

# 200% BETTER

**INSIDER SECRETS TO  
LIVING YOUR BEST  
LIFE POSSIBLE**

**ISSUE 4**

**Read Their Minds:**  
3 Steps to Reveal  
Anyone's Feelings

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**The Mindset of  
Money:** How to  
Think Like a  
Millionaire

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**The #1 Most  
Harmful Food  
For Your Brain**

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**How to Be  
Well-Respected  
and Well-Liked:**  
The 5 Keys to  
Personal  
Magnetism



**BRAIN RESET TRICK:  
Reprogram  
Your Mind For  
Ultimate Life  
Success**

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# READ THEIR MINDS: 3 Steps to Reveal Anyone's Feelings

If you had a superpower, what would it be?

To fly?

To have hulk-like strength?

To be invisible?

Or would the greatest superpower of all be to be able to read another person's mind?

Just think about it...

...knowing what your co-worker, boss, or spouse was thinking could save you 99 percent of the headache you currently get from

miscommunications...

...false perceptions of their intentions, and wasted time dwelling on what they are 'possibly' thinking about.

Mind read, and you could know right away if someone is lying, or how to steer clear of accidentally hurting your boyfriend or girlfriend's feelings.

The powerful ability to read someone else's mind could save you from a breakup, getting reprimanded at work, or even prevent you from investing in a bad deal.

Whether you could use the clairvoyance of a psychic on a stranger you just met or your romantic partner...

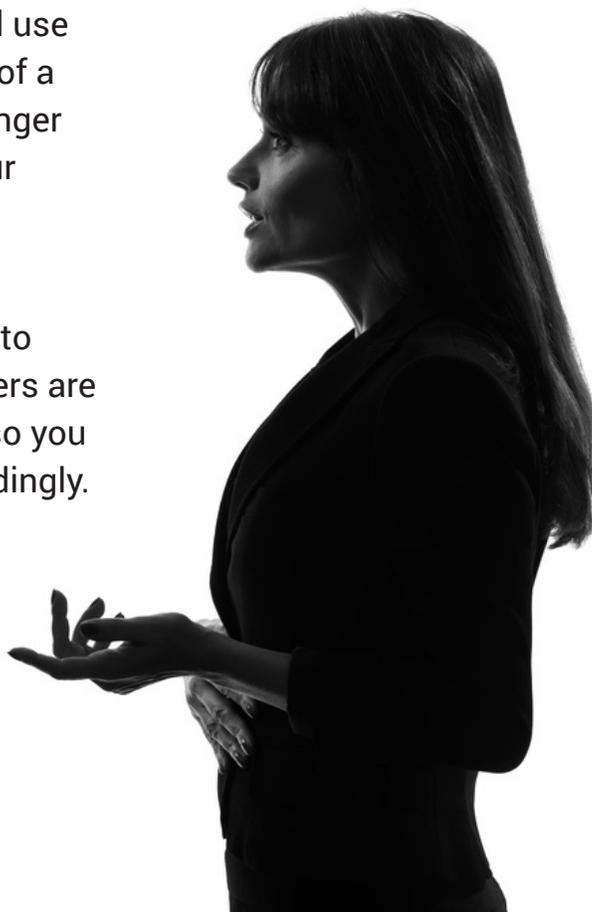
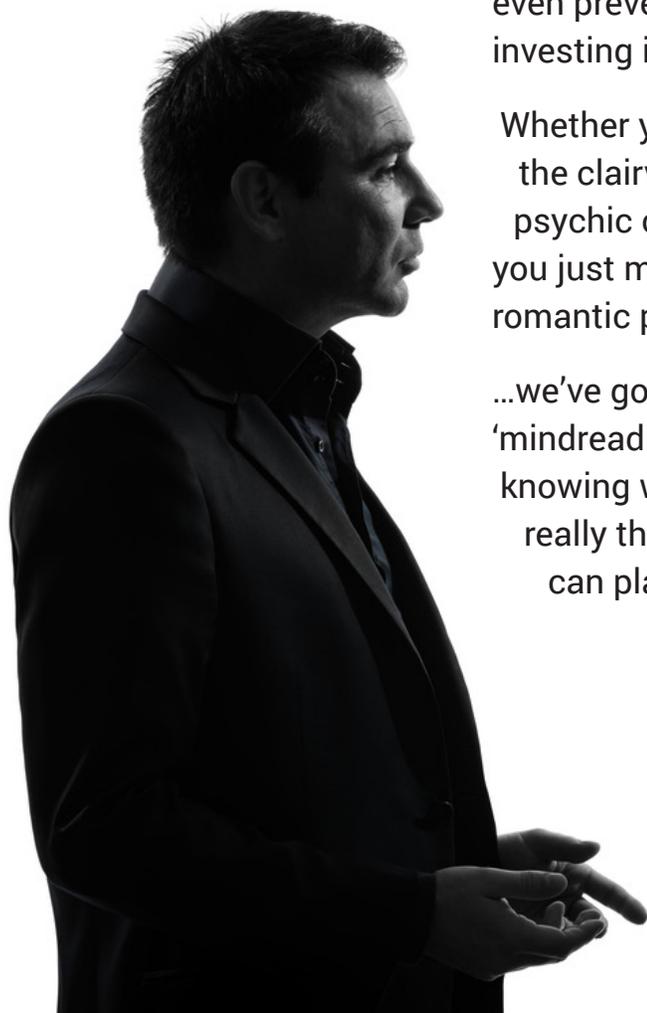
...we've got your 'mindreading map' to knowing what others are really thinking—so you can plan accordingly.

## ***The Body Language Change Up***

The more another person feels that they can open up to you, the more obvious signs (signaling how they really feel) will come out...

... (which means you won't have to be a mentalist to know what they're thinking.)

When you pay attention to another person's body language, you'll begin to learn that most people give it away by their posture, or facial



expressions right off the bat.

For example, if you're talking to your boyfriend or girlfriend, and in the middle of conversation (in which they haven't taken their eyes off of you), they turn away and no longer make eye contact...

you can look at their body and 9 times out of 10 see their shoulders, and back tense up.

If you are talking to your boss and he suddenly crosses his arms while listening to you and turns

his smile into a serious facial expression (intense gaze, narrowed eyes) ...

...then you might have a good idea he's upset about something you've said.

Being clued in to another person's feelings and thoughts isn't always possible with 100 percent clarity and accuracy—but the good news is, it doesn't have to be.

All you really need to learn how to do is become tuned into the general emotions they are feeling...

...so you can become educated enough to make the right move for better communication, and a stronger relationship.

Apply these three 'mentalist moves', and you'll quickly develop a unique superpower of your own:

## ***Talk Less So They'll Reveal More***

The goal of mind reading is to get to a point where other people trust you enough to express what they are thinking...

...even when they aren't saying it in words.

Have you ever heard the expression, "People will



show you who they are if you just pay attention?"

For example, if you're trying to figure out whether someone is telling you the truth or not...

...(such as a salesman who is trying to sell you a car for the 'sales' price that only lasts until the end of the day), let him speak and watch him.

(The more you let him talk, the more information you can gather about his intention, interests, and attitude.)

Is he or she answering you directly when you ask them a question, or getting off track without actually answering the question itself?

Are they changing their story?

("You won't want to pass up this deal of a lifetime! We're getting some more in stock tomorrow, so I don't know how much longer this deal will go on...")

...but wait....

...didn't you say this deal was only running until the end of the day today?)

Do they seem nervous, or calm talking to you?

Are they making solid eye contact without darting their eyes to the left or right?



## ***Trust that Lovin' (or Fearful) Feeling***

Your gut instinct is there for a reason...

...so when you're talking to someone, and you're not quite sure what their motive is...

...(such as a coy co-worker who swears he's "got your back", but has stolen your work in the past, claiming it as his own) pay attention to your body signals.

Here's how gut instinct works:

...when someone is communicating with you, and you start to feel uneasy, tense, confused by their behavior or nervous...

...this is 9 times out of 10 your gut instinct telling you something is off—

and someone in question isn't being truthful.

When someone is talking to you and your body feels good...

...for example, you feel calm, joyful, excited or at ease in their presence, this is your body's way of telling to proceed.

Your gut is a valuable mindreading tool (that will at all times (once you get used to relying on it) either ALERT you to danger, or notify you of and well-being in the presence of another.

## **Ask More Questions**

The greatest tool for knowing what someone is thinking or feeling is by asking questions.

This is a much different approach than just talking.

Talking is centered on you.

Questions are centered on the other person...thereby giving you direct access to what's truly going on in their mind...

...(if you aren't sure whether their answers are true, hone in on your gut instinct, which will immediately alert you if what they are saying rings true or false.)

Asking questions is powerful, and not just because it will unlock your ability to 'read' people...

...but because it will allow you almost immediately—on COMMAND—to cultivate a greater sense of intimacy, bridge communication issues of the past...

...and even influence others!

No matter who it is you're dealing with in your life (a noisy neighbor, a spouse, or an acquaintance) ...

...you can use the same series of questions to get them to open up, reveal what they're thinking, and create a positive relationship moving forward:

***What's the best part of your job?***

*A GREAT QUESTION TO ASK DURING AN INTERVIEW*

***What happened today that brought on stress?***

***What was the best part of your day?***

***What is your favorite thing about this car/neighborhood/ piece of land/ that I'm considering buying?***

On a date, questions are incredibly valuable in order to feel comfortable around another and learn about their intentions and interests.

Asking something like, "You said you love to travel, that's so cool. Where have you been? Where would you like to go?"

Asking someone a question, or series of questions is a great way to determine if someone is telling the truth or not...

...so by answering a question face to face you can figure out quickly if the person backtracks his story from earlier, or if he/she is genuine.

If they are truthful, they will smile at your interest in their hobby, and answer with a relaxed body (as opposed to stiffening up, or stuttering.)

***Ask a Question that Plays Off of What They Just Said to You***

For example, if you want to make sure your boss is ok with your request for an extra day off (during a busy time for the company)...

...and he's said you have permission to take the time off, but you're not quite sure if your request has irked him or not...

...ask one more time for confirmation.

"I know this is a busy time for the company, and I really appreciate permission to take Monday off.

Is there anything I can do before I leave on Friday evening that would make my absence less of a blow to others?"

A simple and direct question that communicates you're a team player is a great way to improve your professional relationship...

...preventing any negative feelings to seep in (like resentment, or frustration from your supervisor.)

You don't have to develop mentalist mind power, or learn the insider trade from modern magicians like Chriss Angel to know what others are thinking.

All you really need are the steps listed above to develop superpower ability...

...and when you watch for body language cues, rely on your gut and ask more questions, you'll develop a rare ability to communicate like an expert...

...and create a newfound intimacy with those you love.



# The Mindset of Money

## HOW TO THINK LIKE A MILLIONAIRE

*Do you tend to stress every time you have to buy something from the store, or pay your bills?*

*Do you feel like you're constantly getting behind financially, and feel a lack in your life?*

*Do you sit at home and wonder how you can get out of debt, or finally get that promotion you deserve....*

*...which will allow you to travel and buy the things you want in life?*

*Do you feel resentful about those people who seem to effortlessly have more than they need, while you struggle to pay your mortgage or provide for your family?*

When you don't have enough money, worrying about the money you do have can be a TRAP of feeling like you'll never have enough...

...and the truth is, it can cause you to block out opportunity to receive more money—simply because you're focused on that money you're without!

Sure, it would be nice to have money fall from the sky, or grow on trees—but that’s not a reality...

...and the truth is, the most important step to having a financially abundant life, is THINKING like one.

While the education levels, geographic locations and personality traits of millionaires vary...

...there is a common denominator mindset that allows money makers to cultivate their first million, and continue rolling in the dough...

...and it’s not dumb luck, nor is it the family they are brought into.

Millionaires expect to be become abundant before the money shows up in their life...

...just like Jim Carrey, the famous multi-millionaire comedian who visualized his success before he was cast on the movie, Pet Detective...

...and Oprah, who believed in herself as a pioneer philanthropist, long before she got her own talk show and would reach the masses...



...Sylvester Stallone, who wrote and believed in his hit blockbuster movie franchise, Rocky, before any producers who give him the time of day...

...and now it’s YOUR turn—to turn your dream of being wealthy in your own life into a reality—just as many have done before.

Being wealthy isn’t about luck, and it doesn’t have anything to do with your education level. It’s about your mindset...

...because once you conquer limiting thoughts you have about money, you’ll transform limiting thoughts into ‘money magic,’...

...and provide a lifestyle that operates on what I call ‘abundant auto-pilot.’

## The Abundant Auto Pilot Trick

Would you rather have control over your thoughts about money, or have those thoughts about money (for better or worst) control you?

Most of us are on auto-pilot, going through life, and enjoying the times that we feel plentiful (winning money in a jackpot, scoring a promotion, earning a book deal, getting a raise) ...



...and struggling through the times we feel a lack (unexpectedly losing our job, being demoted, going through hard times at work, feeling set back in our career, losing out on a lucrative opportunity).

The truth is, we are always thinking about money in one of two ways: joyfully, or fearfully.

Money is always working not FOR us, but with us—according to our primary thoughts. So, when we feel joyful about money...

...excited about money...

...and grateful about the money we already have (even when we don't really have much), more money comes to us...

...and this is the coveted secret that millionaires all know and share in common.

## Identify What Wealth Really Is

The first millionaire mindset trick you can begin applying today is identifying what wealth means to you.

The clearer you become in your mind about what true wealth is, the quicker you can begin to attract those experiences to you that will increase your wealth.

For example, if you have in your mind that wealth is having nice cars and the means to take luxurious vacations, that's not enough.

