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# Shape Up: How to Turn Your Life Around So That You Get What You Want

## Topics Covered:

- Our Worst Enemy
- The Art of Adapting to Change
- Turning Nothing into Something
- Beating Depression
- How to Develop Toughness
- Bad Luck ... Or Blessing In Disguise?
- Keeping Away Those "Bad" Memories
- 7 Destructive Habits of Incompetent People
- 7 Incredible Lifesaving Tips to Manage Your Anger
- How to Save Yourself from Negative Influences
- The True and Magnificent Power of Giving
- How to Deal with People to Get What You Want
- What's Your Excuse for Not Being Successful in Life?
- How to "Collect" Friends

# Shape Up: How to Turn Your Life Around So That You Get What You Want

## Our Worst Enemy

Who do you consider as your worst enemy? The criminals roaming the streets after dark? Your boss who's killing you mentally and emotionally with stress and harsh words? The people in the office who are engaging in graft and corruption, instead of helping those in need?

We have many implications of who our enemies are; but we have one common foe who is the main cause of our failures and misfortunes, and we're not even aware of this opponent.

You may not want to admit it, but our worst enemy is ourselves.

Who do you blame when something goes wrong? You blame the people around you, the weather, maybe even God. But we are the ones who are in control of ourselves. We can change the outcome of our lives because we have the capacity to do that.

It is our fear, jealousy, greed, etc. that is ruining our lives. Some people who never managed to get out of poverty blame the government or their jobs. But they're too afraid to try out new ventures that may improve their lives. They half-heartedly go to work on their 9 to 5 job. Then when the day is done, they watch TV and go out aimlessly having fun without seriously thinking of what great opportunity the future has in store for them, if only they would try to do something different with their lives.

Fear has caused many to remain frigid and to never go out exploring the wonderful things this world has to offer. Lots of people would rather stay where they are in an unsatisfied state than to risk difficulties and obstacles for the sake of attaining their dreams.

If their lives are not getting any better, they have no else to blame but themselves.

Jealousy and envy has also caused some relationship problems. Some people immediately jump to conclusions without first analyzing the situation. They let their sudden emotions control their behaviors without even thinking of the consequences that may result.

If they're having problems with their relationships, they have no else to blame but themselves.

This goes to show that we decide what will happen to us. Of course, there are circumstances that are beyond our control, like natural calamities. But we can still utilize to our best advantage the things that we have control of.

For instance, you got rejected by your dream girl. Some people would just get drunk and feel miserable, thinking that it's the end of the world. Some will move onwards with their lives and find the best in what remains with them. See? It's really up to you. You decide if you want to have a good life or not.

You failed in your exams? So what? There's another opportunity. You can just sulk in sorrow or you can study harder to get a high score in the future. It's up to you.

There's no use crying over spilled milk. You don't have to get frustrated over your misfortunes. Concentrate on how you could get better in the future.

If we encounter problems, we can either succumb to it, or we can treat it as an opportunity to become stronger and to become better individuals. Winners would always treat their dilemmas as opportunities.

Oh yes. We can be our worst enemy, but we can also be our best friend. It's all up to you!

### **The Art of Adapting to Change**

One of the main reasons that may hinder us from reaching our innermost goals and desires is our inability to be flexible.

This fact may be hard to swallow, but it's true. We do everything we can to eliminate any type of suffering in our lives, yet challenges and pressures can bring out the best in us.

If you have been burdened by mistakes in the past, learn from them, forget about them, and move on. Some people tend to focus on how bad their lives have been due to these mistakes. As a result, they remained stuck in their miserable lives.

Treat your mistakes as lessons, and apply them as learning references in your future endeavors.

So what if you invested in a business and you lose a ton of money? In this situation, some people would remain deeply discouraged for a long time that their personal lives are being affected negatively. They can't eat well and they just stare at the ceiling all night long, thinking how this bad incident happened. Furthermore, they would probably vow not to venture into new opportunities again.

You don't have to be like them. If you're afraid to fail, then you risk all your chances to achieve your goals in life. Try again; but this time, be more careful and use your past mistakes as guide maps.

Look at it this way. If you try, at least you get a 50% chance of getting what you want. But if you did not try at all, you have absolutely no chance of attaining your desires in life. It's a no-brainer.

