conflicts are more like war – domination of power, without the necessary consideration of what is best for the future of the organization as a whole. (In other words, a variety of opinions is not welcome, so shallow thinking occurs.)

As a leader, it is extremely difficult to maintain an honest self-appraisal. Research has shown that, as one climbs the food chain, one's self perception becomes more distorted. Isn't that a kick in the head for those of you who have worked so hard at knowing yourself? It takes a lot of work to be honest with yourself when everyone else in the company is telling you what you want to hear! It's possible, but it certainly isn't easy.

What does this discussion have to do with leadership and conflict resolution? Here are the key points covered in this discussion:

If you know your own conflict resolution style, you can more effectively manage the conflict that occurs in your organization and within your team.

First, there are five categories of conflict resolving styles:

1. Withdrawing: “I'd rather not engage in conflict at all.”

2. Compromising: “I'll give a little and you give a little.”

3. Problem Solving: “We need to work out a solution together.”

4. Confronting: “You are wrong, and that is that.”

5. Attacking: “I don't even want to discuss this with you -- you screwed up.”

The category descriptions give you a picture of each of the styles. As you read the descriptions, try to ascertain which fits you more often than the others. We don't always have the same approach to conflict, but we do have a tendency to lean in the same direction. Just looking at it yourself might not give you an accurate picture of your style – ask personal friends, peers or trusted subordinates (who tell you the truth!) to categorize your style. In my book, “Win at Work! The Everybody Wins Approach to Conflict Resolution” (Wiley), there is a questionnaire that has been tested on over 1,500 people.

Once you know your style, you can use that knowledge to better manage conflict in your organization. For example, if you have an aggressive style, know that your team is likely to tell you what you want to hear. Therefore, when conflict occurs, it would be wise to encourage more problem solving so new ideas and differences of opinions can surface. When that happens, take a back seat and let the team talk. Once you speak, everyone is likely to agree with you, and the real issues will not get resolved.

On the other hand, if you are very uncomfortable with conflict, why not use someone (your HR Director?) who might be more comfortable and adept at handling conflict? In this way, you can avoid what makes you uncomfortable, and have your team learn how to problem solve and resolve issues effectively. Once you are a leader who models effective conflict resolution, your organization will become more collaborative and successful.



Dr. Diane Katz has worked with organizations and professionals for over 40 years. She holds a Masters Degree in Organizational Psychology from Columbia University and a Ph.D. in Conflict Resolution from Union Institute. Her consulting company, The Working Circle, provides organizational development, human resources, teambuilding, training and coaching to organizations of all sizes. Her newest book, “Win at Work! The Everybody Wins Approach to Conflict Resolution” is now available. www.TheWorkingCircle.com

What My Garden Taught Me About Success

One day I was picking raspberries and I noticed that the largest, ripest ones were just out of reach. I stretched as far as I could, but I still couldn't get them. At first I gave up, focusing instead on the berries that were right in front of me. Those were easy. But now and then, I'd look at those big ones and think: I wish I could get those.

I found myself brainstorming about how to reach those berries. I could get a taller person to help me. I could get a ladder. I could put on a sturdy coat with a hood so the thorns didn't bother me. I could go around to the back and see if I could reach them from a different direction.

Finally, I got them. They were so sweet and delicious, and were well worth the extra scratches on my arms.

Then it hit me. This was just like setting goals. They have to be big and juicy so we are motivated enough to keep reaching for them. And, just like picking those berries, sometimes you have to come up with creative ways to reach them.

I began thinking about what else the garden has taught me about success. Two other things came instantly to mind:

Dandelions are a great role model.

Several years ago I won a grant that sent me to England to work at Chawton Cottage, the home of Jane Austen. It was heaven to work in the garden of my favorite author, but there was one policy that drove me crazy.

I wasn't allowed to dig out the dandelions.

This was against all my gardening instincts, but there was a valid reason. Dandelions would have been a desirable plant in Jane Austen's time. They were used for making wine or jelly, and the leaves would also have been eaten raw or cooked.

It was hard, at first, to stop myself from digging them out. Gradually I started to appreciate them. They have cheerful yellow flowers that bloom in the heat of summer, as well as after frost. You can step on them, run over them with the lawn mower, or pull out half their roots, and still they keep coming back. Dandelions don't give up – a worthwhile role model, indeed.

Removing dead wood makes a dramatic improvement.

The next thing that came to mind was the first step in pruning a shrub: Always cut out the dead wood first. Dead branches not only look bad, but can invite disease and insects into healthy parts of the shrub. Once you remove them, the shrub instantly looks better.

I realized this could apply to life as well. How many of us have an outfit in our closet that we never wear? We keep it for sentimental reasons or for



BEFORE

AFTER

when we lose ten pounds. It makes us feel terrible every time we look at it. Donate it to charity and enjoy the extra space in your closet.

The same thing applies to holding onto something less tangible because you've always done it that way. Do you have a friend who is always negative? Consider easing her out of your life. Have you had the same haircut for ten years? Make an appointment with a new stylist. Any time you've got things cluttering up your home, your office, or even your mind, ask yourself: Is this really contributing to my quality of life? If not, get rid of it.

Now, whenever I make a list of goals, I remember to add a big juicy one that seems impossible. Whenever I feel discouraged, I think of the lowly dandelion and I keep on going. And, whenever I feel my life is stagnating, I start pruning out the dead wood.

Carol Chernega has worked as a professional gardener since 1992. She is also a speaker and writer. She has been visiting England for 15 years, fueling her passions for English gardens and literature. Her garden maintenance business specializes in pruning shrubs, and she has produced a DVD on that topic: Pruning Shrubs with Your Personal Gardener. It's available on her web site: www.onegardenatime.biz



The Perception Challenge

Awakening the body, mind and soul connection has many facets and like a diamond all facets are important for the overall sparkle of the gem. However, oftentimes we are initially led forth in a fitness challenge contest, which is aimed at the physical body. This offers an opportunity for many to get their physique in shape, by strengthening and toning their bodies while offering healthier eating options, with the goal of losing unwanted weight and living a healthier lifestyle. But there is a crucial link that is missing in sculpting and creating the perfect pyramid of health and wellness. The piece that perfects this puzzle is to examine this from a holistic perspective so that the mind and spiritual aspect are also running at optimum wellness. It is equally as important to put forth the focus, energy and intention it takes to uncover, and to let go of limiting belief systems so that you may positively power up your emotional system.