The true wealth

mindset is about taking that to the next level in your mind, so that you can begin to retrain your subconscious to actually and tangibly believe it.

If you think of wealth in vague terms (such as 'stuff' that wealth can buy like a three-story house, expensive cars, and beautiful, designer clothing) ...

...your mind may not be able to make the leap from what you have (a closet full of old clothes you haven't been able to upgrade)...

...to what you want (a closet full of beautiful designer wear).

For any millionaire I personally know and work with, wealth is something very different in their mind.



Sure, they are all able to buy expensive clothing, fast cars and live in a beautiful home, but instead of being focused on the stuff they want to buy...they focus on the millionaire big picture instead...

...which allows them to buy all the clothes, cars and vacations they want—without struggle!

Remember, first comes the **mindset** of wealth, and THEN comes the actual wealth in your life....

...that's just how the Universe works.

Here are some ideas of wealth to kick start your brand new mindset, so you can clearly envision the wealth you want, and begin eliminating all those prosperity blocks that have prevented you from attaining it in the past:

**“Wealth isn’t about having a lot of money. It’s about having a lot of options.”**

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**“Wealth is the ability to fully enjoy life.”**  
– Henry David Thoreau

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**“Being rich is having money. Being wealthy is having time.”**

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**“The greatest wealth is health.”**

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**“Being wealthy is about the opportunity to build an empire, and leave a legacy.”**

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**“Being wealthy is about the luxury of enjoying every moment.”**

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**“Being wealthy is being financially free, creatively free, and having the time to be free to do the things you want to do, and the ability to spend time with the people you love.”**

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**“Being wealthy is about having peace of mind.”**

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Get out a piece of paper and a pen, or open up your laptop, and write out the top five emotions that wealth will give you in your life.

*Is it peace of mind, or a worry-free mind that all of your needs are taking care of...*

*...so you can focus on your creative, personal projects, or enjoy extra time with your family?*

*Is it the means to financially and emotionally take care of those you love?*

*Is it having the freedom to take an extra day of when you want to?*

*Is wealth being able to set your own work schedule—or be your own boss?*

*Is it having total and complete creative control over your life?*

Getting really clear about what wealth is, will not only help you to understand what your end point is, but even more powerfully...

...it will distract your subconscious mind from all those prosperity blocks (which include attitudes like, “I don’t have enough money,” or “I’ll never get out of debt!”)...

...and transform them into an abundant mindset instead.

Wealth is opportunity, and the more you clear your mind, and focus on thoughts of what you really want (as opposed to focusing on the negative thoughts of what you DON’T want)...

...the easier of a time you’ll have attracting true wealth into your life.

## The Two G’s of Money Magic

About ten years ago, I attended a Tony Robbins conference, in which (among many other aspects of self-help) he talked about the connection between gratitude and wealth.

At first, I wasn't sure what to think. His theory that gratitude brought him wealth seemed a bit too 'easy' of a theory to me.

But, he told a compelling story about his youth – along with a trick he used at 24, that made me curious to hear more.

Tony Robbins today is known as one of the greatest investors in the world, as well as being a highly acclaimed transformation leader of the western world...

...but he made it clear to the thousands of us seeing in that auditorium that he wasn't born like that.

He came from a poor family, in which he had learned from an early age that achieving money—

even small amounts of money—was a struggle.

As he put it, "money was always out of reach for me as a child."

One Thanksgiving (when he was 11 years old), there wasn't any food in the house, and as his parents were arguing, there was a knock on the door.

It was his neighbor, with two large bags of groceries.

The neighbor didn't say much. He just handed Tony and his father the groceries, smiled, said, "Happy Thanksgiving," and went on his way.

That day changed Tony Robbins idea about money, because he thought, "If someone I don't know could care about me, I

could care about others too."

At 17, he saved up his money working as a janitor and paid for enough groceries to feed two families who (like his own family when he was 11) couldn't pay for their own Thanksgiving meal.

He committed to forever pay it forward, and credits the generosity attitude to bringing opportunity for wealth into his own life.

Money isn't about comfort—it's a vehicle to meet whatever your needs may be—but the energy that comes from giving to others, attracts true prosperity.



Because you're joyfully focusing on GIVING, and being grateful for the money you do have, you attract more. It's the nature of the Universe, and it's the law of attraction at work...

...which is what you focus on (in this case, joy and the feeling of already 'having enough')...

...the more you'll continue to bring into your life.

There's a powerful trick you can begin applying to your day TODAY that will bring on feelings of joy, gratitude and generosity, and it works to lift my mood...

...as well as bring abundance from unexpected sources to me, each time I do it.

Sometimes after I apply this little trick, money has come to me within days.

Because I've practiced it so much, I can experience money coming to me within hours.

I call it the 'Transaction Transformation' technique.

## The Transaction Transformation Technique

No matter what your current financial situation is, you can use this trick to instantly feel better about money.

Since money is really energy, the second

you use it, you'll begin bringing wealth to you, because money is energy...

...and the more positive and joyful you feel about money, the more steadfast it attracts into your life!

The next time you pay for something (at the grocery store, out at the movies, while shopping at the mall, etc.) become aware of your feelings.

The first time I noticed my own feelings paying for a \$75 cart of groceries, I was surprised to observe that my feelings when paying for those groceries were very negative!

I felt tense about the money I was spending. I felt guilty for buying the 'expensive' shampoo.

Even though I had more than \$700 in my checking account, I felt a 'lack' of money—and that was the moment I 'got it.'

These very feelings I was experiencing in that moment was similar to how I felt every time I spent money—and that was my *abundance block*.

Those feelings were preventing me

from achieving the wealth I so badly wanted!

Once you know what your feelings are, you can change them, because you're no longer operating on autopilot.

You now have control over the money that comes into your life.

Now, for the important part.

Every time you buy something and you had your cash or your credit card over the to the cashier, focus on how fortunate you are to have the money to pay for your groceries (or gas, clothes, or whatever it may be).

Focus on how beautiful your life is, and that you have the means to buy those things.

Then in your mind, give a BIG, genuine, THANK YOU to the Universe.

Don't think about anything else. Just smile, and give thanks for your ability to pay for the things you need in your life.

You can even take this one step further—showing even more gratitude—by smiling at the cashier,



and imagining that you are sending prosperity to him/her.

Imagine in your mind—just for a moment—that you are sending the opportunity for the cashier to receive an abundance of money.

Give thanks for their money as well.

Remember, money is energy.

The more you focus on thoughts of love, gratitude and generosity, the more

you will attract back to you.

## Forgive Yourself For Money Mistakes

There's a little 'Jedi mind trick' that I like to use anytime I feel stuck in a 'lack of' mindset about money.

That's the power of forgiveness.

I know, because of what

comes into my life—or what doesn't come into my life—how I'm feeling about myself...

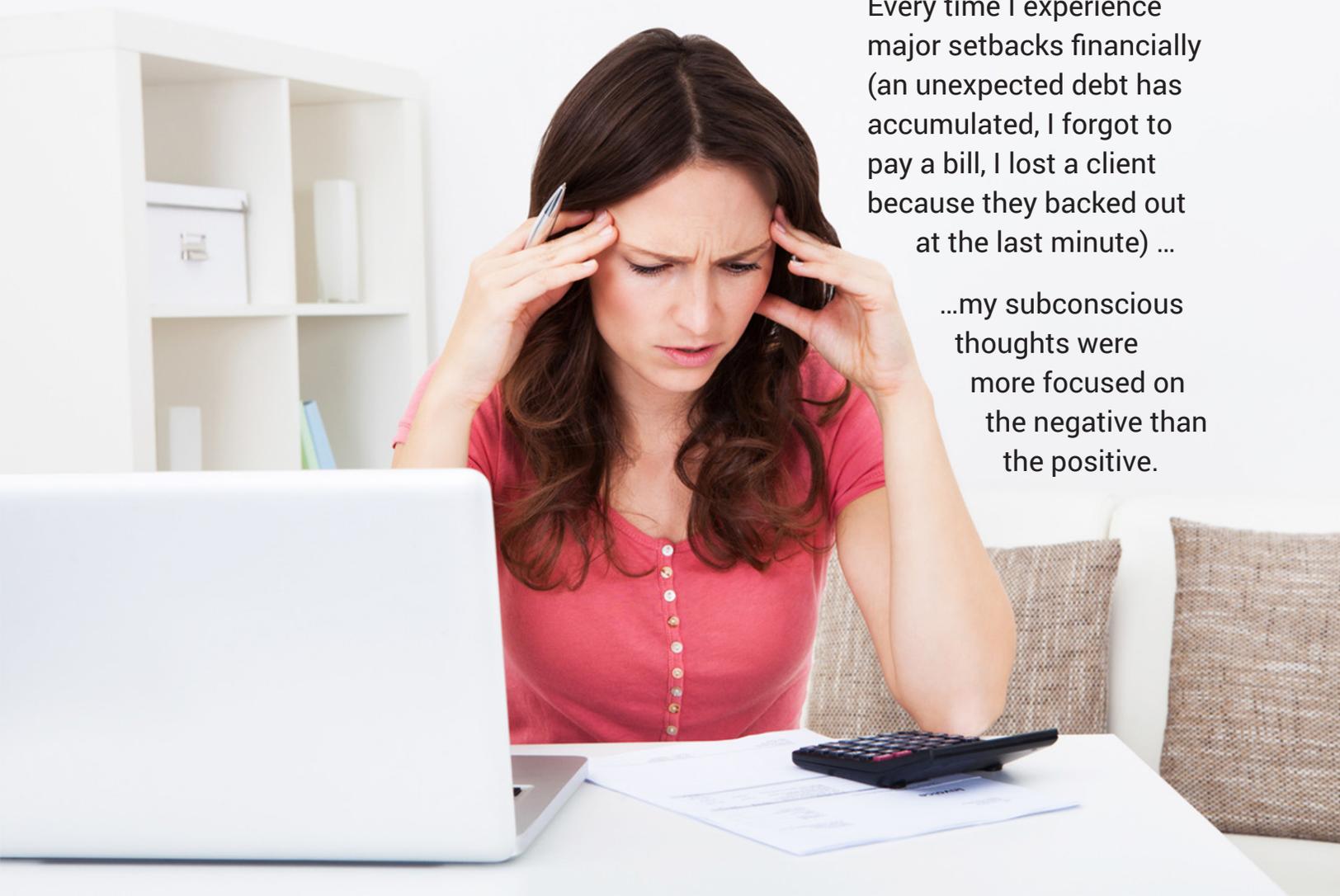
...because every time I experience abundance (new clients seeking me out for my expertise, clear communication in my romantic relationship, or excellent health) ...

...I'm in a positive state of mind.

Meaning, I'm more focused on the good in my life, than the bad.

Every time I experience major setbacks financially (an unexpected debt has accumulated, I forgot to pay a bill, I lost a client because they backed out at the last minute) ...

...my subconscious thoughts were more focused on the negative than the positive.



So, an easy way to correct and reverse the negative when it comes into my life is by focusing on my 'Jedi forgiveness trick'....and it works like this:

....in order to make room for more good in your life (in this case, it's money) ...

...you've got to get rid of the old, negative relationship you've had with money in the past.

For example, if you experience anxiety with money, and in particular...

...you have had a history of over drafting your checking account (which has left you with a hefty negative number that you have to pay off before it accumulates additional bank charges) ...

...it's important to give yourself the permission to move on, and forgive yourself for overdraft mistakes in the past...

...otherwise, you'll train your subconscious to believe a lack of money will continue to happen in the future.

Explore your relationship with money.

*How do you feel about money and you?*

*What is your relationship with money right now?*

*Do you feel good about money?*

*Do you feel grateful about the money you have?*

*Do you feel optimistic about the money that is coming into your life, or uncertain or nervous about it?*

Your current attitude about money may lead you back to those attitudes you learned about money as a child...

....(which can be an incredibly useful tool to transform your current attitudes about wealth, in order to increase it!)

For example, if you learned as a child that 'money doesn't grow on trees'...

...or perhaps you learned that 'wealthy people are greedy'...

...it would be very tough as an adult to feel good about having a lot of money, and if you don't feel good about

money, you can't attract more money to you...

...simply because money is, and always will be, energy.



Just like your thoughts that are either in the form of love or fear, money works the same way.

If you have an attitude that 'greedy people are the rich ones' or 'humble, good people don't need much to survive,'...

...you're operating from a place of lack, and fear about money—which is preventing you from attracting more into your life.

Millionaires don't operate with this mindset.

In fact, they expect money to develop, because they think of money as an opportunity.

The famous comedian Chris Rock sat in on an interview with Oprah back in 2002, in which the two of them were discussing wealth.

In response to Oprah's question of, "What do you like best about your success?", he said...

"Sure, it's nice to be able to buy anything my wife or my children need—but wealth for me isn't about stuff—and it never has been...

...it's about opportunity."

Oprah chimed in and said, "Yes, that's exactly right.

It's about the opportunity to give back, to make an impact, to give children or extended family or strangers opportunities I never, ever had, and it's about that connection to others...

...and the community and even the world at large that you're bringing good into the world, and laughter, and a shared vision for something greater."

She went on to say that you need to "create the highest, grandest vision for yourself, because you become what you believe."

If you're operating from a negative, bitter, or resentful attitude about money, you're only going to attract more opportunities in your financial life to be negative, bitter and resentful!

When you're operating from a negative place, you literally don't have any 'mind space' to bring in possibility, hope and desire for money to come into your life (so it doesn't and it won't.)

Opening yourself up to forgiveness about past money attitude and errors can be extremely freeing...