But when you try, make sure you follow through. I've met so many people who have accepted my proposal to write reports for me, but most of them would stop right in the middle of their work and quit. They have the drive to start, but they lack the motivation to go through all the difficulties. Yes, this is another fact of life. Those who persist may have some hell of a time at present, but they shall have the last laugh.

Let's fast forward into the future. Let's say you did try, you followed through, and you succeeded. Congratulations. So you became wealthy by reaping the fruits of your labor. This does not mean you'll stay in that situation for good. Problems may rise again, so always be ready to adjust to the current situation. The only thing permanent in this world is change.

If you need to sacrifice something for a better cause, then do it. If you have to miss your favorite show on TV or if you have to deny your friends' invitation to go out on a Saturday night so that you can devote more time to those activities that will lead you closer to your goals, so be it.

You may encounter difficulties. You may receive criticisms. You may even be regarded as being "different" or "strange" by other people. Don't let them discourage you. Just keep on striving, and success will be yours for the taking.

### **Turning Nothing into Something**

Have you ever read a signboard (usually seen on a corridor or a hallway) that says something like "If you have nothing to do, don't do it here?" The subtle message here is to avoid loitering.

If you analyze this expression, it does make sense. But if you look at it in a deeper dimension, there is a strong message being delivered here - a message that has relevance to success in life. It is like a wake up call to the reality of life.

Your conscience is the one telling you to stop wasting your time, to do something with your life, and to do your best to achieve a goal. You have to listen to your conscience's call because if you don't, it is nobody's loss but your own.

You must find out if there are any hindrances that are holding you back from moving forward in life. Is it financial condition? Is it social status, age, color, race, religion, educational background, gender, or a handicap? If you look at history, none of those mentioned above were considered hindrances. The explanation is simple. If you think

you're a failure, then you probably are. If you think you're a success (even if you're not yet successful), then the universe will work hard towards bringing you to fulfillment.

So the first thing you have to do is to flip the word "failure." Look at it on the other side, and spell it out as "success." Letter "f" becomes "s," letter "a" becomes "u", and so on.

Next thing on the list, you have to use your navigational instinct. Know what you want, where you're headed, and how to get there. Find out what you are aiming for. Don't run around headless.

If you can't decide on what you want, here are two simple guides. Guide one is to find out what you love or like to do - something you enjoy doing. This is following your heart's desire. When you love what you do, you'll stick to it, no matter what. Your level of perseverance is higher and you won't give up easily. This will keep you going and you won't stop at anything until you achieve it. This will ensure success.

Guide two is to find a need and fill it. This principle is attributed to a great instrumentalist and has been the guiding principle of many other industrialists ever since. Look around. Be an observant. Check out what kind of product or service your community needs to enhance life improvement and development. It may take some effort and time to find out what it is or what they are, but it will be worth it. Sometimes when you're looking for something, it is difficult to find it. Other times when you're not looking but you're just maintaining an open mind, ideas can come flowing into your mind effortlessly and spontaneously. Call it timing. There is always a right time for everything.

Once you know what you want to do, you will know where you're heading. Between the "what" and the "where" is the "how" to get there. And this is the most important part of a successful life. It's action time.

Try dividing a story or movie feature into three parts (what the story is about, how the story goes, and the ending of the story). The lengthiest part is how the story goes. This is where the action is. The outcome of the story is determined by the action that takes place. All three parts of the story are important. However, the middle portion is more significant than the other two.

This is the same with your purpose - to succeed in life. To achieve your goal, the action part takes the most time, effort, and material support to get to where you want to be. It is the part of your life where you are going to experience all the ups and downs, laughter and tears, joys and pains. But it's all going to be worth it. In the end, as you look at the trail you left behind, you'll be glad you went through it all.

## **Beating Depression**

Beating depression can seem like the most impossible thing in the world when you're the one suffering from it. When you're depressed it seems like everything has gone bad and will never be good again. Fortunately, there's help for those suffering from depression.

To beat depression, you should first figure out if it's just a case of the blues or is something more serious. The blues attack all of us from time to time, but they don't typically stick around for long periods of time. Serious depression, however, seems to last forever. So if you've been feeling down for two weeks or more, you should see a health care provider for help.