I call this the perception challenge. Whether you are conscious of this or not, your life is running according to the conscious and unconscious belief systems you hold within. And how you feel emotionally is a great indicator of the belief systems that you have. Do you know that to be happy, blissful, joyful, peaceful and prosperous is actually the “norm?” It is our Divine birthright to be in this space, but it does take some work to uncover the misconceptions that life is hard, painful and a struggle to survive. Allow me to assist in helping you change your perception about this today.

If you are ready for positive change and peace in your life, this is how it goes, my spiritually sexy friends. Take a moment and examine what experiences continue to show up in your life that are less than desirable and take special note if it is an experience that has been a lifelong pattern. Now, bear in mind the telltale signs of these “undesirables” as I will call them, typically have a price tag attached showing signs of lack, limitation, struggle and pain. Feelings of despair, hopelessness, unworthiness and unhappiness seem to abound in plentiful doses.

Some common examples may be financial struggle, being stuck in abusive relationships, and job dissatisfaction. What if I told you that you can be financially prosperous, have loving and kind relationships, and love the work that you do? In fact, anything that shows up as a contradiction to this is actually “not normal.” Our Divine heritage is to live in complete abundance in all ways. It is our own emotions, belief systems and soul journey through lessons of learning that holds us at bay from living to our highest potential. Just like we would a fitness challenge for the body, let's jump in with both feet and speed up our spiritual, mental and emotional healing process and take the “perception

challenge”, so that we may examine what is holding us back from reaching our infinite potential.

The winds of change are in motion, so now is the perfect time to toss aside those old belief systems as we would a tattered pair of tennis shoes. My suggestion is to examine closely your undesirables and ask yourself this simple question: “Do I really believe that this is true?” I can assure you that everything that shows up in your life is not coincidence. In fact, it shows up as a road sign that points to the exact location you are at; for you to decide if you want to continue down that road keep moving forward, if you want to change directions, examine your beliefs and patterns. It matters not whether it is a conscious belief. Furthermore, many beliefs are held in the subconscious, so you are not even aware you hold that particular belief, but an undesirable experience keeps surfacing, no matter how much you affirm to the contrary. It is a perfect system, always alerting us to our status, we just have to know how to read the road signs.

So when the light flashes red at an undesirable belief, stop and observe what you are feeling and believing about that particular experience. Keep in mind, just because something may be true for your friends and family, doesn't mean it has to be true for you. No two experiences are exactly alike, because we each are seeing it from our own unique perspective. And just because something was true for you yesterday, doesn't mean it has to be true today.

For instance, pretend you work in a job that is fulfilling and pays just enough for you to pay your bills, but nothing more. Would you not like to live with more prosperity so that you may have an excess of money to save, take vacations and spend freely without accruing debt? Ask yourself: what beliefs do I have about money? You might find yourself thinking there is a limited supply of money, that money is the root of all evil, rich people are selfish, etc. Also ask: why am I working in a job that doesn't fulfill me? You might uncover that you do this because you don't believe there are any other jobs available where you live, a job is hard work, not something to be enjoyed or that you only have a high school diploma and can't get a higher paying job. This is where you will want to begin challenging your perceptions.

Is it really true that the money supply is limited?

The government would like you to think so, but if this were really true then why are there more millionaire and billionaires than ever before? Seems there is plenty of money, it just may not be flowing to you at this time, but you can change this.

“ . . . there is a crucial link that is missing in sculpting and creating the perfect pyramid of health and wellness. The piece that perfects this puzzle is to examine this from a holistic perspective so that the mind and spiritual aspect are also running at optimum wellness. ”

Is it really true that money is the root of all evil?

Money is energy like anything else – does it really carry a negative charge, or is your thinking about it negative? If you choose to believe that money is good, abundant and richly nourishing to your life, you will see your experience with it change.

Are rich people really selfish?

Have you heard the names of rich people like Oprah Winfrey and Bill Gates? They have foundations established and give millions of their own money to help better the world. Or even people that you personally know that are affluent that give of their time and resources volunteering and supporting various local charities. And could it also be true that you are selfish with your time and money because you don't feel like you have anything to give away? Money is only one piece that can be given. Time, food and support are other possibilities.

Are there really no jobs in your area that would make you happy?

This is often an excuse to stay snuggled in a very outdated pair of shoes. Even though they are torn and tattered they are more comfortable than leaving this comfort zone and reaching out to make a positive change in your life.

Are you really meant to be unhappy in your work, and further, does it have to be hard?

If you believe you have to work hard, you better know that you will be exhausted at the end of the day. And does this hard work equate to earning more money? Can you think of anyone that is making a generous living by doing what they love?

Is your limited education holding you back from a higher paying opportunity?

Really, I ask? So every person you know that is uneducated is struggling financially? You don't know a single person that has an abundant supply of money, enjoys their work and only has

a high school diploma? On the contrary, most of the people I know, including myself, are not doing anything that resembles the education they received in college and I know several people that dropped out of school to follow their dreams, that just happen to be millionaires now. In addition to this, I know many college educated people that cannot find work in their field of expertise that work waiting tables and others that have a high school diploma only that are at a SVP level making six figures.

To flush out toxic belief systems is to watch your life upgrade exponentially. Simply acknowledge that you used to believe that, state that you no longer do, affirm your new belief and set an intention to live fully your new belief system. It goes something like: “I used to believe that life was a struggle and that I had to work hard to get ahead, but I no longer believe this, thank goodness. I now create and deserve a rewarding, fun and prosperous job that provides me with rich experiences.” Then do the action steps to make this a reality in your life.

While doing the perception challenge, know that as you grow and continue to experience new endeavors, new perspectives continue to come forth. Challenge everything you think you know, everything you are told, everything you hear and everything you see, all the time. What you believe today can change and improve your life tomorrow. Everything you once believed doesn't mean you have to believe today. And finally, once you start working towards upgrading your beliefs, it is important to do a temperature check emotionally. Creating is about believing and feeling. For the new belief to really work it has to invoke a positive emotion within you. To feel elated, joyful, at peace or happy about the changes you have made, will make it manifest in your life. This process will assist you in continuing your personal journey towards perfection, so that you may open up to the love story that has always been written in your heart.