...because it will allow you to open to the

## Create the highest, grandest vision for yourself, because you become what you believe

---

possibility of opportunity for money to come from unexpected sources (no matter what your finances or opportunities look like right now) ...

...and that's when the magic happens.

When you're open to wealth, wealth comes into your life.

When you're open to how it arrives in your life, it comes in delightfully, unexpected ways.

Here's how to forgive yourself, and move on so you can make serious dough:

## Focus on how you'll make your contribution to the world

You can forgive yourself for money mistakes of your past...

...by simply distracting yourself with positive thoughts of how you'll use your money for the greater good.

What charities would you like to donate to?

What bills would you like to pay off for your wife or husband, or extended family?

What trips would you like to take, or parties would you like to throw for your friends and family?

Spending just ten minutes a week visualizing and projecting your intention on how your money can create a positive impact on others can transform how you perceive wealth...

...which will dramatically affect how much money you can attract to you.

Money is a mindset.

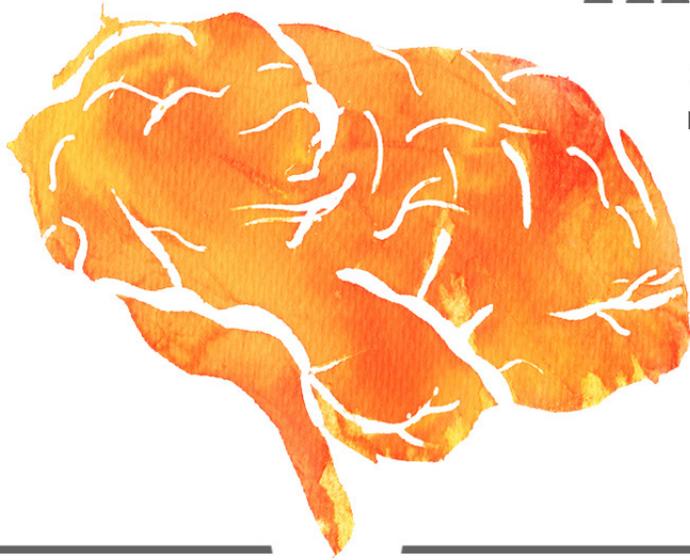
It's energy, and when you commit to a joyful perspective about the money that is already in your life, you can begin to attract it in many different ways.

Continue focusing on what wealth means to you, and hold it in your mind.

Opportunities will begin coming your way that will allow you to execute your best life, your most successful life...

...and your wealthiest life to date.





# THE #1 Most Harmful FOOD FOR YOUR Brain

Munching on candy, chips and drinking soda may seem harmless enough (especially if you're someone who can't get through your workday without it)...

...but the startling truth is, these comfort foods are causing damaging effects to your brain health, and your longevity...

...simply because they contain high levels of fructose, a very harmful food for your brain.

According to a 2012 study published by the Journal of Physiology, a fructose high diet can lead to memory loss and deterioration, as well as a reduced ability to learn efficiently.

Soda, sports drinks and even 'healthy' beverages (like cleverly marketed 'water' infused with vitamins and

minerals) are full of fructose listed as the main ingredient.

High fructose corn syrup, or crystalline fructose are often hidden in the ingredient list—and often advertised with famous celebrities and athletes swearing by their 'hydrating advantage'...

...but the fact is, these very beverages and foods are killing your brain softly, and slowly without you being the wiser.

High fructose consumption changes your brain almost immediately after you increase your quantity, because of two very important reasons...

...**number one**: when you eat or drink fructose, it hits your blood stream quickly, which drives up blood pressure caused by the toxins and waste in your liver...

...and **number two**: because it hits your blood stream so quickly, your brain thinks you're hungry—so you reach for more fructose rich foods to continue that 'high'...

...and these are the very foods that cause you to feel cloudy, distracted, sleepy and unproductive!

You have the bad news....

...so here's the good news: not only can you eliminate your craving for this dangerous food, but you can actually learn how to develop NEW, healthier cravings, that you'll depend on as much as you once did for fructose.



## ***My Fructose Fail***

Before I could learn how to beat my fructose craving, I had to learn a new way of eating—and at the time...

...I was depending on sugary coffees to start my day, and multiple fructose packed sodas to get through my afternoon.

(In fact, I had such an addiction to fructose, my body began to resist protein packed dinners that my husband lovingly made me, because I needed the rush of fructose, instead.)

It wasn't until one Saturday morning I looked at myself in the mirror (after consuming a breakfast of donut holes and a vanilla triple latte)...

...that I saw myself in the mirror—and what all that fructose had truly done to me.

My face was bloated.

My stomach appeared to have gained ten pounds.

My one sculpted core (from my days as a passionate runner) was now covered in fat.

I immediately put down my can of coke I had just guzzled down minutes before, and took the advice of a friend, who had tried helping me months ago...

...and with just one food trick, I began to radically transform my food cravings—which, in a few weeks' time, lead me to banish my fructose cravings altogether...

...get rid of my back fat (I don't miss it!)

...and improve my brain health by 150 percent.

## Fix the Addiction With Learned Cravings

The truth is, I didn't have to go 'cold turkey' because my new learned cravings worked almost immediately to replace the soda and chips.

It sounds simple, but as soon as I began to replace my multiple daily sodas with a freshly squeezed lime and lemon into my water...

...several things began to happen

**1.** Lemons and limes don't contain any fructose (unlike other fruits that contain some fructose)...

...and because I used to use lemons in my soda, it gave me a natural transition to a delicious drink that was good for me.

**2.** It caused an ability to rewire my food cravings, because the more often I drank my lime water, the more my body began to naturally crave other fruit, like strawberries, apples and watermelon.



**3.** Four weeks of trading soda for lemon and lime water actually CHANGED my taste buds.

When I did pick up a soda five weeks after detoxing (I wanted to test this theory)...

...the high fructose corn syrup I had once depended on, tasted manufactured and offensive—and no longer necessary for me to operate my life properly.

It was no longer the sweet, addictive substance my body once craved—but instead, as though I was putting diesel in an electric car that was running better than ever.

Even if you are addicted to fructose like I was...

...you can banish them, reverse them, and substitute them out for a healthier option that will give you the same kind of 'high' you currently feel with fructose.

(I'm living proof of this.)

To transition from a diet high in fructose to a brain boosting diet of nutrient rich and healthy food instead...

...apply the **very steps** I used to reboot and rewire my cravings (which has

easily prevented me from reaching for a soda or candy bar in over four years):

## ***Cook Your Food***

The easiest way to control your fructose quantity is by cooking your own food...

...because the truth is, pre-packaged food (like chips, pasta kits, sauce, stews, cookies and even cereal) is loaded with high fructose corn syrup to make it taste great.

When you cook your own food at home, you have total and complete control over the ingredients.

## ***Rename the Reboot***

If you think about your fructose detox as something drastic, or a diet of sorts...

...you're setting yourself up for failure, because you'll think about eliminating fructose as a deprivation.

Rename the reboot with something positive, so that as the days and weeks go by, you'll think of the new beverages and foods you're consuming as the nourishment your body needs...

...(as opposed to dwelling on the fructose rich foods and beverages you're now doing without.)

You can rename your fructose detox something positive like, your four-week brain boost, or the two-week

memory activator...

...as it can anything that evokes something positive, and motivates you to continue the change.

## ***Become a Beverage Enthusiast***

Become as passionate as possible about healthy beverage options and combinations.

Swap out fructose filled drinks like soda with kombucha drinks, or experiment with flavoring still or sparkling water with fresh slices of cucumber, watermelon and strawberry.

Swap out comfort foods like chips and candy bars with homemade chia cookies full of shredded coconut, chia seeds and almond butter.

In no time at all, you'll have a whole new craving for delicious food—but this time, it will be good for your body, mind and soul.



A woman with long, wavy blonde hair is shown in profile, facing left. She has her arms crossed and is wearing a dark, sleeveless top. The background consists of dark, vertical curtains. A large, dark, semi-circular graphic element is overlaid on the left side of the image, containing the text.

**BRAIN  
RESET TRICK**

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**Reprogram  
Your Mind For  
Ultimate Life  
Success**

I have a good friend whose biggest passion in life is creating amazing dishes for her friends and family just by using the ingredients she has on hand in her fridge and pantry.

I've seen her at work in the kitchen, picking and choosing different spices, vegetables and condiments and literally throwing them together in her stir-fry wok...

.... joyfully singing as she stirs, folds together and bakes culinary masterpieces...

...and thirty minutes later, I savor every bite, because it's a sophisticated, 5-star

restaurant-quality dinner I couldn't even begin to do myself.

I'm not the only one who feels this way.

When she arranges for a dinner party for friends, she whips up a five-course meal that's not only delicious, but that somehow costs her less than \$50 to make.

(Making only \$25,000 a year, she's on a seriously tight budget.)

On top of that, she's a gifted writer, who enjoys posting pictures and detailed (and often humorous) descriptions of her latest decadent blueberry lemon pancakes...

...indian curry over jasmine rice...

...and scallops sautéed in garlic butter.

She has talked to me about her goal in life: to make a living as a food and recipe connoisseur, so that she can do what she loves...

...quit her day job as a secretary for a law firm, and cook her heart out for the masses.

However, no matter how many rave reviews she gets from her friends and family, and no matter how badly she wants to become a full time blogger and cook...

...her self-doubt beliefs stop her from choosing a web host so her blog can become visible in a search engine...



...or creating a free Facebook fan page so that she can build a social media audience.

Since I know quite a bit about blogging for profit and being a published author, I decided to ask her, point blank...

..."What's preventing you from believing you can actually do this...

...especially since you already have everything it takes to be a cook and a writer—the two most important components to making a full time living?"

She looked at me, and then looked down.

A tear fell down her cheek, and she said, "I know I can cook. I know I can write. You know I can. My friends know

I can, but what if I really go for this, and put myself out there, and then...

...no one **else** thinks I can?

I don't know if I have it in me to deal with the haters or handle the rejection."

I understood her feelings of overwhelm and self-doubt, but I also knew that as long as her BELIEF about herself was that she might fail, she wouldn't ever try...

...and the feeling of FEAR alone would trap her in a career and a life of failure.

She wouldn't EVER get the chance to succeed—or for that matter fail (just ask any millionaire how many times they failed before they got it right, and they'll tell you failing is an essential part of the process.)



That's when I shared a little secret with her:

"The majority of your beliefs have nothing to do with what is actually true.

However, if you believe they are true, then that will be your life experience. You'll never gain the momentum to change anything...

...not your \$25,000 a year salary, or your opportunity to do what you really love."

I knew that one comment of mine might not propel her to take action...

...which is why I insisted she try the brain reset trick—a powerful three step technique for gaining momentum to go after her goals with gusto...

...fight off fear, and changing those self-sabotaging thoughts that were holding her back from living her most successful, fulfilled life.

(The really great thing about this technique is that as soon as you finish step one, your subconscious mind takes a back seat...

...and those positive, new conscious thoughts you have developed brings on the ammunition you need to strive—and thrive—towards attainment of your biggest life goals!)

By the time she finished the third step, she had her blog up and running, and had made her first \$1,000.

## **RENAME THE CHANGE, RELABEL THE STRUGGLE**

Just like anything in life, the first step is always the hardest—because just like J.K. Rowling, author of the Harry Potter fame puts it,

"I believe in free will. We can choose. The things go largely like where you want them to go. You control your own life. Your own will is extremely powerful," ...

...and so, you have to make the choice to use your free will to your advantage...

...which you can do by 'tricking' your brain to believe in the thing you want most in life.

You can do this by renaming and relabeling the struggle.



Since your subconscious thoughts direct your attitude, and your attitude drives your behavior, you can work backwards...

...you can change your behavior, and transform your attitude by giving the struggle a new name—a positive name (which will turn your fear into a positive, instead of a negative.)

In my friend's case, she was afraid if she really went after blogging about her recipes, she wouldn't be greeted with enthusiasm or interest by an audience.

The 'struggle' was that after putting time and effort into her personal project, she would struggle to be recognized as a talented food blogger.

The struggle she felt wasn't really a struggle, because she ALREADY had everything it took to shine and succeed.

So, she had to learn a different way to look at her 'struggle.'

She had to think of going after her dream of blogging as a way to begin controlling her career path, instead of continuing to let her current job as a secretary control her career path.

She also discovered other aspects of blogging that was meaningful to her...

...blogging was a creative outlet that she didn't have with her current, monotonous job of answering phone calls and taking notes at meetings...

...it was also a way for her to shut her mind off from everything else in her life that gave her anxiety, or stress...

...because when she cooked, and then blogged about what she cooked, she explained that it's almost like...



...“a flow state, where everything in my monkey mind stops—and I’m in the moment of doing what I love...which feels like pure joy.

I’m not worried about how I’m going to pay my bills next month, and I’m not dwelling about the past.

When I blog about the latest omelet I just fixed, everything stops, and it’s the most blissful state I’ve ever experienced.”

(If that doesn’t transform her once struggle to a positive act of change, nothing will.)

She began to name her once ‘struggle’ as her ‘fantastic flow state’ – so that every time she sat down to write another blog post about her meals...

...she focused not on the fear of failure but the blissful, joyful state she entered by writing of the things she loved.

It doesn’t matter what your goal may be... because when you begin to rename the struggle, the

fears you used to once have loosen the grip on your subconscious...

...allowing you to FINALLY focus on the joy it brings to your life.

(And soon, it will become a need in your life that you can’t do without!)

## **DESIRED GOAL SETTING (WITH A SERIOUS SHORTCUT TO GETTING THERE)**

The second step to this brain trick is replacing your self-doubt (a habit everyone is guilty of at some point) into a positive actionable step towards your goal.