Because you don't have to suffer from depression. There are a wide variety of antidepressants that a doctor can prescribe if he or she feels that your depression fits the clinical definition and won't go away on its own. Many people have benefited greatly from taking antidepressants, and there's certainly no reason to feel bad or ashamed about taking them. To beat depression, sometimes medication is the best and most effective method.

Too, most health care providers will usually recommend some psychotherapy in addition to starting you on an antidepressant. Talking with a counselor can help you get to the root of your depression and help you beat it more quickly than with medication alone. The length of time you may need to spend in therapy will vary according to what's causing your depression and how long you've been depressed. Generally, the longer you've suffered from depression, the harder it is to beat.

So see your health care provider as soon as you suspect your depression is not a simple case of the blues. This will help ensure you get the best and most effective treatment possible to beat depression--and not get beaten by it.

## **How to Develop Toughness**

The human body has the capability of protecting itself from various diseases through its immune system. We do not discount the fact that the immune systems of some people are healthier than that of others.

Why is this so? The answer lies in the fact that your disposition in life affects your health significantly. If you develop a positive attitude, you will also develop toughness to overcome adversities that may come your way. Researchers have proven that mental health has much to do with physical health. A healthy mental attitude results to a healthy body, which in turn results to a more productive life.

Stick to these personality factors and you're well on your way to developing toughness:

Build a strong commitment to self, family, community, work, and almost all other values of your daily life. Instill the importance of quality living. This will drastically improve your psychological and physical well being. What the mind contributes to a healthy body, the body will reciprocate. The mind and body works in tandem, as a team. Without one, the other is helpless. But when both are healthy, the results can be astonishing.

Develop a positive guiltless disposition. When you say guiltless, you must be willing to accept whatever comes your way. For example, if you do your best to reduce your risk of acquiring health problems but some illnesses still develop nonetheless, you must never feel guilty for what seems to be a failure. Don't let problems pull you down. Stand firm.

Make sure you have full control of your life. This is one quality tough people are made of. You should have no problem managing the things you can control. Controlling does not mean dominating. Respect other people's rights and get the same in return. Accept things you cannot control the way they are, if you cannot do without them. If you can do without them, leave them and divert your attention to something else that will make your life more meaningful.

Adjust to change and use it to your advantage. Tough people welcome change as an opportunity to improve, rather than a threat. Even if it is a threat, you can come out one level better than before psychologically, despite all the beatings you might have taken physically. You learn from your mistakes. Adopt a "Next time, I know what I'm going to do to avoid the same mistake" attitude. There is always a first time and there will always be a next time. The succeeding times will always be better than the previous ones (if you learn from your mistakes). The setbacks will keep getting lesser while success will keep getting closer at hand. This is progress at work.

If you have children, develop toughness in their attitude at an early age. Provide strong parental encouragement and acceptance. When children feel accepted, this develops in them a sturdy attitude of commitment to others. Assign casual tasks to them so that they can feel their place in life. Teach them how to become independent and responsible. It pays to enhance their toughness at an early age.

What is foundation to a building, toughness is to people. Foundation of a building is made strong at the start of construction, while the foundation of tough people is enhanced through a continuous process of trials and adjustments.

## **Bad Luck ... Or Blessing In Disguise?**

There was a woman who was in such a hurry to go to the airport. She told the cab driver to step on it. She was so engrossed with her own thoughts that she was not aware they were going on a different route.

Suddenly, a man got inside the cab and grabbed her handbag, in which she had her visa, passport and all her money for the trip.

The driver, who was in cahoots with the robber, left her in the middle of that dark street. She cursed the world for being so mean to her, and she kept on thinking how unlucky she was to be in that situation.

That very same night, she heard the shocking news. Tears flowed down her face. Flight 230 had crashed! It was the plane she was supposed to board. If she had not lost her precious belongings, she could have lost something far more important - her life!

Sometimes bad things really happen. We lost our money, failed our exams, or get rejected by others. There are times when nothing seems to go our way.

So what do we do about it? Are we going to be disappointed? The answer is a resounding "No!" We must take all these frustrations out of our chest and start all over again with the consistent faith that we will get what we deserved.