Keep Shining!
Love and Light~
Pamela J. McQuade

Pamela Jo McQuade is a Reiki Master, student of “A Course in Light”, a Reverend with the Universal Life Church, and a trained Holographic Healer. After leaving the corporate world, she underwent a radical spiritual transformation and now is on a soul-inspired quest to bring forth teachings of inner light and truth. For more information on Pamela Jo and her teachings, visit her site at: [www.http://spiritualityissexy.com](http://spiritualityissexy.com).



“Best Ever You” is a compilation of material from various sources from various walks of life. Our goal is to represent the best of ALL of you, and as such, all beliefs will be represented in a fair and just manner. All material is submitted by the public, and we reserve the right to accept any article that promotes a positive life, creating the Best Ever You, and reject any articles that do not reflect our goals.

ON MY SOAPBOX ABOUT SOAPS

By Brianna Brown

I wish I were standing in the Speaker's Corner in Hyde Park in London so I could step up on my soapbox (literally) and shout out my thoughts, realizations, and insights about the Soap World. But, since I live approximately 5,456 miles away from that lovely location, in sunny Southern California, this article will have to do.

I graced the soap scene eight months ago and like all actors who cross the threshold into the well-oiled machine of soaps, I was congratulated and forewarned. There's a lot of history to live up to. General Hospital began airing on April 1, 1963 and is one of the few thriving and surviving soaps currently on air. Not only does it hold the record for most Daytime Emmy Awards for Outstanding Drama Series, but brilliant actors who have started out on it have become huge stars. Just to name a few soap stars (from various soaps) turned household names: Meg Ryan, Demi Moore, Ricky Martin, Kathleen Turner, David Hasselhoff, Terri Hatcher, Christopher Reeves, Kevin Bacon, Kelsey Grammer, Marisa Tomei, Tommy Lee Jones, James Earl Jones, Rick Springfield and Susan Sarandon. And that's literally only naming a few!

So my beef (remember I'm standing on a soapbox in Hyde Park) is: Where is the respect for soaps? Why are reality TV stars covered in all the Entertainment magazines but soap stars are reserved for only their special niche magazines (which are great, by the way)? When did having a sex tape and cameras following you around turn into having the "it" factor, or being equivalent of having talent? What happened to having talent and being acknowledged for it? Now, I'm not saying all reality TV stars are void of talent. It is quite the opposite. Just look at all of the amazing talent shows on TV like ABC's Dancing with the Stars or FOX's American Idol, for example. What I am saying is, why is

there a "pooh pooh" attitude with soaps, soap stars and soap fans when so many soaps have lasted longer than prime time shows, many soap stars have blossomed into household names, and these "crazy" fans are no more passionate than the widely accepted (and mostly male counterpart) sports fans?

I've been blessed to work as an actress on multi-million dollar sets, independent studio productions; cable and network television sets, and even starred and co-produced a web series. I started out on stage and began my love for acting with musicals and then transitioned into traditional theater. I've done all of this prior to my experience of working on General Hospital. I decided in December of 2009 to take the role of Dr. Lisa Niles because of the opportunity to play a "Fatal Attraction" storyline. Having played mostly ingénues, bimbos and victims running away from zombies (or men in prosthetics, or the missing link), I decided that playing a funny, smart, villainess would be a fun change of pace.

I've found that acting on a soap opera is just as challenging as the various other mediums of moving pictures. It can be long hours. But, the most challenging part is the constant influx of material to absorb and regurgitate without any real foresight of the next twist and turn of your character. It can be a bit of a rollercoaster! The fast-paced shooting schedule gives literally no time for in-between scene preparation, so you have to hope and pray that all of your prep work at home will show up when you rattle off your lines and follow the technical adjustments and blocking. You literally are given one take. Maybe two, if you are lucky, or if there is a technical error. My gray matter needs a good eight hours of sleep in order to properly compute all of the direction and to be on point. And, there is no real hiatus. We don't have three months in between seasons to have a month long travel adventure or eating whatever you want because you



have time to lose it before shooting again. Working on a soap requires the tenacity and headspace of a marathon runner.

When I landed the gig I was congratulated, but also told to be careful of the fans, as some of them can be “overzealous.” I was especially told that because my character was coming in between a very, VERY, beloved couple, who at one time had their own spin-off. I was told I would probably be despised. So I didn’t read the soap boards, as I know how hurtful words can be even when I’m not supposed to take it personally. But it’s hard not to when someone is directing something negative to your “person” to not take it “personally.”

When I attended my first Fan Club Weekend, I was overwhelmed with how positive and excited the fans were. I’ve found soap fans to be some of the most loyal and lovely men and women who are passionate about their hobby. They have history watching with their loved ones and friends. They go to events and get autographs from their favorite “star” on a photo or piece of memorabilia. But doesn’t that sound like a sports fan? Traveling from far away to see their “team?” Dressing up and spending all day in preparation for the big event? Those who are passionate enough to shout out their pride and appreciation for a player who does well or their disgust for a player who is deemed

responsible for losing a game? I didn’t see any mob action at FCW. I didn’t see a riot after an amazing storyline hit its peak. Yet, why is it accepted for some sports fans to do such vile acts and have their actions rationalized? This past year, the Lakers won the Championship and there was a riot. When taking a step back from it all, I realized that we rationalize some “fans” behavior and label others as “crazy.” Basically, all I’m saying is that I didn’t see any fanatic behavior that wouldn’t look minor compared to hardcore sports fans. I have nothing against sports fans but I feel that the more feminine counterpart should get equal allowances and be respected just as much as the men who are bare-chested and painted in freezing temperatures rooting for their team.

As I begin my descent from my soapbox I pause and leave these last thoughts: It has been such an honor to walk on the stages that so many talented people have (and still do) work on. To see how well a show can be produced and still be successful year after year. To see the dedication, hard work and hours of prep put into scenes that are shot at lightning speed. To be surrounded and encouraged by such lovely fans of all ages. In a nutshell, hats off to soaps, soap stars and soap fans. Thank you for letting me share my appreciation and acknowledgement because, at the end of the day, that’s all anyone really wants.



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Spring!

No other season provokes such a sense of anticipation and excitement. Springtime provides a relief from the long days of winter and the first signs can make our hearts skip a beat: buds appear on the trees, birds awaken us to their song, and delicate flowers begin to emerge through the once frozen earth.