You can do this through CORE FEELING goal setting... an amazing technique that the best-selling author, Danielle LaPointe shares in her book, *The Desire Map*.

Most people have learned about goal setting the hard way: you set your sights on something you want...



...(the kind of person you want to have a relationship with, a career you dream about, a thin, toned body that turns heads)...

...but after months or years of struggle – if you actually get the thing or person you want...

...it may not feel like you expect it to feel.

Maybe that perfect person with ripped abs or a killer smile doesn't make you laugh (an important thing in a lasting relationship!)...

...or maybe that law degree (which looks great on paper) doesn't really support your core dream of connecting with others.

Really making headway to living your dream life isn't about the perfect person, place or thing...

...because the truth is, you really don't know what the

perfect situation will be.

Often times, that perfect 'fit'...

...the thing or person in your life that will truly bring you happiness, joy, comfort and satisfaction takes a much different form that you expect it to.

There's a trick that Danielle Lapointe teaches in her book, which she refers to as 'goal setting from the inside out.'

It's a simple concept that GETS YOU what will really bring you life success—the shortcut way.

Instead of focusing on appearances, or

positions of power, or even how good someone or something looks from the outside as the goal...

...you focus SOLELY on how you want your goal (or end point) to make you feel at your core.

For example, instead of thinking that a career as the CEO of your own company is your goal...

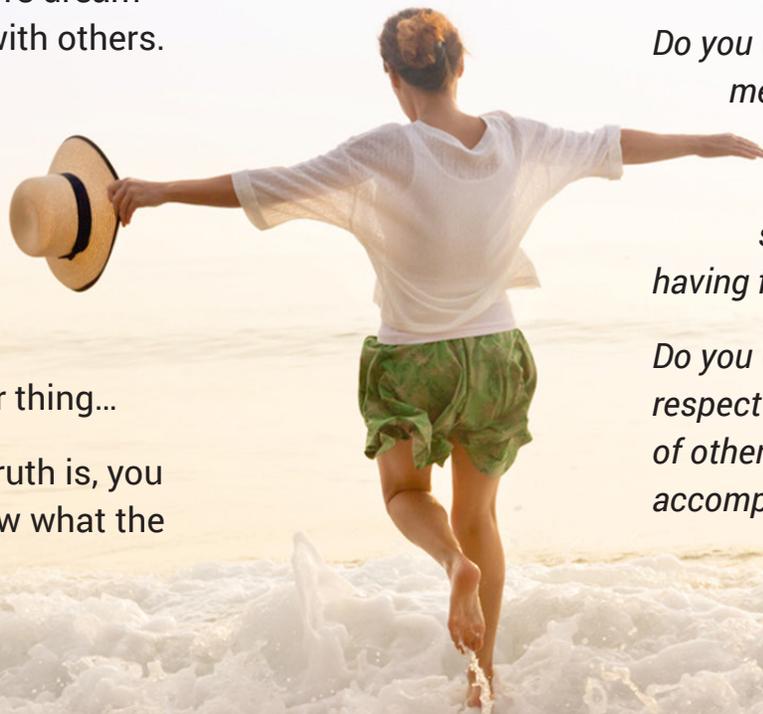
...you pick apart the feelings that being a CEO would give you.

*Would that make you feel in creative control of your career?*

*Do you want to be able to lead others with your vision?*

*Do you want to have the means of working from home and setting your own work schedule, along with having financial freedom?*

*Do you want to have the respect and admiration of others, for all you've accomplished?*





Focus on the feelings you want to emulate....

those emotions that you want to experience on a daily basis...

...because when you focus on the success, joy, happiness, and passion of a career (or relationship, etc.) that makes you feel good at your CORE...

...the opportunity to feel those things will attract themselves into your life.

Feelings of love are the most magnetically charged feelings in the world—meaning that when you hone in on feel good feelings...

...you will trick your brain into experiencing them in your mind RIGHT NOW.

This will eradicate the fear of failing (because it's literally impossible for your brain to focus on both fear and love at the same time.)

Spend time with this step—because the more you can identify your core feelings that truly drive your happiness...

...and the more you can envision and FEEL in your mind these feelings of joy, success and peace of mind...

...the greater of a power you will have to bring it INTO your life, in a tangible way.

## THE BRAIN RESET BOOT CAMP

Change takes time—even with this fast acting brain reset technique.

In fact, science tells us that a changed behavior of 30 days is what it takes—which is why this last step is the most important...

...because no matter how much you focus on the above two steps, taking an actionable step for thirty days is what will give you the opportunity to attain true progress, and purpose.

No matter what it is you want, first lay out all the steps you need to take to achieve your end point.

(in my friend's case, the steps included set up a blogging platform and web host, create a Facebook fan page, spend a budget of \$50 advertising her page, write for one hour every day, etc.)

No matter what it is that you want to feel and experience, you need to have an approach of organized thought to determine what steps need to be first, second, third and so on.

For a thirty day reboot, devote the first **ten days** to practicing step one so you can rename your struggle.

You can think of this as a brain reset boot camp.

You're changing your thoughts so that you can change how you perceive the process you're about to undergo.

Write out your favorite inspiration quotes and tape them up all over your house as a visual reminder as to what's possible.

Read a biography about someone you admire who overcame more than you actually have to.

Flood your mind with forgiveness, love and the reminder that 'where you are in life right now was once where you merely dreamed of being.'

For the next **five days**, incorporate step two into the mix.



Start every morning writing down your core FEELINGS that you want to experience.

If it's to experience true love, dig deeper.

Write down every word you can think of that would feel like love to you.

Is it a deep friendship?

Undeniable, gotta-have-you chemistry?

An unconditional support from another?

Passion?

Dig deeper.

What does a love partnership really feel like?

Unconditional love, despite your quirks and imperfections?

Joy?

A natural happiness that doesn't depend on things, but instead, the love that flows from another's heart?

(No matter what it is you want, the process of desired feelings works the same.

The more you feel what it is you WANT to feel, the quicker you can reset your brain to recognize those opportunities to experience it in your life.)

For the remaining **fifteen days**, you're going to tackle one actionable step after another.

On day 15 for example, my friend chose her blogging platform—and she did it by focusing on what she renamed her once struggle.

So, instead of fearing failure, she was now focused on the sense of joy and that 'flow state' blogging gave her.

Devote one hour every day from day 15-25 by taking a new step towards your goal.

Focus on the feelings you want to experience.

Remember what you've renamed your once 'struggle'.

Enjoy the power of truly rebooting your brain to achieve success, because whether you realize it or not, by day 30, your

brain has reset from fear to fearlessness.

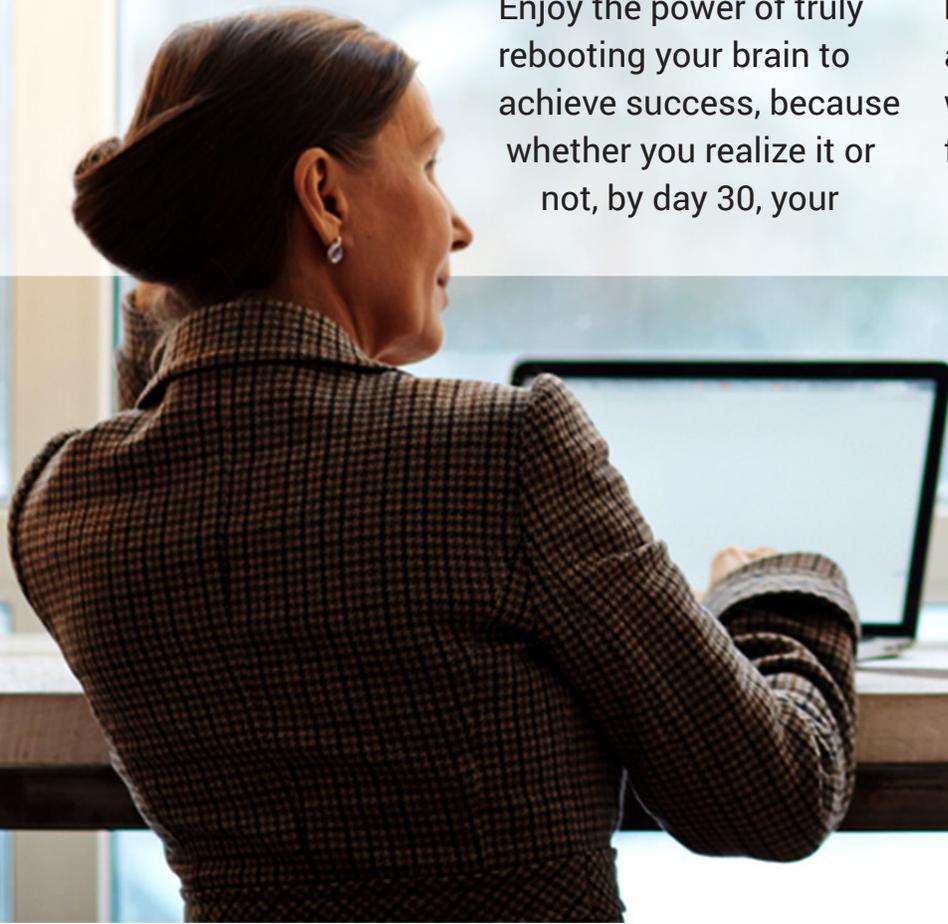
This is when the opportunities to reap the benefits of a successful life start appearing. Like magic?

Perhaps.

Take advantage of the magic that comes into your life, because it will show up in unexpected ways, and from unexpected sources...

...but now you have a fearless kind of life to bring it in and never look back...

...(just like my good friend did, who has since quit her job as a secretary, and has tripled her salary working part-time as a food blogger!)





25 Things  
That the Opposite  
Sex Secretly  
Loves

Fellas, listen up: we've got the 25 things women really love.

And ladies, we didn't forget about you either...

...because we've identified the secret things men want from you—but won't necessarily tell you (even when you're in a deep and committed relationship).

### *WHAT MAKES A WOMAN BLUSH!*

1. SHE LOVES WHEN YOU CARRY HER BAGS FOR HER

Chivalry isn't dead—and she loves when you sweetly insist on carrying her bags for her to lighten her load.

2. SHE LOVES WHEN YOU PULL HER IN TIGHTER WHILE YOU SLEEP

Nothing makes a woman feel more protected than a man who has his arms wrapped around her body. Pull her in tight, kiss her

forehead and fall back asleep.

3. SHE LOVES WHEN YOU PULL OUT HER CHAIR

This is the ultimate romantic move. Pull out her chair, and once she's scooted herself into the table, smile and tell her she's beautiful.

4. SHE LOVES WHEN YOU BUILD HER FURNITURE

Put your hands to good use! Make her a chair or bench for her home, and it'll proudly become the best thing she's ever owned.

5. SHE LOVES WHEN YOU ASK IF SHE'S MADE IT HOME OK

Easy to do, and nothing makes her feel more cared for than a text like, "You made it home ok?"

6. SHE LOVES WHEN YOU TELL ANOTHER MAN THAT'S APPROACHED HER, "SHE'S TAKEN ALREADY"

7. SHE LOVES WHEN YOU PLAN OUT THE DATE

8. SHE LOVES WHEN YOU TAKE CARE OF HER WHEN SHE'S COLD BY GIVING HER A JACKET





9. WHEN YOU HAVE A  
GUILTY PLEASURE

Making a woman blush is sometimes about the little things...like how you love to eat Pop Rocks while watching Tombstone...

...or how you love Fruity Pebbles any time of the day or night. Don't be afraid to show off your quirky, guilty pleasure side—she'll be no doubt into all the parts that make you, you.

10. WHEN YOU ARE  
AFRAID OF SOMETHING,  
JUST LIKE SHE IS

She doesn't need her man to be 'manly' all of the time.

In fact, she's totally into you being cute, too—and if you're afraid of sharks, she'll not only get the fear, but she'll probably love you more for it, too.

11. WHEN YOU SHOW OFF  
THAT NEW SHIRT YOU  
JUST BOUGHT

She loves that you went to the trouble to replace your hole-y jeans for brand new ones, so let her know you were thinking of her while you were shopping.

12. SHE LOVES WHEN  
YOU INCLUDE HER IN  
'GUYS NIGHT'

She wants to be by your side, no matter who is there. Enough said.

13. SHE LOVES  
WHEN YOU HAVE  
A 'PASSION  
PROJECT'

A man who has fun with his woman is sexy, but if he can have fun on his own by digging into a passion project of his own (that have nothing to do with her), that's even sexier.

14. SHE LOVES  
YOUR LAUGH LINES

She loves your laugh, and she loves when you make her



laugh. An aging man is sexy because every time she sees your laugh lines, she's reminded of how much joy you've brought to her life.

15. SHE LOVES WHEN YOU NEED TO KISS HER

Gently tug on her hair while you passionately kiss her.

16. SHE LOVES WHEN YOU UNDRRESS HER

Do it slowly and tenderly.

17. SHE LOVES WHEN YOU VERBALLY SEDUCE HER

Tell her how turned on she gets you, or tell her she takes you to the brink of desire. That's really all it takes.

18. SHE LOVES THAT YOU'RE COMPETITIVE

Competitiveness is a turn-on, and that's that.

19. SHE (SECRETLY) LOVES WHEN YOU TELL HER NO

Keep your commitments,

even when she really wants to see you. Nothing is sexier than a man who isn't always available.