So what if you failed the exams? Maybe you'd be more successful and much happier in another field. You were rejected by your boyfriend/ girlfriend? There are plenty of others out there who are much better and who are much more deserving of your love and affection.

Don't waste your time and energy on things that can't be changed. Continuous worrying will only affect your health on the long run, and you'd be doing much more damage than what was previously done.

Set yourself free. Move onwards with the conviction of a winner.

What if we turn the tables around? What if you never ran out of good luck?

There was this man who won the lottery. He thought he was the luckiest person in the world. He became greedy and wasted all his money on everything he could get his hands on.

One day, he made it on the front page of the newspaper again. But this time, it was a different story. He was killed because of his riches.

If you attain good luck, never be too secure about it either. Pray for protection and guidance. Life is so unpredictable. You just won't know what will happen next.

Live one day at a time. Sometimes we subject ourselves to unnecessary mental and emotional torture. We ask ourselves, "What if I don't get this done in time?" or "What if my family leaves me and I've got no one else to turn to?"

Work at the present moment. Do what must be done at present and the future will turn out just fine. Believe me. And believe in yourself. As Captain Planet always says: "The power is yours!"

### **Keeping Away Those "Bad" Memories**

After watching the film, "The Eternal Sunshine of the Spotless Mind," I suddenly became interested about a threshold point of our memory. It is the point where people would just want to undergo a painful medical process, although currently impossible, of removing some parts of their memory just like what the lead actors of the movie did.

Sometimes, when the pain from our past resurfaces and becomes too unbearable, we sometimes desperately wish that some magical powers would be available for us to erase an event or a person from our lives. But since that is not feasible yet, it would be wise for us to remember the following tips to make our memories more acceptable and enjoyable as we ponder and recollect.

**1. See things from the positive perspective.** Unhappy events may be similar to ugly scars that we want to remove given the opportunity. But in life, there are things we just cannot do anything about, such as the miserable circumstances we may have experienced before. In that case, what we need is a healthy disposition to see these "ugly" scars as inspirations to persevere more in life.

Moreover, unfortunate events may even be utilized as means to bring out the best in people. For example, being away from the family for a long time may be an occurrence that is agonizing to recall. But we may see in it the opportunity to discover the sense of responsibility that we have during this lonely moment. Beyond this, we can adjust to new environments and develop our sense of confidence as we face challenges and conquer our problems.

**2. Look at the bigger picture.** Most of the time, if something bad happens, we are quick to put the blame on ourselves and conclude that the misfortune occurred because of our faults. However, that may not always be the case. For example, if a relationship turns sour, it is best to remember that it certainly takes two to tango or create a harmonious tie; and for all you know, you may have been keeping bad memories for something which is not a result of your actions alone.

Furthermore, looking at the bigger picture allows us to see the positive things that are overlooked because of the "ugly scars" created by the bad memories or failed instances found in our past.

**3. Life need not be perfect.** Remember this: no one is perfect. With this in mind, we may find it easier to deal with an ugly past. This would also give us the confidence to look back and recollect old images found in photo albums, or read letters from friends, even if these may send back loneliness to you.

Moreover, remembering this rule will absolutely help us face what has happened with no regrets. Regret makes people's character bitter even with the blessings that they are receiving in life.

With these tips, we may realize that dealing with the past is a matter of acquiring the right attitude in looking back and still having a positive disposition.

## **7 Destructive Habits of Incompetent People**

WARNING! If you want to have a fantastic life, never engage yourself in these 7 deadly habits that incompetent people do.

### **NUMBER 1 - They Think, Say, & Do Negative Things.**

Yup. They see problems in every opportunity.

They complain that the sun is too hot. They cursed the rain for ruining their plans for the day. They blame the wind for ruining their hair.

They think that everyone is against them. They see the problems but never the solutions.

Every little bit of difficulty is exaggerated to the point of tragedy. They regard failures as catastrophes. They become discouraged easily instead of learning from their mistakes.

They never seem to move forward because they're always afraid to come out of their comfort zones.

### **NUMBER 2 - They Act Before They Think.**

They move based on instinct or impulse. If they see something they like, they buy at once without any second thought.

Then they see something better. They regret & curse for not able to take advantage of the bargain.