Spring is certainly a season of abundance. Tender vegetables and meats are the gift of the spring season and, as the weather warms up, the need for lighter fare awakens. It is easy to stay focused on fresh options since vegetables are at their most tender during this season and many juicy fruits ripen towards the end of the spring.

What is in season?

asparagus; artichokes; broad beans; beets; broccoli; cabbage; carrots; cauliflower; chard; kale; leeks; lettuce; mustard and cress; new potatoes; peas; radish; salad greens; spinach; rhubarb; tomato; turnip; watercress, pineapple, gooseberries; strawberries, and raspberries, lamb, king salmon; northern halibut; sea bass; sole; sardines; brown trout, sea trout or salmon, scallops, crab, mussels and clams.

Curried Spinach Salad

This salad is always a hit at potlucks and stands in at my house as a quick, easy dinner.

Serves 6

Ingredients:

8 cups baby spinach, washed and rinsed
2 apples, cored and thinly sliced
2/3 cup sliced almonds, toasted
1/2 raisins
1/3 cup green onions, thinly sliced
2 cups cooked chicken, shrimp or chickpeas (optional)

Dressing:

1/3 cup extra virgin olive oil
1/4 cup white wine vinegar
1 tbsp. Major Grey's chutney, finely chopped
1/2 tsp. curry powder
1/2 tsp. Dijon mustard
Salt to taste
Dash of Tabasco (optional)

For the dressing, combine the oil, vinegar, chutney, curry powder, mustard, salt and Tabasco in a jar. Shake well and let sit for a least one hour.

Place spinach in a large bowl and add apple slices, almonds, raisins, green onion, and chicken or shrimp. Toss with dressing and serve immediately.



Sara Sullivan, BA, NC, HHP, CH is a Certified Nutritional Counselor and Holistic Health Practitioner. She has a private practice at Sanctuary Holistic Health & Yoga Center in Yarmouth, ME.

Sara uses an individual approach to achieving optimal wellness for each and every client. "We are all unique" — no two people have the same metabolism, biochemical make-up, health concerns, behavioral issues or nutritional needs.

For the past five years Sara has also been a featured chef at the Stonewall Kitchen cooking classes in Portland, ME and continues to teach Pilates classes three days a week at Sanctuary Holistic Health & Yoga Center. She lives in Yarmouth, ME with her husband and two children.

Crab and Asparagus Salad

Fresh, local crab meat makes this dish!

Serves 6

Ingredients:

1 1/2 pounds fresh asparagus, trimmed
1 tbsp. extra virgin olive oil
2 heads butter leaf lettuce, washed and dried
3/4 pound fresh crab meat

Dressing:

3 tbsp. fresh mint leaves, minced
1 tsp. fresh ginger, minced
1/3 cup white wine vinegar
1/4 cup extra virgin olive oil
1 tsp. Dijon mustard
1/4 tsp. honey

Garnish:

Fresh fruit such as cantaloupe, strawberries, orange slices

Preheat oven to 425. Place asparagus on a baking sheet and drizzle with olive oil. Roast at 425 for 10-12 minutes or until crisp tender. Remove from the oven and let cool to room temperature.

For the dressing, combine the mint, ginger, vinegar, oil, mustard and honey in a small bowl. Whisk thoroughly until

combined. Divide lettuce leaves among 6 salad plates. Place 1/6 of the asparagus on top of the lettuce leaves. Top the salads with crab meat. Drizzle with dressing and garnish with fresh fruit serve immediately.

Spring Strawberry Salad with Chicken

Strawberries and balsamic vinegar equals a match made in heaven! Experiment with different combinations of nuts & cheeses—the possibilities are endless . . .

Serves 4

Ingredients:

1 Rotisserie chicken (meat pulled) or 2 cooked chicken breasts, diced
1/4 cup extra virgin olive oil
2 tbsp. balsamic vinegar
4 cups baby spinach, washed and dried
1 pint strawberries, washed and sliced
4 ounces goat cheese
5 ounces pecans, toasted

Place the spinach in a large salad bowl; scatter the strawberries, goat cheese, and toasted pecans over the spinach. Drizzle the olive oil and the balsamic vinegar over the salad and toss gently. Top with the chicken and serve immediately.

Spring Lemon, Herb & Garlic Chicken

The fresh herbs really make this dish! My family enjoys this served over mashed potatoes with sautéed spinach & cherry tomatoes.

Serves 4-6

Ingredients:

3-4 pounds chicken breasts with skin-on, bone-in
2 tbsp. grated lemon zest
1/3 cup freshly squeezed lemon juice
2 large cloves garlic, minced
1 tbsp. chopped fresh rosemary
2 tbsp. chopped fresh thyme
Salt & Pepper to taste

Marinade: mix the lemon zest, lemon juice, garlic, rosemary, thyme and salt & pepper in a small bowl, whisk to combine. Place the chicken pieces and the marinade in a freezer bag and coat the chicken pieces with the marinade. Let marinate for at least 2 hours.

Preheat oven to 425. Remove the chicken from the freezer bag and place in a baking dish, skin side up. Pour marinade over chicken and bake 50-55 minutes, or until the chicken is cooked through and the juices run clear.

Let rest, covered with foil, for 10 minutes before serving. Serve chicken and pour 1 tbsp. of marinade over the top.

Pineapple with Coconut Milk & Pistachios

Dessert has never been this easy & this tasty!

Serves 4

Ingredients:

4 1/2-inch rings pineapple, halved
1 tbsp. coconut milk
1/4 cup chopped pistachios

Place fruit slices on a serving platter. Drizzle with the coconut milk and top with the chopped pistachios.



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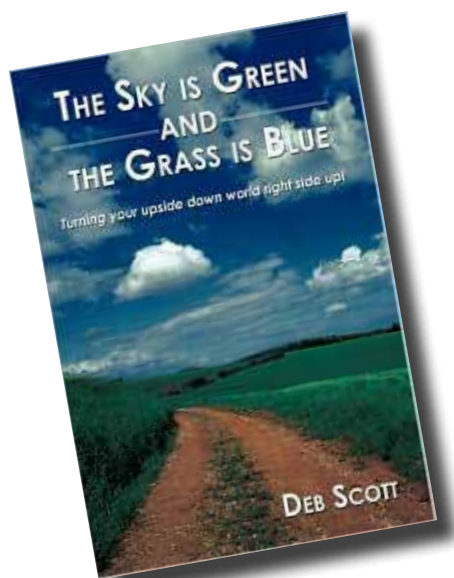


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FOUR GIFTS IN DEATH TO LIVE YOUR BEST



**It has been said,
“Anyone can die,
but not everyone can live.”**

Funeral for a Friend Can you relate to this?