20. SHE LOVES YOUR SEXUAL APPETITE

21. SHE LOVES THE OCCASIONAL JEALOUSY

22. SHE LOVES WHEN YOU GRAB HER WHEN SHE WEARS THOSE TIGHT JEANS

23. SHE LOVES WHEN YOU AREN'T ALWAYS ON YOUR BEST BEHAVIOR

There's a part of her that will always want her boyfriend to be bad...so play into that from time to time.

24. SHE LIKES TO PLAY DRESS UP, FROM TIME TO TIME

We aren't talking about dressing up for Halloween, but dressing in naughty OR nice outfits for you.

When you let her explore her sexuality in different ways without judgement (and with lots of enthusiasm!) she'll become crazier than ever for you.





## 25. SHE LOVES TO SEE YOU FOCUSED

When you divert your attention away from her here and there (and to something you love), it's a sexy thing she'll secretly love about you.

### *WHAT MAKES A MAN DESIRE A WOMAN?*

If your man is pulling away—or you simply can't peak his interest after the first few weeks of dating, there's actually a compelling reason why...

...in fact, there are 25 of them.

## 1. HE WANTS YOU TO GO COMMANDO UNDER THAT DRESS

## 2. SHE'S TO THE POINT

Even when you've been with him for a while (years even), he can't read your mind—so verbalize what you want from him instead of expecting he knows.

## 3. THERE'S A SAPPY SIDE TO HIM

So he loves when you let him be your Romeo when the mood inspires him to be.

## 4. HE WANTS YOU TO KEEP UP YOUR APPEARANCE

(This isn't a chauvinistic thing—if you used to do yoga three times a week...

...he's turned on by the fact that you don't let your body, or your passion for yoga go. So, keep up the hobbies in your life that initially turned him onto you!)

## 5. HE'S TURNED ON BY YOUR 'UP FOR ANYTHING' ATTITUDE

Enjoy the moment and be up for the adventure! There's nothing more attractive than a woman who can go with the flow, and have a blast doing it with her man.

6. HE WANTS YOU TO TOUCH HIM EVERYWHERE

Most men's 'love language' is the physical touch. Touch him to connect, touch him to make him feel good, and touch him in order to get physical closer than ever.

7. HE WANTS YOU TO BE CONFIDENT ENOUGH TO UNDRRESS FOR HIM, WITH LIGHTS ON

8. HE WANTS YOU TO TEASE HIM

9. HE WANTS TO BE TAKEN TO THE BRINK OF DESIRE WITH YOU

10. HE WANTS YOU TO SPICE IT UP

He loves variety—and why not? It keeps things interesting, so change up your lingerie, try out a new hairstyle, or simply seduce him when he comes home from work tonight.

11. HE LOVES WHEN YOU UNDRRESS HIM

Get sensual with him... by slowly

undressing him and softly kissing him everywhere.

12. HE LOVES WHEN YOU HIT HIS EROGENOUS ZONES

13. HE WANTS YOU TO SHOW HIM YOU KNOW WHAT HE LIKES

14. HE LOVES WHEN YOU MAKE THE FIRST MOVE

15. HE LOVES VARIETY — INSIDE AND OUTSIDE OF THE BEDROOM

16. HE LOVES WHEN



YOU TAKE  
THE WHEEL  
EVERY ONCE  
IN A WHILE  
(LITERALLY)

17. WHEN THERE  
IS SOMETHING  
WRONG, TELL  
HIM

Men are blunt, but you don't have to be. Simply clue him in as to what's wrong, so he doesn't face the pressure of trying to read your mind.

18. HE LOVES  
WHEN YOU PUT  
IN THE EFFORT  
TO BE LIKED BY  
HIS FRIENDS

His friends are important to him, so shouldn't they

be important to you, too?

19. MORE ORAL

Men need it, they want it, and your relationship will improve because of it!

20. HE LOVES  
WHEN YOU WALK  
HIM TO THE  
BEDROOM AND GO  
AT IT!

21. CALL HIM  
IF YOU WANT  
TO CALL HIM  
(DON'T TEXT  
INCESSANTLY)

**Texting** all night can be frustrating—and annoying for men.

Bring more intimacy to the relationship by hearing one another talk over the phone, and enjoying his voice.

22. BE A  
SUPERHERO

Take on the persona of your favorite superhero (Wonder woman, Black Canary,

etc.) and come across as strong, fearless and powerful. He'll be so turned on, he won't know what to do with himself.

23. ENCOURAGE  
HIM TO PLAY  
GOLF (OR  
WHATEVER  
RELAXES HIM,  
AWAY FROM YOU  
AND EVERYTHING  
ELSE.)

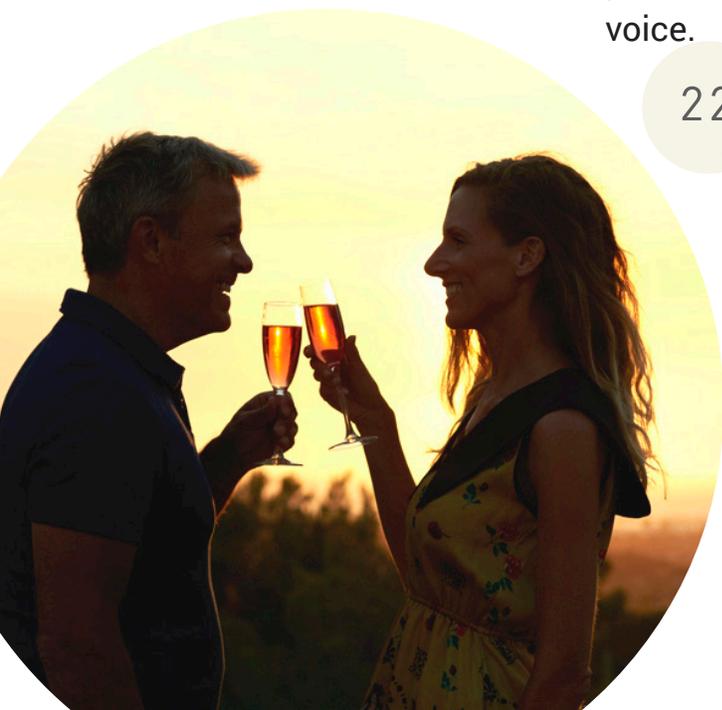
24. DON'T  
CHANGE ONE  
SINGLE THING  
ABOUT HIM

25. SHARE YOUR  
FANTASIES

Fantasies are a fantastic way to explore one another's likes and dislikes on a greater scale.

Knowing what men and women secretly love allows you to respond to their needs in a error-proof way.

Enjoy dating, relationships and all the fun it brings when you tap into their secret obsessions!





# The Top 20 Flat Belly Foods Your Diet is Missing

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*Feeling bloated after a big meal?*

*Does it seem like you can gain weight just by looking at a bowl of pasta?*

*Aren't you sick and tired of sweating it out at the gym without much of anything to show for it?*

*Does it seem impossible to get rid of that extra weight around your mid-section?*

Let's get your body back once and for all...

...but this time, you're not going to struggle or deprive yourself of a low-calorie diet.

You're not going to waste hours a week running on a boring treadmill,

or exhausting yourself from dozens of burpees, push-ups or bicep curls.

In fact, you're not going to sweat it out...

...instead, you're going to eat your heart out with delicious, belly flattening foods!

Stock up on the following list of 20 flat belly foods, and you will be able to eat more, while losing more than you ever have.

Some of these foods will raise your metabolism, while others will suppress your appetite.

Some foods will rev up your appetite for 'healthy' food...

...while others will completely diminish your addiction to sugary dessert.

For example, as soon as I made the almond recipe (see below) and replace my afternoon trip to the office vending machine for M&M's...

...I never again felt famished when I got home from work (which allowed me to bypass ever again overeating in the evenings.)

## EAT MORE TO LOSE MORE

The days of starving yourself are done, and I have the science to back it up.

In fact, I'm living proof that as

someone who has always battled with belly bulge (and have never been confident enough to wear a tight-fitting t-shirt or bikini) ...

...I NOW have the kind of lean, toned body that can rock any bikini, any style of t-shirt, and any form fitting outfit...

...all because I escaped the 'starvation mode' trap of excessive calorie counting— and instead fueled my body every 2-3 hours with delicious, belly flattening foods...

...and you can, too.



## ALMONDS

Say goodbye to the days of counting how many 'fats' you can eat—because the truth is, the only thing that really matters, is the type of fats you consume...



You'll have a flavorful snack you can keep at your desk at work, in your car for easy snacking on the go, or in your pantry...

...so that anytime you want to graze, you can munch, guilt-free.

...and healthy fats are not only good for you (your brain needs them daily to run at an optimal level)...

...but fats, along with protein, can leave you feeling fuller, for a longer period of time.

In fact, a handful of almonds during your mid-afternoon break at work can reduce your sugar cravings (so you won't be tempted to reach for a handful of candy from your co-worker's M&M's jar)...

...and since it's loaded with vitamin E, magnesium and fiber, you'll feel full and satisfied.

Research even suggests that almonds' cell walls absorb the majority of their fat, making them a perfectly lean food to digest on a regular basis.

If unsalted almonds don't exactly float your boat, try this delicious recipe: drizzle ½ a tablespoon of olive oil, along with 1 Tbsp. of low sodium soy sauce on three cups of almonds, and bake at 350 degrees for 12 minutes.

## SOY

You can purchase frozen soy beans in the freezer section of your grocery store, and after five minutes of boiling, drain, and sprinkle with sea salt. It's a protein packed snack that will satisfy!

## EGGS

Eggs are one of the best belly flat foods because they satisfy (as a healthy fat source), keep you full (because of their protein) and contain virtually zero carbs...

...(which prevent the belly bulge!)

Fry one in a little bit of olive oil, and place on top of a piece of multi grain bread and ½ a sliced avocado. Or, boil a few eggs for a mid-morning snack and eat them, as is.



## APPLES

Skip the crackers, and enjoy a belly flat snack of apples and peanut butter instead! Apples and hummus

are another tasty alternative for an on-the-go nourishing mini-meal that will keep...

...your belly flat...

...your stomach happy...

...and your appetite satisfied!



## LEAFY GREENS

One of my favorite leafy greens is spinach since it's rich in a variety of vitamins and minerals. To start your morning off right (or end it with a bang), choose a smoothie over a big meal.

Throw a generous handful of baby spinach into the blender, along with ½ a cup of frozen berries, coconut water (for extra hydration), a drizzle of honey and ice.

## YOGURT

Yogurt is a very satisfying food—so add it to your oatmeal, smoothies, or even enjoy it as it is—right out of the container.

Just be sure to stay away from flavored yogurts (they make up for the taste with tons of sugar), and choose nonfat Greek yogurt instead.

(Add a bit of stevia or honey if you need some sweetness.)

## BERRIES

Berries such as blueberries, raspberries and blackberries are not only a terrific flat belly food, but a terrific aid against developing cancer (as it's loaded with antioxidants!)

Top your oatmeal with berries, add berries to your salad for lunch, or end your day with a bowl of berries (it's a healthier option than going for the cookie jar!)



## QUINOA

Quinoa is one of the best grains in existence.

It's loaded with fiber (so you'll stay full) and highly versatile...

...meaning you can add it to an assortment of cooked veggies for the perfect stir-fry, or simply top it with rice for a protein packed meal.

## SALMON

Lose your belly weight by adding a grilled salmon dinner three times a night to your meal plan. Season it with kosher salt, pepper, lemon and fresh dill along with some cubed red potatoes, and you've got the perfect meal for flat belly success!

...the fructose found in sugar is minimal compared to the fructose found in conveniently packaged snacks.

The great news is, a banana has less sugar than other fruits (like strawberries) so enjoy a fiber filling banana without any guilt.

## CUCUMBERS

Any watery vegetable like cucumber is great for a flat belly diet.

Incorporate more cucumbers into your dinner salad (or create my favorite salad of all!) All you need is a cut up cucumber, two cut up tomatoes...

... ½ a diced purple onion, one sliced avocado, salt, pepper, and freshly diced basil...

...and you will have an amazingly simply, and seriously delicious flat belly salad!



## LENTILS

Lentils may be a source of carbohydrates, but don't feel badly about that—or think it's going to make your belly expand.

This type of carb (along with whole grain bread) is perfectly fine in moderation, and will actually help you to eat less throughout your day.

## WHOLE GRAINS

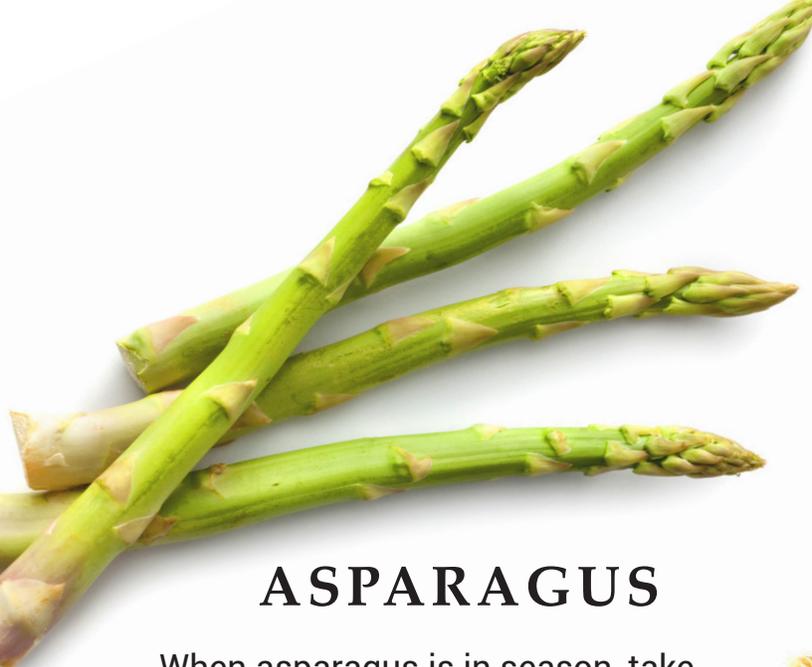
Stick to whole grains instead of refined carbs, and you'll never have to scarf on the foods you really enjoy. Whole grains include oats, brown rice, rye, barley and quinoa.