Then they spend & spend again until nothing's left. They don't think about the future. What they're after is the pleasure they will experience at present.

They don't think about the consequences. Those who engage in unsafe sex, criminality, and the like are included in this group.

### **NUMBER 3 - They Talk Much More Than They Listen**

They want to be the star of the show. So they always engage in talks that would make them heroes, even to the point of lying.

Oftentimes they are not aware that what they're saying is not sensible anymore.

When other people advise them, they close their ears because they're too proud to admit their mistakes.

In their mind they're always correct. They reject suggestions because that will make them feel inferior.

### **NUMBER 4 - They Give Up Easily**

Successful people treat failures as stepping stones to success.

Incompetent ones call it quits upon recognizing the first signs of failure.

At first, they may be excited to start an endeavor. But then they lose interest fairly quickly, especially when they encounter errors.

Then they go & search for a new one. Same story & same results. Incompetent people don't have the persistence to go on and fulfill their dreams.

### **NUMBER 5 - They Try to Bring Others Down To Their Level**

Incompetent people envy other successful individuals. Instead of working hard to be like them, these incompetent ones spread rumors and try every dirty trick to bring them down.

They could've asked these successful ones nicely. But no, they're too proud. They don't want to ask advise. Moreover, they're too negative to accomplish anything.

### **NUMBER 6 - They Waste Their Time**

They don't know what to do next. They may just be contented on eating, getting drunk, watching TV, or worse, staring at the blank wall with no thoughts whatsoever to improve their lives.

It's perfectly fine to enjoy once in a while. But time should be managed efficiently in order to succeed. There should be a proper balance between work & pleasure.

## **NUMBER 7 - They Take the Easy Way Out**

If there are two roads to choose from, incompetent people would choose the wider road with less rewards than the narrower road with much better rewards at the end.

They don't want any suffering or hardship. They want a good life.

What these people don't know is that what you reap is what you sow. Efforts & action will not go unnoticed.

If only they would be willing to sacrifice a little, they would be much better off.

Successful people made it through trials & error. They never give up. They are willing to do everything necessary to achieve what they aspire for in life.

## **7 Incredible Lifesaving Tips to Manage Your Anger**

Experiencing anger is extremely dangerous to your health. It causes your adrenaline and blood pressure to rise up at above normal levels. Moreover, you could end up hurting someone or doing something that you will regret later on.

Here are 7 fantastic tips to help you be the one in control of yourself, and not the hazardous madman called "Anger."

### **1) Relax and visualize.**

Calm yourself down. Take a deep breath. As you exhale, imagine all those bottled-up fury come out of your nose and mouth. Release it and be free. Repeat this step over and over until you feel peace inside.

Then visualize being in a place where you feel most happy, calm, and relaxed. It may be a place like a beach, garden, scenic locations, or anywhere else you might think of. Just imagine being there and inhaling the essence of your serene environment. By doing this, you will not find it hard to attain inner peace.

### **2) Pour out your anger to safe outlets.**

You had a big quarrel with your former friend. He betrayed your trust. You want vengeance and you're raving mad.

Hold it. Restrain yourself.

Try your best to get away from him as far as you can. You don't want to hurt anyone. Anger can possess your brain into doing something that you wouldn't dare do before.

How do you then release your anger if you can't restrict it anymore?

Buy a punching bag, then pour out all your rage in it. Punch it, kick it, strangle it. Imagine the punching bag is your enemy. When you're done, you will feel a sense of satisfaction. You may even punch and kick through thin air if you desire.

Another way to release it is "SHOUT!" Find a distant place where you can be alone - a place where no one can hear you. At the top of your voice, yell out loud "Aaaaaaaaarrrrrrrggggghhhhhh." You can choose any word you like as long as you release all those angry demons out of your chest.

### **3) Forgive and forget.**

Nothing could ease your mental and emotional pains better than by forgiving someone that has hurt you in the past. It is very unhealthy to burden yourself with unnecessary torture brought about by unpleasant memories of other people's demeaning acts.

Moreover, if they have taken something important away from you, would it make sense to also sacrifice your health and lifestyle? Of course not.

### **4) Exercise.**

Engaging in exercises increases your endorphins. Your angry mood could miraculously change to a happy one if you get involved in exercises that you enjoy doing.