I attempted to go to daily Mass for Lent this year (please don't hate me because I'm Catholic!), and it just so happened the other day was a Funeral Mass for no one in particular that I knew. Or did I?

As I sat through the service, I felt as though I had known “Cliff” all my life. Being in the presence of his family and friends, created a powerful visual of ME being laid in that casket, and how I would feel, what I would leave behind, when I die? We all die.

New Life from Death – What are YOU here for?

As thoughts raced through the recess of my heart, I realized there were four critical keys which seemed to last. I call them the four for living before you die.

The Journey of Your Life

The word “for” as defined by Webster's dictionary is; “with the purpose of,” “intended to belong to or used in connection with,” “in order to obtain, gain or acquire, suiting the purpose of or needs of.”

So what on earth are YOU here for?

1 Better for having met you? One of my favorite quotes is: “people won't remember what you said, but they will always remember how you made them feel.” I try to live my life so that everyone I have met is better off for the experience. Of course, this demands I live consciously, in the present moment, with

active listening, and a genuine concern for my effect on every person I meet. How are people better off for having met you?

2 More Forgiveness less Resentment? Not living in forgiveness only hurts you. Remaining in a state of resentment is like “taking arsenic and expecting the other person to die.” It's simply insane! Forgiveness is NOT in the feeling; it's only in the action. If someone has wronged you (and we all have been unjustly wronged), forgiving them is simply letting them go, wishing them no ill will, not acting revengefully, and trusting that God, the Universe, your Higher Power, will take care of the justice in the given situation. Forgiveness is like a pair of scissors, which cuts you out of the web of toxicity, setting you free to fly. Forgiveness is your freedom which detaches you from recycling pain. “Pain is inevitable but suffering is optional.” Who or what do you need to forgive?

3 Less Forcing Outcomes and more Acceptance? I don't know about you, but most of my plans, good or bad, never turn out exactly as I planned. Some much better, some a heck of a lot worse. Are you aware you are part of the natural flow in the river of life? Accepting the way things are, instead of the way you want them to be, removes control you have to know everything. How can you truly know the long term outcome of any given situation anyway? Can you recall an event you thought for sure would be bad, which turned out great? Of course! Heroic humility allows you to be teachable in every moment, learning new ways of

being, doing and feeling. Accept life on life's terms, and embrace the possibilities. What do you need to detach from and accept today?

4 Check your Motivation—is it always for giving more Love? You can do the right thing for the wrong reason, which makes it ultimately worthless to you. How can you always know the truth of a situation? Check your motivation. If your motivation is self serving, for personal gain, involves pride and control, get rid of it. The only report card you'll be getting in earth school is reflecting back on your life and determining that whatever you did, you did it with love. Check your motivation – are you doing it with love?

The best way to take your spiritual temperature on this is to identify the measurement of your internal peace vs. confusion. Where there is peace in the core of your heart, there is truth for you. This is your purpose, your call, your gift to the world. You will always be in the arms of love which lasts a lifetime when you are living in peace and truth.

Sit in the classroom of silence to listen to the words you most need to hear.

Reflecting on your death can bring new life. You are here for a necessary reason, in your circle of influence, no one else can touch the world with the exact sparkle of you. The world needs you! Get out and live with boldness and passion. How do you want to be remembered when the funeral for a friend is the friend in you?

Every End is a New Beginning!



DEB SCOTT, BA, CPC is the author of the two-time national award winning motivational book, “The Sky is Green and the Grass is Blue – Turning Your Upside Down World Right Side Up!” She is also a certified professional coach at Discover the Amazing YOU! coaching, and host of “The Best People We Know Radio Show!” on Blog Talk Radio. Sign up for Deb's newsletter today!

Top TEN Things Men do Badly in Regard to Their Appearance



No. 10. Wearing something that is soiled, torn, or doesn't fit. (If you can't button the jacket, don't wear it. If a garment is stained, don't wear it. If something is torn, repair it).

No. 9. Wearing a short-sleeved shirt with a suit and tie. (You just can't do this. It looks simply awful. Even if it's 100 degrees in the shade, you have to wear a long-sleeved dress shirt when you wear a necktie).

No. 8. Wearing light colored shoes with dark trousers. (Your shoes must be as dark or darker than your trousers).

No. 7. Wearing socks that are lighter than the trouser. (What else is there to say).

No. 6. Wearing ankle length socks with a suit. (When wearing a pant, other than blue jeans, the proper hosiery is "over the calf, or "mid-calf" length).

No. 5. Wearing shoes that are dull, scuffed, cracked or dirty. (People notice your footwear. Leather shoes should always be polished. Use cedar shoe trees to keep their shape).

No. 4. Wearing trousers that are too long — the back should not hit the ground. (Looks terrible, not to mention that your shoes will ruin your trousers. Too short, meaning not touching the top of the shoe is equally bad).

No. 3. Wearing denim jeans to a "business casual" occasion. (Showing up at a business conference wearing a sport jacket and blue jeans is poor taste. Ralph Lauren can pull it off but you shouldn't try).

No. 2. Failure to tie a proper knot in a necktie, and not securing it at the neck. (Learn to tie a good knot, preferably with a dimple, and then secure the necktie tightly at the neck. Don't open your collar and loosen the tie — bad look).

No. 1. Buttoning all the buttons on a suit jacket. (Hands down the number one sin. The rule is simple — secure all the buttons except the bottom one. Don't buy a one button or a four button suit jacket).

Lastly, check out my website: anythingotherthannaked.com



Glen Sondag, an investment professional, is married with four adult sons, living in Chicago. He came by his fashion sense largely from his mother who was a fabulous seamstress. Later on while attending graduate school he worked in a clothing store which simply fueled his love of clothes. His new book "Anything Other Than Naked" is currently available. Visit www.anythingotherthannaked.com for details.

HOW TO: EXCEL AT MARKETING

By Dale Little

“I’m really not good at Marketing.” Not true! There is absolutely no one in the world that will promote you, your expertise or your business with the same energy and enthusiasm that you will. On top of that, it’s never too early to start that promotion, nor is it ever too late. This then begs the question, “How do I market successfully?”