Add these grains to sandwiches, soups and salads for a rich, satisfying belly flat choice!

## BANANAS

Don't be afraid of fruit! Fruit is important, and if the sugar is what you're worried about remember...





## ASPARAGUS

When asparagus is in season, take advantage of it! It's the perfect green vegetable that pairs perfectly with steak, chicken or fish...

...all you have to do is set your boiler to high, and drizzle an asparagus bunch with olive oil, garlic salt and pepper...

...and in five minutes, you'll have perfectly cooked al dente asparagus.

## CHILI PEPPERS

Add some chili pepper flakes to pasta, soups or salads, and you'll have another staple flat belly food that delivers.

Don't like the spice? Adding just a bit will help you to slow down while you eat, giving you an added benefit of a delicious food that will help you lose weight.



## PEPPERMINT TEA

Who knew a cup of relaxing peppermint tea could allow you to lose weight in the abdominal area?

Peppermint tea has been shown to help reduce bloating and improve the digestion system, along with ginger tea, and chamomile.



## GINGER

Ginger tea can be considered another aid for digestion and reduced bloating.

If you don't have prepared ginger teabags from the grocery store, you can simply peel and cut up a whole ginger root and then boil it in water for ten minutes.

Strain the water, and enjoy!



## AVOCADO

Avocados may be the perfect food...a little bit goes a long way to satisfy the appetite, it helps reduce cholesterol and it has been shown to reduce belly fat.

Toss an avocado in your scrambled eggs or on top of toast, eat it straight out of its skin, or reduce your carb intake with a zucchini noodle and avocado pasta sauce dish for dinner.



## GREEN TEA

Green tea is another flat belly staple, because it can help clean the body of unwanted toxins and chemicals...

...as well as improve digestion.

Drink a cup in the morning and two cups in the evening for best results.

## DARK CHOCOLATE

Need we say more?

You can have chocolate, and your flat belly too! Just make sure to pay attention to the moderation, and percentage of cacao you're digesting. A little chocolate can go a long way.



# Happier Every Day

YOU'LL LOVE  
THESE INCREDIBLE  
DAILY HAPPINESS  
BOOSTERS

There's no shame in needing a pick-me-up from time to time. In fact, our brains simply aren't wired to feel happy all of the time.

If you've just hit hard times, it's normal to be let down, pissed off or feel downright disappointed.

If life seems to be going 'good enough' – but let's face it, complacency isn't exactly the stuff that drives adventure into your life...

...it's normal to feel bored, fatigued, or even experience mild depression.

But that's not how you want to live your life, is it?



You deserve more, don't you?

Of course, you do...but the question is, how do you make the leap and feel, live out and altogether experience your most awesome self, day after day?

By committing to riding the happy train, every single day.

## Riding the Happy Train

Three years ago, I had everything in my life that I had always wanted. I had just been given an amazing job right there on the spot, I was in a loving relationship, and I was in perfect health.

I was happy, because everything was going just as I wanted it to...

...which is, of course, when I experienced a major setback in my health and my career—all in one day!

Driving home in gridlock traffic on Thursday evening (following a very stressful day at work), I had just begun to slow down on the freeway as I approached heavy traffic...

...when all of a sudden, an illegal driver on my left squeezed behind me, and collided into me going a high speed of 85 mph.

The impact of the collision caused me to bash my face into the steering wheel, resulting in over \$10,000 in cosmetic dental surgery, as well as my car being totaled.





It also caused me to get fired from my job—because as a new employee, they wouldn't recognize my need to take a few weeks off to heal.

The driver at fault didn't get so much as a slap on the wrist, because he was an illegal alien...

...with no insurance or drivers license, and in the state I live in, their isn't any repercussions to driving without insurance, except for a ticket (they can choose to pay or not.)

About a month after my accident, my best friend and I went out for drinks at one of our favorite Cuban restaurants in town.

We were laughing, and having a great time together...

...and then she just asked my point

blank: "How are you not an angry ball of resentment right now, for what that driver did to you?"

I tried explaining to her that it was his responsibility to correct the damage he had done (paying for damages, showing up to court, etc...

...which I was now sure wasn't ever going to happen) ...

...but **my** happiness...

...my ability to forgive and move on...

...and MY ability to have a healthy perspective...

...was entirely my responsibility.

That was all on me.

The longer it took me to get to that place of forgiveness, and gratitude (it could have been so much worse)...

...the harder it would become to 'get over it...'

...so...I made a commitment to myself that every single day, I would find something to be happy about.

The trick is, learning how to become 'unstuck' when life gets sticky...

...and riding the wave of life when we've been knocked down by a fast one.

## Wash the Dishes

It's easy to feel down, especially if you have the occasional run-in with negative, critical people.

However, when this happens, you need to flip the switch immediately.

The quicker you can adjust your perspective—so that your feelings of self-defeat don't take over—the easier it will be to POWER UP and BRING ON better experiences to come your way.

I often write about being in the 'flow' and how my children teach me about the benefits of constantly being present.



While it's not always easy for me to stay focused on the present (and avoid the trap of freaking out about the future, or dwelling on the past)...

...I have learned some 'Jedi mind tricks' that jolt me back to the present moment, so that I'm reminded of the bigger picture (no matter how big my fears may seem)...

...which force me to catapult back to the important present moment I'm in.

Children are fascinating to watch, because as I watch my own children (who are preschool aged), I observe how locked into the moment they really are...

...which is something I don't always have such an easy time doing myself.

In fact, my children often get so absorbed with what they are doing (such as painting, or playing with their action figures)...

...that when I ask them to stop, so we can clean up our toys and get into the car to run errands, they have a hard time letting go...



... (and yes, sometimes this amounts to a temper tantrum, other times a few moments of resistance before they give in to what I've asked.)

Before I really understood what being in the flow was, I used to take on my children's resistance to what I asked them to do, personally.

Now I know that my children—and children in

general—can actually teach us quite a bit about honing in on the activity we have in front of us with such intensity that it's almost as if the rest of the world doesn't exist.

This can be a great thing for attracting more good into your life, such as more FUN, more adventure, and more passion.

When you're in the moment, your anxiety, depression,

worry and negativity leave your mind, because being in a flow is about committing to the moment with passion, love and joy.

Being in the flow can feel like a release of sorts, and the more often you do it, the easier it becomes.

So, what's an easy way to get into the flow and bring a happiness boost to your life almost immediately?



By turning off your mind through a repetitive activity like washing the dishes, making the bed, or taking a shower.

I like to wash dishes because the warm, soapy skin feels good on my hands, and it gives me satisfaction to wash dishes myself—as opposed to running it through the dishwasher.

I focus as intensely on the act of washing, rinsing and drying dishes as I can until any other thoughts I may have had leave.

Sometimes this takes a few minutes, but most of the time, it only takes between 20-30 seconds.

With my mind clear after washing dishes, I feel an immediate elevated sense of happiness—every single time.

You can experience the same level of happiness, by doing any of the following:

...taking a shower (as the water beats down on your neck, shoulders and back, dismiss the stress from your life by imagining it wash down the drain with the water) ...

...rearranging furniture in your living room, taking a walk in your neighborhood, cleaning out your refrigerator, folding laundry or washing the dishes.

## Write a Letter To Yourself For Every Mood

This happiness tip needs to be done ahead of time, but all it really takes is an hour to knock it out at once.

The idea is simple: create preventative affirmations (in a letter format) that you can re-read to yourself whenever the mood strikes.

For example, when you're feeling stressed out or overwhelmed about your busy work week that lies ahead, you can open up the stress-release-specific letter you wrote to yourself, and feel better in an instant.

Here are some templates you can use to begin writing your own letters, so that when any negative or uncomfortable mood strikes...

...you can easily transform your perspective with a few simple sentences (add to it with whatever your future self feels the need to say):

- **When you're sad:**

*"You will emerge from this time in your life as the beautiful, powerful and resilient person you are.*

*You may feel like right now all that remains*



*is the empty shell of the person you once were... and maybe you feel broken because of what someone did, or didn't do for you.*

*But trust me: you WILL come back stronger, more resilient and more capable than ever. You will triumph."*

- **When you're lonely:**

*Feeling lonely is not a punishment.*

*How you feel right now, as though others don't understand what you are feeling, or if you don't have that special person in your life...*

*...or that you're not making as much headway in your career as you expected by now...*

*...that kind of loneliness is important to experience, and to learn to sit with.*

*Enjoy the loneliness, where all you have to manage are your own thoughts, and learn to sit with it.*

*Learn to be ok without anyone to save you. Learn to feel the human experience, and all its glory. This moment will pass, and you will survive.*

- **When you're feeling complacent:**

*"Whenever you doubt how far you can go, remember how far you've already come.*

*The place in life that you are at right now, was once a place in life you dreamt about attaining.*

*Remember that— you created the wonderful friendships in your life, and all those things you own in your home, you bought.*

*The car you drive, your paycheck, your relationships with others, you cultivated for yourself.*

*Even if it's not perfect, even if you wish some things were different in your life, and even if you don't know how to make that leap towards the things you want...*

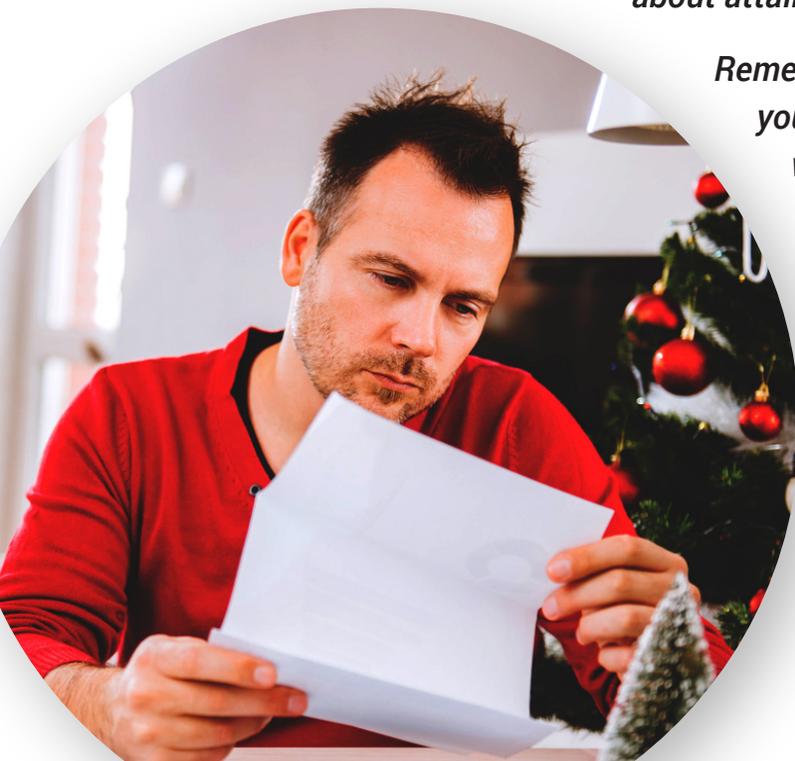
*...remind yourself of how much you've accomplished already, and how much you'll continue to accomplish in the future.*

*In the meantime, be easy on yourself. What you've done today is plenty, and what you'll do tomorrow is enough."*

- **When you're feeling fed up:**

*You're frustrated right now, and that's ok. Frustration is a necessary part of the attaining process.*

*If you never felt frustrated, or 'fed up' with what life presented you with, you wouldn't have the opportunity to reflect on what it is that's making you unhappy...*



*...so you can fix it.*

*Feeling 'fed up' is like the chance for a do-over, because when you act of being 'fed up', you can go left instead of right...*

*...choose the healthy oatmeal for breakfast instead of the donut, or pick classical music to study to instead of having the TV on.*

*Being fed up—when you take advantage of the opportunity—gets you moving, trying something different, and racing to that finish line.*

*Take your time though—it's not a race against anyone else, but a victory no matter how long it takes for you to get there.*

- *When you're angry:*

*Are you angry at someone who doesn't have the capability to change?*

*If you are, I want you to take a deep breath, enjoy a hot shower and imagine that all the expectation of that person is washing off of you and going down the drain.*

*It's gone, and so is your wasted energy on something*

*they can't change about themselves.*

*If you're angry at yourself, I want you to remember that focusing on the anger will causes more anger to bubble up...*

*...instead, you can overcome this by flooding your mind with positive images of your life.*

*The 'good', or gratitude you feel for people, and opportunities in your life will kill the negativity almost at once, because the truth is...*