### **5) Have a circle of "sponge" friends.**

Do you feel relieved when you voice out all your problems to close friends and relatives? That's the power of voicing out your inner feelings.

Always have someone to talk to when you're down, when you're depressed, when you're mad, or in any other occasion when you feel you have to get the thorns out of your chest.

### **6) Listen to soothing music.**

It calms your soul. A 20 minute session of listening to relaxing music while resting comfortably could soothe the upset spirit. Take deep breaths often.

### **7) Pray.**

Deadly consequences arise when people could not hold back their fury. Ask for guidance that you will be able to control your temper. Prayers bring inner peace to those who ask for it.

There you have it - 7 essential rules to release yourself from the treacherous killer known as "Anger." Manage your anger, save your life.

## **How to Save Yourself from Negative Influences**

Watching the news can be hazardous to your health.

It's a fact, especially when you're watching events related to terrorism, kidnapping, murder, accidents, or calamities. These incidents make you worry and will leave you feeling weak and insecure. Imagine the uncomfortable feeling of becoming a victim someday. This will have a negative effect on your outlook in life.

Your surroundings have a big impact on you. How can you think and grow rich if you're bombarded with messages that relate "how difficult life has become" or "how poor most of us have turned out to be?"

You can't change your environment, but you certainly can control your mind. This is where visualization comes into play. Use your imagination, just as you would when you're still a little child. Imagine your home as a palace, your simple meal as fine dining gourmet, and your nearby park as your favorite vacation spot. Just imagine. Unconsciously, your thoughts will transform the images into their physical components.

If the media can indirectly influence you just by reporting what's happening around, imagine what impact everyday people have on you. These are the people that you see and meet everyday. These are also the same people who are expressing their own views of what is right and what is wrong.

When we grow up in a negative environment, we tend to acquire the traits and characteristics of people around us.

Many gangsters have been brought up by folks who have either misguided them or have taught them the wrong things in life. Through the years, they have instilled within themselves the vices of people around them.

Here's another case.

Pick a nice person. Throw him in a group of bad-mouthed individuals who incorporate swear words in their everyday language. Sooner or later, you'll notice that nice person speaking in the same manner as the group.

This just goes to show that anyone who joins in the company of a like-minded group will have a big chance of being influenced by the personality of that group. So what can you do if you're surrounded by people who deviate from your way of thinking?

You can't just avoid them. They'll think of you as a snob. Don't change the way you treat them, but simply learn how to shield out pessimistic comments or suggestions.

Sometimes, they will dictate you to do what you are against to do. Be firm with what you believe in. Do not let them affect your decisions. You know that you can do what they thought would be impossible. If you have to suffer the ridicule, so be it. You will have the last laugh anyway.

Moreover, you should be with people who have the same principles and ideologies as you do. You will be more encouraged to continue your dreams if you have a support group or mentor who will prod you to pursue your goals despite the setbacks.

When I was starting my internet endeavors, no one (and I mean not even one) of my relatives and friends believed me. But I did not let their discouragement stop me from becoming successful.

I remained firm in my quest to make a living online. I made friends with respected internet marketers who shared the same vision as mine. They have also experienced the same treatment from non-believers; but they have proven that what the mind can conceive, it can achieve. Through their help, I was able to put aside my doubts and achieve my goals.

You have the power to make your dreams a reality. Now show the world what stuff you are made of.

### **The True and Magnificent Power of Giving**

You've probably heard of the popular saying "It's better to give than to receive." But do you actually know what hidden power lies within this magnanimous act known as "giving?"

When you give something from your heart without expecting anything in return, you release a powerful force that will trigger your good deed to "bounce" back to you in amazing, and sometimes unusual ways.

I firmly believe that whatever you impart to others will come back to you a hundred fold. You are doing yourself a big favor by helping someone in need. By doing even the smallest acts of generosity, you are inviting good vibrations to come into your life.

You would be earning the respect and love of your recipients. You know that you will always have a loyal group of friends who would help, protect, and do anything for you just because they feel that they have to repay you in any way they can. Most people would have the urge or drive to reciprocate any act of kindness you've shown them.

However, this does not mean that you must expect them to repay you. Give without any expectation of rewards. Don't do it just because you have an ulterior motive. Give unconditionally. Give because you are happy doing it. The universe will get back to you in its own special way.