Know It: Know and understand everything you possibly can about the product(s) or service(s) you sell. Don’t stop there. Stay current on all industry and business developments. When your knowledge is cutting edge, you feel confident!

How To:

- Attend trade shows
- Subscribe to industry periodicals
- Join online forums
- Attend SBA and SCORE low & no-cost classes and seminars

Believe It: You have to believe, in your heart, that your product or service is the best there is! Some folks have trouble with this one. Maybe their presentation isn’t up to par, or advance preparation hasn’t been a focus. Make plans. Make notes and lists about the pros and cons of what you sell. Discover the weaknesses and turn them into strengths.

How To:

- Brainstorm with a trusted peer
- Enlist the guidance of a mentor or Coach

Understand It: Define your target market with extreme detail, and understand “what makes them tick.” Recognize the emotional need your product or service fills, or the problem that your company solves. How does your company answer their need better than your competitor?

How To:

- Consult online directories –
ipl.org
twellow.com
citydata.com
- Initiate polls and surveys.

When you know your product and you believe in your company, marketing becomes effortless. Pragmatic marketing is a must, but emotional marketing is a bonus. Just as a sincere, joyous greeting opens the door to conversation, genuine enthusiasm for your product or service sells to your customer.

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Top 5 Diet Roadblocks: How to Avoid Them!

Do you ever feel like you start heading down a “healthy” journey and then a big, red WRONG WAY sign stops you in your tracks? That can be very frustrating, especially if you’re finally taking action...only to realize that your action steps may lead to a dead end. Here’s the good news...instead of feeling frustrated, you can now become empowered by becoming aware of the roadblocks. Learning to avoid the top 5 diet roadblocks will keep you from having to take a detour along your wellness journey.

Roadblock #1: Using the word DIET!

Diet is not a negative word. It merely means food and drink that is considered in terms of its qualities, composition, and its effects on health. BUT...many people resonate with the word diet in a negative fashion. More of a diet = deprive mentality. So, if you change your vocabulary to “Healthy Eating” then it has more of a positive impact and you’re more likely to succeed.

Roadblock #2: Running more miles to make up for extra food consumption.

This mentality leads to overeating more often. It becomes an excuse to eat more. What about the days that you don’t get to run those extra miles or any miles at all? That’s right...the extra calories will become extra weight gain.

Roadblock #3: Skimping on your sleep to get in your workout

I encourage you to get your workout in whenever you can, but don’t deprive yourself of sleep in the process. Factor your sleep schedule accordingly and get to bed earlier so you get at least 7 hours of sleep. Studies prove that women who only get 6 hours of sleep at night are 12% more prone to gaining weight – an average of 33 pounds in the course of 16 years! Women that only get 5 hours of sleep or less have a 32% chance of doing the same.

Roadblock #4: Dehydration

Our bodies are made up of close to 70% water. If you are feeling “puffy” then you are not drinking enough water. Your body is trying to hang on to what it has. A good rule of thumb is to drink half of your body weight in ounces. You should also eat more water-rich foods such as fruits and vegetables to have better success with your weight goals.

Roadblock #5: Tomorrow

Don’t put off today what you could do tomorrow – tomorrow could turn into several tomorrows. The more you wait for tomorrow the less likely you are to create healthy habits. It takes anywhere from 21-28 days to firmly form a habit. Stick with a routine, journal your progress, and watch as positive habits unfold.

Don’t get lost and go the wrong way in regards to your wellness program. There are many detours out there. Stick with the road that is less traveled and avoid the roadblocks. The healthy road offers less stress, worry and disease.



WENDIE PETT is a nationally renowned fitness expert and coach, mother, speaker, author and creator of the Visibly Fit™ exercise program. Her many Visibly Fit™ instructional DVDs teach wellness maximization through the balance of mind, body, and spirit as well how to use your body as your gym. To learn more about Wendie and her program visit – www.wendiepett.com and www.wakeupwithwendiepett.com.

Multivitamins Can Add Multi-Benefits to Your Overall Health – IF You Read the Label!!!

When considering taking a multivitamin, it is important to remember that any nutritional supplement only complements the food you eat.

There is no substitute for a healthy diet of unprocessed organic foods. It is still the best physical factor for you to achieve optimal nutrition. However, accessing and eating high quality foods regularly may be a personal challenge for you and your family. Your busy schedule may lead you to cook healthy whole food less often than you should ... and eat other “fast food” more than you realize. But even with a healthy diet, some individuals can still be deficient in getting all of the vitamins and minerals they need.

If you are currently taking a multivitamin, or considering taking one, make sure you read the labels to ensure you are getting the highest quality natural nutrients and vital minerals. Make sure your multivitamin contains calcium to support your skeletal system; especially as you age, your need for calcium becomes more and more important to promote healthy bones. In addition, magnesium helps to support a number of functions, including your lungs and overall pulmonary system. It also promotes bone density health; helps maintain your muscular and nervous systems; supports a healthy heart; and your energy needs. Potassium is also important as it helps to regulate your circulatory system, further promoting heart health, and it is another element in maintaining your bone density health.

Eating whole, non-processed, natural foods is the best source for vitamins. However, when you are choosing vitamins, beware of wasting your money on discount products. They typically consist of less costly synthetic isolates, which, in effect, are only partial vitamins combined with other chemicals. These isolates are only “fractionated” pieces of the whole natural food source of the vitamin, and a low end alternative to using the real complete food to produce the vitamin.

There are four problems with synthetic vitamins:

1. Because you are not consuming food in WHOLE form, you are not getting the vitamins, minerals, antioxidants and enzymes your body requires for optimal health.
2. Since your body only absorbs a small percentage of an isolate form of vitamins and minerals, you are receiving even less nutritional benefit than you need.
3. Synthetic vitamins often give you massive quantities of some nutrients and insufficient quantities of others - not providing the balance you are looking for.
4. The additives and unnatural state of synthetic isolates can cause side effects.

When opting to take a multivitamin, you want to make sure it provides a significant contribution to your health, especially if you have already committed to making positive steps towards living a healthier lifestyle.

So what standards are you looking for in a multivitamin to give you high potency and more nutrients?