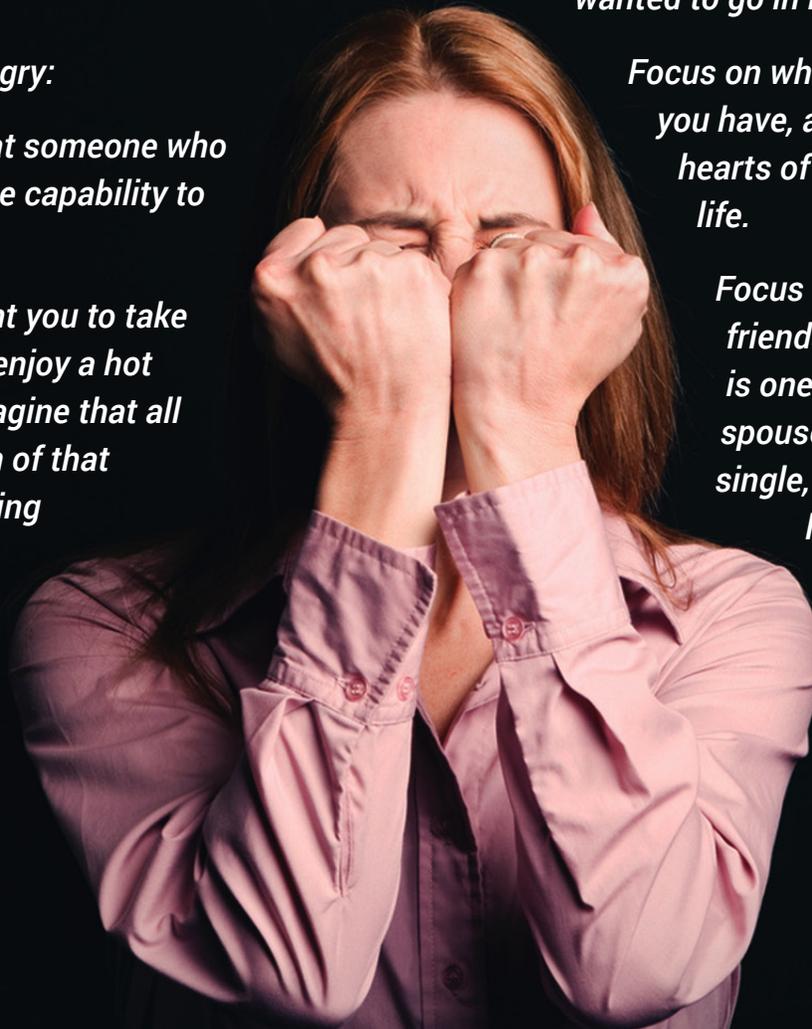
*...it's virtually impossible to feel both negative and positive at the same time. Focus on your amazingly strong body, that has taken you everywhere you've wanted to go in life.*

*Focus on what a kind heart you have, and the kind hearts of others in your life.*

*Focus on your amazing friends (all you need is one good one), your spouse (or if you're single, gratitude for having alone time) ...*

*...and your ability to breathe, eat and live in comfort.*

*Commit to the*



*magic of feeling the fortune in your life,  
and you'll experience the magic of an  
angry-free life.*

- **When you're feeling defeated  
by life:**

*If you're feeling defeated right now, I  
want you to know something important...*

*that every time life gets in your way and  
unexpectedly makes you feel worn out,  
deflated, or frustrated with the outcome...*

*...(such as a break-up or divorce, a death  
in the family, a setback in your career or  
health)...*

*...life isn't happening to you, it's truly  
happening for you...*

*...for the greater good of you.*

*One of my favorite C.S. Lewis quotes  
sum it up perfectly: "Hardships  
often prepare ordinary people for an  
extraordinary adventure," ...*

*...and right now in this moment, what  
you're experiencing isn't meant to be a  
struggle.*

*It's meant to wake you up to the strength  
you have within you.*

*Adversity is meant to be an opportunity  
to react differently to life's hardships...*

*...to persevere more strongly, and with a  
conviction you've never had before...*

*...and to refuse that the thorns of life will  
sting us again.*



## The Happy Jar

The happy jar is something I learned from the best-selling author of *Eat, Pray, Love*, Elizabeth Gilbert.

To enhance her gratitude state of mind (essential for bringing prosperity into your life), she created a pretty little jar that she decorated with various scraps of paper and ribbon.

At the end of every day, she would take three minutes to write down something good that happened. Some days it was a small thing, like the rich taste of a cup of hot chocolate she had after lunch.



Other days it was a bigger thing, like the tender touch of her husband's hand in hers while they watched a movie.

Every day she made her write something that she was grateful for—no matter how stressful or chaotic or upsetting her day had been.

She would then roll up the piece of paper, stick it in her 'happiness jar' and every time she needed a mood boost throughout the year...

...she'd pick out a rolled-up piece of paper and immediately feel happy for her sweet, beautiful life.

To get the same instant mood boost, you can do the same thing as Elizabeth Gilbert. Grab a jar of any size.

Spend just three minutes every night writing down one thing you have in your life to be happy about.

Reflect on it for a moment.

Feel that gratitude and prosperity in your core, and drop it in the jar.

After seven days of adding to your happy jar, you'll feel an immediate shift with your own level of happiness, joy and contentment for what you have.

## Pick a Mentor, Become a Hero

There are two heroes that can be helpful to switch your mood from angry to awesome...and both of them (which you can use at any time to transform your negative mindset into a positive one) ...

...have a solid benefit...

...they both allow you to show off your greatest, happiest, and most successful self to the world.

The first hero you need is a mentor...

...someone either you know personally and admire, or someone you don't know but admire (such as a CEO, a celebrity, an athlete, etc.)

Pick someone who has the confidence, the wealth or the happiness you admire.

Pick someone who has humility but boundaries, or someone who has achieved a high level of success despite all the adversity that was thrown their way...

...pick someone who inspires you to

think, "If they did it, I can do it too!"

*Why do you admire them?*

*What traits do they have that you want to emulate?*

*Is it that they never seem to let a setback veer them off course, and instead, they find a better solution to their problem than before?*

*Is it that they seem to go through their day positive and energized?*

*Do they have a faith in their cause, and are assertive enough to go after their dreams?*

*Do you admire their conviction and fearlessness?*

Get clear on why you admire your mentor, and spend as much time around them as possible...

...because soon what you'll find is that instead of saying, "I could never do that..." you'll begin to ask yourself, "Wait, why CAN'T I do that?"

If you have access to them in your life, invite them to dinner.

Spend time with them.

Become close with them.



If your mentor isn't personally accessible to you (let's say your mentor is Chris Rock, or Kevin Durant, or the founder of Facebook)...

...you can still reap the benefits of their influence, simply by engrossing yourself with their knowledge.

Become familiar with their backstory.

What hurdles in life did they have to overcome to get to where they are today? How did they rise above adversity in their life?

If they've written any books, buy everyone and read them cover to cover.

*What can he or she teach you about their greatest successes and failures?*

*What traits of theirs really stand out to you?*

*Is it that they find humor along the way to success and wealth?*

*That they pride themselves on a clean diet and exercise every week?*

*That they invested their money early on in life?*

*That they worked hard to help others achieve success, and not just selfishly worked for their own?*

Make a list of your mentor's greatest successes (and failures, too!) so that you can begin to see the pattern of what made them great...





...and can begin emulating them into your life today—for a drastic difference you'll notice almost immediately.

...and Become a Hero.

At a 2014 Hollywood award ceremony, in which Matthew McConaughey won the award for Best Actor at the Academy Awards, I'll never forget his speech.

It resonated with me, and helped me (and countless others) to continue the 'chase'....and here's what I mean.

Watching the awards that night, I observed

the winning actor's every move. He always had a presence, a voice and a sense of humor I liked.

After they announced he was the winner, he stood up, smiled his winning smile, kissed his wife and stood up on that stage, giving a speech I wouldn't forget.

He started off in the usual way—thanking his dad, his mom, his wife and children for his success.

BUT, then he told a story about when he was 25, and he had a friend approach him and say, "Hey man, who is your hero?"

Matthew McConaughey didn't have an answer.

So, he came back to his friend a week later and said, "I know who my hero is. He's me—in ten years. So, he's my 35-year-old self."

Ten years went by, and Matthew had a few more blockbuster movies under his belt, so his friend approached him again and said, "You're 35, who is your hero now?"

He replied with, "My hero is me at 45."

His friend looked at him a little confused, to which Matthew replied, "I'll never



stop striving for my best self. I need something to chase, something to attain to.”

You can do the same thing.

You can challenge yourself to reach a new level of excellence, by chasing your future self.

What do you want your future self’s income to be?

What do you want your future self to be able to do on the weekends? Where do you want your future self to be able to travel?

What opportunities in life do you want

you and your family to have—from social experiences, to professional, to personal projects?

Begin to project the qualities of your highest self now...

...such as a self-belief that you can do and be anything you want in this moment (after all, you create every experience and every person that comes into your life)...

...you can find the solutions necessary to change your health, your paycheck, and your relationships.

Live like you’re already your awesome future self—and insist on nothing less.



**SIDE  
INCOME**

How to Make an Extra  
\$50 - 1,000+ Per Week  
as a Blogger

One of the best ways you can begin achieving personal and financial freedom is by earning a full-time living...

...while only having to work part-time!

Sounds ideal, right?

Blogging is a great way to make a profit from your creativity—but it's not easy (otherwise, everyone would be doing it.)

However, when you break down the steps to get your blog up and running, and making between \$50-1,000 a week (or more)...

...it's a manageable passion project that will make you feel as though you were born to blog!

The bad news?

The amount of information you can get from the internet on 'profitable blogging' is overwhelming...

...which is probably why you're not making a full-time living by now.

The good news?

I'm going to show you the exact steps in which I went from making \$0 to \$4,500+ a month from a simple blog...



...allowing you to work part time to generate a FULL TIME living...

...and the best part of all is...

...it's not rocket science.

It's actually quite simple once you begin applying the exact steps I've laid out here AND you'll conquer blogging without any prior experience or knowledge.

## Explore Interesting Topics That Sell

The truth is, you don't have to be an authority figure on anything right now. If you're brand new to blogging, all you need to start is a good idea about the topics that the world is after...

...and something you're interested in.

Health, fitness and weight loss is a great niche to get into if you're

passionate about the topic, and have some experience with it personally.

Dog training is a popular niche, as is the Paleo cooking niche, fashion, and sports.

The food niche is a great niche to begin in, between gluten-free, paleo, and foodies of the world...

...you'll be able to acquire a passionate fan base that will be 'hungry' for your recipes, tips for cooking and/or eating out, and new finds in the cooking world.

For example, *A Pinch of Yum* has over 4 million visitors a month because they post tons of recipes, and have a constant stream of delicious visuals that entice their fan's appetite.

They've build up a large audience over time and with the help of advertising on Facebook, they now make over \$40,000 a month in revenue.

If you're passionate about fashion, it can be a fun niche to get into.



Not only will you make money blogging about the latest fashions, but you can also get invites to fun and glamorous events throughout the year.

If you want to start a lifestyle blog, get a bit more specific with a sub-niche, such as gardening, DIY, or home décor.

*Just a Girl and Her Blog* is very profitable because she targets a very specific problem many people struggle with: organization.

She also promotes products of hers including, a book about building a blog, affiliate products related to blogging, and a course on writing a book.

The most important first step to building a profitable blog is loving what you're

blogging about (otherwise, how can you keep up with writing valuable content your fans will love?)

If you want to see a wider range of what people are searching for, do a keyword search.

Searching for keywords is a bit of a scientific technique, but it will show you which words people are searching for the most, so you can accurately create a topic and name that searchers will click on.

(Go to Google Trends, and you can research your chosen niche this way, learn about your competition, and have the one-up to valuable content

when you begin creating yours!)

## Choose the Right Name

Next, you'll need a domain name and web hosting company to support your blog—and get it out for the world to see in their search engine.

When choosing the right name, ask yourself: Is my blog about a thing or activity (relationships, cooking, gardening) ...

...or is it about me?

You can get 'catchy' with your name, but keep it short and simple. Make it easy to spell, as your fans or interested searchers won't deal with a difficult name they have to remember.





Connect your broad topic to a narrower sub-topic. For example, you don't want to call your blog, 'Cooking is Fun' because that's pretty objective.

You can apply the word, cooking, along with something more specific like, 'paleo or gluten-free, adventurous or 'on a budget'.

These words are more specific to the problem you are solving than a general term would be.

Next, you'll need to invest in a web hosting company (it's very affordable, at about \$10/year, or more, depending on what package you get.)

Web hosting will allow users to find you in a search engine—so even if you have a blog on wordpress, you need your blog to be seen by users, right?

A domain and web hosting company will allow you to be visible (Bluehost is one of the most well-known web hosting companies, and starts at about \$4/month.)

(Over time when you've got a handle on blogging, you can upgrade your membership so you can add more sophisticated features to your blog.)

## Pick a Blogging Platform

With so many people blogging these days, you have many options to choose from.

Wordpress is free and easy to use, but here's some other blogging options that are popular, powerful and highly used by people all over the world:



- Medium
- Squarespace
- Wix
- Joomla
- Blogger
- Tumblr
- Typepad
- Weebly
- Magento

You may want to navigate through a few different blogging platforms to find the right one for you. Each one offers

different benefits, but no matter which one you choose...

...you'll be on your way to blogging success...

...with some killer content that provides value and solves a problem for your visitors.

## Don't Reinvent the Wheel— Increase Your Web Traffic, Instead

A successful blogger is constantly improving his or her social media strategy. No matter what niche you are in, networking is paramount. Here are some tips to get you going!

### CONTENT IS KING

If you've explored the idea of blogging before, then you've most likely heard the term, content is king.

It's the golden rule of blogging because the more valuable content you have that solves your audience's

biggest problems, the more trust you'll build with your audience.

Start off with a list of topics that are compelling (for the personal development niche, this can be topics like how to stop self-sabotage, natural ways to have more energy, anti-aging secrets, beat the negative self-talk, etc.)

A really important technique for catching the eyes of your visitors so they'll click on your content is by having strong, catchy sub-titles.