Speaking of happiness, the act of giving can summon the spirit of joy to come into your heart. How would you feel when you've given something to your less fortunate neighbors? Let me tell you that nothing could brighten up my day more than hearing

them express their most heartfelt gratitude and seeing their smiles extend from ear to ear.

Giving is also a healthy habit. It could prolong your life by instilling within you an inner sense of peace and accomplishment.

Just like all things in life, giving has its limitations. Being too generous can have its toll. Your kindness might be taken advantage of and people might abuse your good intentions. Beware of individuals who are continuously seeking your aid. It's better to teach them how to solve their problems than to always attend to their needs.

As one saying goes ...

"Give them some fish and you'll feed them for a day. Teach them how to fish and you'll feed them for a lifetime."

Lastly, here's what I consider the most important rule about giving. Keep your good deeds to yourself. Don't announce to the whole world that you've donated \$100,000 to your favorite charity or that you've helped save a child from a life-threatening disease.

If you really desire to give, do it secretly and in private. Some people would write "anonymous" rather than their own names when they've made a contribution. The universe smiles upon these individuals, and they will get their just rewards in due time.

Now that you know how wonderful it is to give, would you go out to the world and share your blessings?

## **How to Deal with People to Get What You Want**

People communicate with each other in various ways for a lot of reasons. And one of these reasons is when you need something from someone. For people in business, this can either be in the form of products or services. You may want to sell a product while the other party must find your product useful for his intention. You may want to offer your services while the other party must be satisfied with the services you render according to his needs. In short, the way to get somebody or anybody to do what you want is to make them want to do it.

To get something you want through intimidation or violence is to invite trouble. Yes, it's possible but not advisable to use forceful methods because the results are undesirable and at times disastrous. Imagine if you force an employee to take a leave of absence for having apparently violated a company rule. The relationship between management and the employee, or perhaps between management and union (if the employee is a member of it), is likely to be severed.

To get what you want, give people what they want. Just what do people want? Physical health, family ties, financial security, spiritual growth, peace of mind, a successful career, and fame are the basic needs of people. There is one important yet intangible thing everybody wants and that is appreciation. Being appreciated and complimented makes a person feel important. When you feel important, you feel needed and wanted, and this gives you a whole lot of reason for existence.

Just how do you give somebody the feeling of importance? Say it, act it; just give it freely, honestly, and wholeheartedly. As literal as it is, saying how appreciative you are for a favor received, makes the other person feel important. You may not be able to describe exactly in words the feeling of importance when you're in the shoes of the recipient. But definitely, what you can not describe is real and priceless.

Pre-empt importance. Give some sort of sign to the other person that what you want from him, will make him feel important. Let's take charity for example. A recipient wants or needs contributions from the giver. It can either be material or service contribution, or both. Even before the act itself, the giver somehow expects appreciation from the recipient and this will give him a boost of importance. Appreciation may not necessarily be in words. A smile and/or a pat would suffice and they can come from both giver and recipient. The giver shows his feeling of being appreciated. The recipient shows his feeling of appreciation for the gift. Somehow magic or chemistry takes place. It's a feeling both parties would enjoy happening many times over.

Are you aware that the feeling of importance, brought about by compliments and appreciation, is good for your health, mentally and physically? Whether you are the giver or recipient, it is good for both. There are medical findings that substantiate health effects brought about by positive emotions like compliments and appreciation. Frequent doses of the feeling of importance activate the brain cells and various harmonies in the body that promote good health. To put it plainly, the feeling of importance is the antioxidant of life.

Can you think of a better way to nourish other people's feelings than to show your concern and appreciation? Well, you can show something better than appreciation, and that is - a truckload of appreciation.

You know what you and I and everybody else should be doing right now? We should go out there and show our feeling of appreciation to everything and everybody. Let's go!

### **What's Your Excuse for Not Being Successful in Life?**

Excuses! Excuses! When we fail to do something we are expected to do, we almost always have an excuse for it. However, if we analyze it closely, an excuse is a self-destructive alibi for having failed to do something, especially when it involves attaining a

goal. Instead of trying to persevere in finding ways to continue achieving a goal, some of us resort to excuses.