1. A highly reputable production company with the highest quality control manufacturing practices in place. Companies are ranked by NutriSearch Corporation, an independent research firm.
2. Consider going beyond RDA (Recommended Daily Allowance) and RDI (Recommended Daily Intake) guidelines. I believe RDA/RDI amounts define the lowest limits of daily nutrient intake and individuals may vary as to what level works best on a personal basis.
3. Quality products which include essential minerals as a bonus adding their unique layer of nutritional support. Many multivitamins do not contain a rich concentration of important minerals.
4. Avoid additives or synthetic nutrients and instead use products that are natural whole food based.

Multivitamins have natural value built in. An herbal food based product provides you with a high concentration of daily supplements and in addition to other nutritional ingredients should contain a list of antioxidants.

Remember one of the challenges your body faces every day is combating free radicals, which are highly reactive molecules and fragments of molecules that may impact your body at the cellular level.

Free radicals constantly attack your body proteins, carbohydrates, fats, and DNA, and can cause potentially serious health concerns unless they are kept in check. Every cell in your body suffers an estimated 10,000 free radical hits each day. Your body does its best to fight back – in what is an actual battlefield at the cellular level.

To help balance the effects the free radicals, multivitamins can provide you with a high-potency amount of antioxidants that include:

- **Healthy beta-carotene** – healthy vision and immune system support
- **Vitamin C** – promotes tissue growth and repair, and healthy gums
- **Vitamin D3** – supports heart, bone, vascular and immune system health
- **Vitamin E** – helps support your muscular system
- **Selenium** – bolsters your immune system
- **L-cysteine** – supports your immune and respiratory system
- **Lutein** – helps promote your healthy vision
- **Lycopene** – supports your immune system
- **Red wine proanthocyanidins** – provides cardiovascular support
- Select extracts and powders from fruit, vegetables, and herbs

Ideally, it is best to receive all your nutrition from high quality unprocessed foods. Unfortunately, if you're like most people, you may find it impractical or impossible to eat enough of the right foods 100% of the time. Even when you are conscientious about including raw fruits and veggies in your diet, getting exercise and vitamin D, you still might want to hedge your bet on optimum health by supplementing with a quality multivitamin every day. You always want to make sure your body machinery is getting what it needs to keep you living healthy.

Disclaimer: The entire contents of this article are based upon the opinions of SheaNetics and Shea Vaughn, unless otherwise noted. The information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Shea Vaughn and her community. SheaNetics and Shea Vaughn encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



Shea Vaughn is an accomplished fitness instructor, choreographer, personal trainer of athletes and celebrities, a model and a successful business woman. Her journey represents a lifetime of study and practical experience in fitness combined with a passion for health and well-being. Ms. Vaughn is also the founder of SheaNetics®, a new East-meets-West exercise and lifestyle practice that helps you make positive and lasting mind-body changes. Visit www.SheaNetics.com for more information on the SheaNetics lifestyle concept. The website provides a video introduction to SheaNetics and its Five Living Principles of Well-Being, and offers samples of the workouts in addition to student testimonials, physician endorsements, and a sign-up for the SheaNetics newsletter coming soon.

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By Keith Aul
www.keithaul.com

Creating a Sense of Urgency. Achieving your Goals More Quickly

Over the years of studying successful habits and applying those habits on a consistent, daily basis, I found one habit that I consider to be the most critical to success. This habit is sure to be found in any high performing individual. This habit is having the ability of being action oriented. Action oriented people do not hesitate. They move quickly. To move quickly, you must develop a sense of urgency in your life. That sense of urgency can be developed through a 5-step process.

Develop the Habit of Thinking and Planning

You must take the time every day to think, plan, and set the right priorities to become highly creative, useful and proactive. Over time you will find yourself launching quickly and strongly toward your purpose, vision and goals. This will allow you to work gradually, easily and continuously, while having a laser-type focus on your purpose. The result of advanced planning is a huge amount of productive and high valued tasks completed each day. You will find yourself spending less time idly socializing, wasting time, and working on low value tasks.

Getting into “Flow”

After developing the habit of focusing and working on high value tasks and staying consistent with that continuous level of activity, one will enter into a mental state called “flow.” The individuals who experience this mental state are the same individuals who consistently have the highest state of performance and productivity. And when you are in this state of mind, you feel elated, clear, happy and energetic.

Become More Alert and Aware

When you are in this state of flow you function at a much higher plane of creativity. You feel more sensitive and aware of circumstances around you. And you often come up with brilliant ideas and insights that enable you to move ahead even more rapidly.

Develop a Sense of Urgency

By developing a sense of urgency, you can trigger this state of flow. This urgency is an inner drive and desire to get the job done quickly. This inner drive is an impatience that motivates you to get going and to keep going.

Make a “Bias for Action”

With this deep-rooted sense of urgency, you develop a “bias for action.” You take action, rather than talking continually about what you are going to do. Your goal is to take specific steps immediately. By employing this technique you concentrate on the things you can do right now to get the results you want and achieve the goals you desire.

Elizabeth's Picks

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www.flojos.com

Solving Common Beauty Mishaps

I think we may have all experienced this at one time or another... you start to put your makeup on and before you know it – something goes awry – whether it is applying too much blush or smudging your nail polish. Here are some common quick fixes when you are faced with a beauty boo-boo:



Smudged Nail Polish:

Gently dip a finger from the opposite hand into nail polish remover and carefully smooth away the smudge. Apply a coat of clear nail polish instead of another coat of color. Adding more color would make that nail darker than the others.



Too Much Blush:

If you have applied cream blush, blot some of the excess with a tissue. Next, use a makeup sponge to apply 1-2 drops of foundation. If you have applied powder blush, sprinkle translucent powder onto a makeup sponge and blot over the blush- more so on the apples of your cheeks than spreading the color upward.

Too Much Hair Serum:

Usually, just 1-2 drops of hair styling serum (most silicone based) is enough to keep hair sleek. However, it is very easy to apply too much and have product overload. To correct, sprinkle baby powder on your hands and rub on the goopy or greasy section.



Highlights... well... Too Light!

Whether you did the deed yourself, or your colorist took you too light, try to make an appointment to see your professional stylist as soon as possible. In the meantime, wash your hair with a color-enhancing shampoo with brown or caramel tones. You can also apply a few streaks of root concealer and blend in well.