Even a handicap cannot be used as an excuse. Many handicapped but determined people have become achievers and champions. Instead of using a handicap as an excuse, let us turn it into an asset. Let us explore this further. A handicap need not be a reason for failure. On the contrary, a handicap can be a reason for success.

A person with a handicap has one obsession - to lead a normal life. Depending on the handicap, a person would prefer to be as independent as possible. So he struggles and finds ways to overcome his impediment. When he is able to achieve his goal, this raises his self-esteem. In turn, he inspires others.

Everybody has handicaps in varying forms and degree. That is why, it requires effort and determination to overcome them. Handicaps can either be physical, financial, or emotional. And they can either be real or imagined.

Whenever we look at a handicap, we almost always look on the negative side only. It's about time we take a look at the positive side of it. The positive side may be the difficult side, but it's the one worth looking into. It's the side that is going to lead us to excel in life.

If you think your handicap is physical, like having a weak body, you can counteract this through proper diet and training exercises. As long as the physical parts of your body are intact and mobile, there's no reason why you cannot make it strong and useful. Why? Even those without a leg (for example) can be made to walk or run normally. With the advancement of science, artificial legs can help a handicap function with great mobility.

If your handicap is financial, then the more reason you have to rise above your present status. And if your financial status limits your educational attainment to improve your life, the school is not the only place to learn. Certainly, there are help centers to get you started even from zero level. Once you are initially warmed up with the basics of an education, the rest is up to you. Make use of libraries. Once you are educationally equipped, use your brain and come up with creative ideas to improve your life.

If you are emotionally disturbed with negative thoughts, it is like you are sitting on a chair with wobbling legs. Try sitting on a chair with sturdy legs; meaning, look at the bright, positive side of life. Put aside negativity and start thinking positively. The only one who can stop you is yourself.

If your handicap is a combination of any of the physical, financial, or emotional type, congratulations. You should strive more to overcome them, because a double layer of perseverance results to more than double the achievement. Where the odds are greater, the prize gets much bigger. After all the efforts you have exerted, the prize of success shall be a well-deserved one.

So what's your excuse for not being successful?

## How to "Collect" Friends

There are a lot of things people would like to be known for once their time here on earth is up. Many want to know they left their mark on history, others want to be known for their charitable contributions, and still others want to know that they will be remembered for some sort of artistic contribution to society. Have you ever stopped to think how nice it would be to be remembered as someone who had hundreds, if not thousands of friends?

There is no greater feeling in the world than to be genuinely likeable or loved by the people that you love. There isn't a pill that can comfort or console you when you need a shoulder to cry on, there isn't a drink you can mix that will give you the compassion you need when you are deeply saddened, nothing beats a genuine friend.

So why then do so many people count as few as none and as many as three or four on one hand? It may be because they never took the opportunity to become a genuine friend to someone else. Here's a challenge for you, make it your mission to collect friends over the course of your lifetime. There are many people out there that could use your friendship. Take a look at some tips on how you can have more friends and people around you to love and have good times with over the course of a lifetime:

- Become a TRUE friend and you gain one for life
- Have an extensive Christmas Card list .....compile addresses from every business card , every address from family members, college and high school classmates , everyone you can think of into an Excel file and use it each and every Christmas
- Keep a list of email addresses with your Christmas Card list , send out e-mail greetings and Happy Birthday wishes on your friend's special occasion
- Learn to bake something that is exceptionally delicious , and if someone you know loses a loved one , take them your baked good
- Be a good Neighbor
- Be Kind to each and every elderly person you know
- At Christmas, take people you see regularly your "not quite famous yet" baked good
- Have good manners
- Say Please and Thank you
- Say your sorry when you need to
- Never gossip about anyone, PERIOD
- As soon as you meet someone, think of someone else with that person's first name so you can remember your new acquaintance by name. Use their name frequently in conversation, show genuine interest in what they are saying

Collecting friends can be one of Life's Greatest Gifts. Think how great this world would be if we had the ability to really know some of the people we meet. Some of the most successful speakers in the world become that way because they are truly likeable people with a genuine care for others. You don't have to be a public speaker to earn the title of FRIEND, but if you are looking for friends, you first will need to be one.

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