Bumpy, Clumpy Mascara:

You need to act fast since mascara dries quickly. Keep on hand an old, clean mascara brush or an eyelash comb. Wiggle the wand or comb over your lashes to break down the clumps. If they are still left, dip your clean mascara wand into makeup remover and wiggle over the clumps to loosen them up.



Nina Sutton is a dynamic TV host, Beauty and Mom Expert. With an MBA and a business background in beauty, fashion and consumer packaged goods, she brings real world expertise to audiences around the country. Nina's first book, *The Chic Mom's Guide to Feeling Fabulous* was published in 2008. With the rise of celebrity moms bouncing back so "effortlessly," this book offers real women tips on staying chic in all areas of their life – including beauty, fashion, fitness, relationships with friends, spouses, children, and financial and time saving tips for moms. Nina also devotes her time to charity – she is on the LA board of Step Up Women's Network and worked with the March of Dimes on their Celebration of Babies event with Halle Barry in November 2009. For more information visit www.ninasutton.com

By Brittany Ross

HAWAIIAN TIME



“I’m in a hurry to get things done, I rush and rush until life’s no fun, all I really gotta do is live and die, but I’m in a hurry and don’t know why,” was the national anthem of my family growing up. (Alabama song, what can I say we’re Texans!) Constantly running from one thing to the next and rarely taking a moment to breathe was our way of life. We were black belts in staying busy. We had a lot of fun, and sure got a lot done, but one school of thought that was skipped over in my childhood was the concept of downtime.

When I decided to attend Hawaii Pacific University, I figured my toughest lessons would be in Biology, Algebra, and Spanish, but boy was I wrong. As the Hawaiians say, “A’ohe pau ka ‘ike i ka halau ho’okahi. All knowledge is not taught in one school.”

“What do you mean we’re going to sit at the beach for a whole weekend, don’t we have things we have to do! Are you crazy, we can’t wait until next week to do that; we have to do it now! What are we going to do today!?” My 100 mph life was suddenly screeching to a halt, and nobody seemed the slightest bit worried.

Hawaii is the place to go to get away from the responsibilities of everyday life. What was I to do when Hawaii was my everyday life? I felt as if my life was going to be on hold while I was on this four-year vacation. I was exploring the magic of Hawaii; camping, hiking, surfing, and lounging at the beach. I was thrust into an environment that allowed me to slow my racing thoughts and enjoy the moment. I was living it up, but a part of me knew I was not there to be a tourist. I had a desire to carry on with my responsibilities of everyday life. Finding the balance between work and play was my task at hand.

Something surprising started to happen to me, and I learned that playtime was essential. I became much more productive in the hours that I allotted for work because I knew what I had to look forward to. My mind was clear, and I was getting so much more done in less time. Knowing that my work would be over allowed me to enjoy the productivity, and not look at it as another thing that must get done. The more I gave myself time to relax and enjoy the pleasures of life all around me, the more I enjoyed working. Playing hard allowed me to be more creative and joyful in my work, and working hard allowed me to enjoy the new concept of downtime.

It took me some time to relax into the mindset of the Islands, but it was the most valuable lesson I learned in college and it will stay with me always: Stopping to enjoy your life while it is happening instead of constantly planning for the next moment.

Once I stopped and slowed down a bit I found that I could enjoy every day. I worked my butt off and finished school in three years, but I also had the time of my life enjoying the tropical paradise that I was blessed to live in. There is a reason that one of Hawaii’s most popular sayings is “I stay on Hawaiian Time.” The locals had it figured out that where you are in that moment is the only place you are supposed to be. “Long ago God drew a circle in the sand exactly where you are standing today.”

I never became a black belt in Hawaiian time, but I did learn to take it easy. My books were covered in tanning oil, a trail of sand fell out of my backpacks, and my professors were held to the most prestigious dress code, Hawaiian shirts! By the time I graduated I had adopted much of the Hawaiian lifestyle, but I was done and it was time to go once again. I loved my life on the islands, but Hawaii was not favorable for furthering my career as an actress.

Next stop on my destination was Los Angeles, California. A city that is conducive to the mindset I held before the islands took hold of me. I was once again back where I started, running around like a chicken with my head cut off. Only this time, I was having a much harder time rushing due to the parking lot of cars on every freeway. Always planning for my next moment, and forgetting about the one I was in. “I don’t have time to enjoy this; I have to make a move!”

Stuck on the 405 freaking out about being late, and all the things I needed to do, I got a call from my sister who was on vacation in Hawaii. A sense of homesickness for the islands swept over me. Hanging up the phone I looked around at where I was and noticed the mountains surrounding me looked exactly like the mountains on the East side of Oahu. I laughed out loud, and thought, “Who says you’ll never use what you learn in school.” Call me crazy, but I was experiencing a sense of gratitude to be stuck on this freeway surrounded by an amazing view.

The mindset of the Islands is to be grateful for exactly where you are in the moment. I don’t want to miss any moment of my journey in life because I rushed by it. Life can get busy and hectic, but we were out here to enjoy it and have pleasure in it.

When I feel myself speeding up to 100 mph, I’ve learned to stop, take a breath, and know that it is my right to enjoy my life every moment. Downtime to reflect on my life has become a priority that is equally important to me as working. I have come to learn downtime is a gift that enhances every area of my life. “I stay on Hawaiian time!” no matter what city I live in.

Actress Brittany Ross began her acting and modeling career at a young age in South America, where she appeared in numerous catalogues and commercials. She graduated from Hawaii Pacific University with a degree in Journalism. She has appeared in *Forgetting Sarah Marshall*, *Desperate Housewives*, *Good Luck Charlie*, and *Suite Life on Deck*. Time outside of acting includes head mentoring for The Young Storytellers, a foundation that is dedicated to increasing literacy and self esteem in fourth and fifth grade students.



***Please note that not all experiences, beliefs and ideas are shared by each member of the “The New Hollywood.” We are a group of shepherds, not sheep.**



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Although it may be hard to believe, spring really is just around the corner! And spring to us, as to most people, is a time of renewal, rebirth, renovation, re-everything. The printing industry has been hit hard, not only by the economy but by the technological advances of the internet, home computers, printers, and the cost of mailing. Everyone is cutting back and/or doing things for themselves.

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Russ Burleigh, owner of Brown Fox Printing in Scarborough, Maine, took this photo in the backyard of his home in Scarborough.



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