First appearances are everything, and a weak headline will cause your visitors to pass you up.

### FOCUS ON SOCIAL NETWORK SHARING

To be a profitable blogger, you'll need to spend a bit of time on social media.

Visit other bloggers Facebook pages and comment on them.

Be a positive force, giving yourself a reputation as a supportive influence.

Share their content from time to time, and they'll be more likely to share yours, too.

### DO YOUR KEYWORD RESEARCH

Continue staying up to date on keywords that people are searching for.

Develop articles and blog posts that reflect people's interests.



For example, if you have a cooking blog, don't create a post that has the title of 'cooking tips' – that won't interest anyone.

But, if you have a post that includes 'cooking' and 'meal plans', you're on to something, as everyone seems to be looking for the easiest route to eating healthy, convenient meals.

## **BECOME A FAMILIAR FACE IN YOUR NICHE**

Social media is a great opportunity to become a friendly face in your niche. If you have a dog training blog, comment on other's dog training articles.

Reach out to other bloggers in a personal message, relaying how much you enjoy their content! Ask them if they would be willing to have you on as a guest blogger.

## **WHEN YOU'VE BUILD TRUST THROUGH HIGH QUALITY CONTENT, BUILD YOUR EMAIL LIST**

One of the best ways to increase your fan base is by offering a free report.

A free report is similar to a mini ebook, which solves a problem your audience has in about 6,000-9,000 words.

You can reach a greater audience by advertising through Facebook. When they sign up using their email, they'll receive your 'free gift' to their inbox.

It's golden—because they receive an amazing book from you (which builds trust), you have their email for future communication (including product launches) and everyone wins.

## **SOLVE PEOPLE'S BIGGEST PROBLEMS WITH A PRODUCT LAUNCH**

The most profitable blogs earn a big portion of their profits from product launches.

A product could be anything from a book, to meditation tracks, to online programs or audio programs.

Once you begin building your email list, you can then begin making a great living promoting your products, as well as affiliate products that will allow your audience to live their best life.

Blogging takes work, but when you follow these steps, and commit to learning along the way, you will succeed—with the profits to show for it!



# How to Be Well-Respected and Well-Liked

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## *The 5 Keys to Personal Magnetism*

My good friend, Joselyn is an excellent example of a first impression turning fatal.

Not literally of course, but metaphorically, her first impression at work prevented her from shining in the workplace.

Joselyn was a very talented graphic designer—still is, but her inability to show others how great she really is—and how talented she truly is—caused her to be passed over, promotion after promotion.

She had worked for the same publishing company for over five years, and had



taken on the role of always helping her co-workers in need, being a good friend...

...and always going above and beyond.

Yet, every time she went up for a (much deserved) promotion, she always got passed up...

...and sometimes, the colleague who did get the promotion wasn't nearly as talented as she was.

So, why didn't she manage to get a break in the workplace—and receive the respect and recognition she deserved?

Because she didn't know how to shine as a well-liked equal...which is the key to true personal magnetism.

## ***Commit to the Connection***

Magnetism isn't about how you talk, what you look like, or a high-powered career you may be in. It's not even about making others laugh at your cheeky wit, or incredible smile.

It's about the feelings you bring out in others because of your X factor.

This X factor is something that ANYONE can emulate...

...because what it really boils down to is your ability to connect—and in particular, connecting with others in such a way they will feel welcomed, important, included and special in your presence.





The golden truth of communication (no matter who you are connecting with in your life)...

...is that it's not so much about what you say, or even HOW you say it...

...but how you make others feel in your presence.

That's what truly attracts and magnetizes people to you, day after day.

Remember the story about Joselyn, and her turbulent relationship with her boss, Jennifer?

Her communication with her boss immediately began turning around as soon as she began to apply the 2 Fold Focus Technique...

...which allowed her to focus on what she could give the other person (in this case it was her boss)...

...instead of putting the primary focus on herself.

Now, this doesn't mean that you give up what you want.

Because, when you focus on what the other person wants—and in particular, what you can provide them, such as support, a listening ear, compassion for what they are going through...

...your undivided attention, and a willingness to be solution oriented, and thus, meet them in the MIDDLE...

...what you'll find is that they in turn, give YOU what YOU want, too.

The ***2 Fold Focus Technique*** works like this:

**First**, you have to apply a widely acclaimed, but rarely executed trick that the most successful people in the world practice...

...which is a solid understanding what the other person needs from you.

For example, have you ever had a

conversation with someone—your boss, or spouse—that went nowhere?

While you're struggling to get your point across, they're interrupting you, or possibly discrediting what you're saying as the truth...

...leaving you to feel more frustrated and disappointed than ever?

Here's the secret about getting what YOU want...

...from one of the most highly acclaimed and recognized communication experts in the world, Tony Robbins: "You've got to continue to give in your relationship (just like you did in the beginning)..."

...in order to get as you once did."

The truth is, people will back down,

defend themselves, back off, and altogether fight against what you want...

...if you come from a place of 'getting' instead of giving.

So, the very best thing you can do RIGHT NOW in your life to cultivate stronger bonds with the people you care about...

...as well as draw in the attention, respect and admiration from strangers...

...is by coming from a place of gratitude and giving FIRST and foremost.

Gratitude for others is what will cause even the most commitment phobic person to be unable to resist you...



...or the most unbending, unwilling boss to begin seeing you as a valuable asset to his company (and it works like a magic formula).

For example,

**Secondly**, you need to find the 'intersecting harmony point' of your relationship.

In other words, if you were to just apply the first part of the 2-Fold Focus technique, you would only be giving the other person what he or she wanted.

A relationship—one in which you continue being a powerful, positive force in another person's life is about a give and take...

...a push and pull, in which both people are mutually benefited to such a degree the relationship stays in a balanced and harmonious state.

In order to both GIVE and get what you want, you need to find what I refer to

as the intersecting harmony state.

This means that despite how different your needs may be from the other person ("I want to bring back date night and feel the romance like I once did"...

...while your spouse may want "to be accepted by my partner, even if I'm too tired for date night")...

...you can find common ground together, and a solution for both of your needs.

In the case of a couple who have a disconnect in their relationship (the wife wants more romance, the husband is often too tired after a long day of work to be, or feel romantic)...

...the intersecting point may be taking a break from the words you use, in order to feel one another through touch again.

For example, Nancy, a stay-at-home



mom transformed her three year-long fighting patterns with her husband, Matt, by using this technique—and she mastered it within days.

Instead of getting into the same fight that she had before with Matt... “You’re late for dinner, and I have just spent hours making this gorgeous meal for us...”

...she waited until he sat down to dinner, and asked him how his meeting at work went.

Then, she asked him if there was anything he wanted to do this weekend—or if doing nothing sounded best.

As soon as those words came out of her mouth, she immediately saw his entire body relax.

He didn’t feel the obligation to please her in an over-the-top romantic way, or make crazy plans for the two of them together, because he felt valued by her as he is.

By focusing on giving him what he

really needed deep down (support, acceptance, and enjoying a nice evening together without expectation of any kind)...

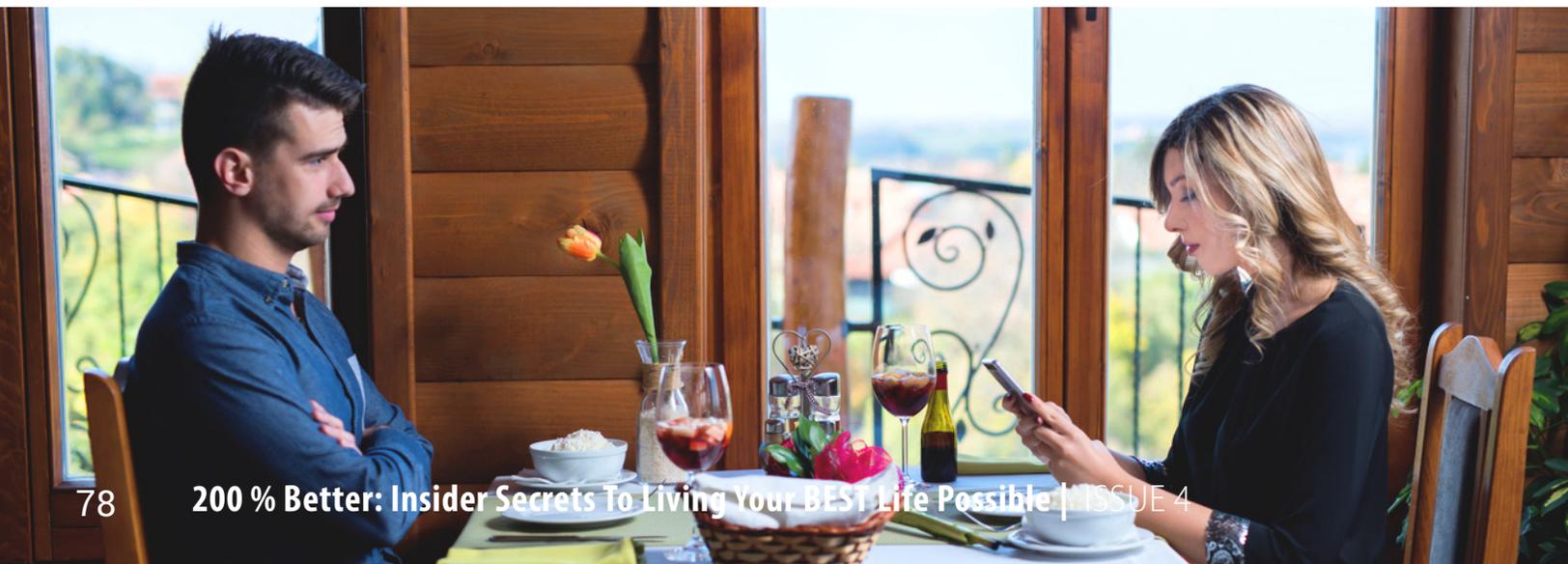
...he was then able to give her what she wanted.... an evening of cuddling on the couch, sensual kissing, and loving compliments about how much she means to him.

With Matt in this frame of mind (as opposed to a defensive, hostile mindset as he would normally be when he got home late from work)...

...Nancy was now able to move on to the second step of the 2-fold focus technique....

...connecting the two of them back together with their ‘intersecting point.’

She began to approach romance from a standpoint of bringing the two of them closer together again, and how important it is “that we take on the world together with the closeness I crave” ....



...instead of coming from a standpoint of ridicule and shaming what Matt isn't doing right.

Nancy began to ask questions to spark a conversation with Matt, who didn't always want to talk.

*"What do you miss?*

*Is it more frequent sex?*

*Is it how we used to laugh over everything and nothing at the same time together?*

*Is it the ease our relationship once felt like it had?"*

Matt began to open up, sharing his deepest needs, and in a particularly vulnerable state, some of his concerns.

As soon as he did, Nancy was on point—coming up with solutions, instead of hashing out the past or blaming him for the present.

She discovered through asking him questions about what he most needed from her that when she's talking about her day, he needs her to let HIM help her solve her problems...

...instead of shutting him down with "I just need you to listen, dammit!"

In their case, the intersecting

point was both being heard and understood....

...with each person able to take a turn talking, while the other gives them a deep level of empathy before speaking.

Now, I used the example of a two people in a romantic relationship, but the truth is, ANY relationship in your life can benefit from the 2-fold focus technique.

**By first giving the other person what they want and need from you, you'll turn off all of their defenses and 'emotional ammunition'**

Use it on your demanding boss, or your critical sister, or even your negative co-worker, who always seems to have the power to bring you down.

By first giving the other person what they want and need from you, you'll turn off all of their defenses and 'emotional ammunition'...

...leading to greater love, understanding and respect that they have for you.

By applying the second part of the 2-fold focus technique, you'll connect with them on a deep and meaningful level through the art of SOLUTIONS—which means, that instead of being enemies fighting a war, you're allies taking on the world together—with harmony, understanding and commitment.

## *The Five Keys That Drive Desire, Envy and Longing*

Now that you know the biggest component of personal magnetism—connection with another—it's time that you incorporate the FIVE various ways you can further bring a connection to your life...

...and energetically DRAW people into you, while staying steadfastly TRUE to who you are, and what you want and NEED from another.

Practice these five personal magnetisms traits throughout your day, as you interact with co-workers,

your children, parents and siblings; your boss, supervisor and colleagues...

...your boyfriend/girlfriend or spouse, and take note of the difference in power and presence you have over everyone in your life:

### **1** *Be a curious communicator*

Magnetizing people to you is about an inner quality...that 'F factor' that gets you noticed out of a crowd of hundreds—or even thousands.

While you may think confidence is a seriously magnetic trait—and I can't deny it's an important one—'a curious



communication' style is even more powerful...

...because it automatically gives you the power to **relate** and **respond** to others with a connection right away (and you don't even need a high level of confidence to do it!)

Here's what I mean: my two good friends, Megan and Samantha are both amazing, loving, and giving people.

However, only one knows how to give off an amazing first impression around anyone she meets...

...while the other, often experiences 'uncomfortable silences,' and communication roadblocks, which prevent her from getting what she wants from others.

Megan is the 'curious communicator'...

...a true communication superstar who can walk up to anyone, generate a conversation out of thin air and make ANYONE feel respected, and special.

Samantha often has trouble keeping the conversation going—and while she wants to be a highly magnetic woman who has the power to captivate an audience, she is unable to...

...until, of course, I urged her to watch Megan at strut her stuff one night, talking to strangers at a bar, as a sort of social experiment.

Now, I had instructed Megan as to what was happening: she was to go to different groups of men and women that she didn't know, and do her usual 'curious communication tactics'...

...which included asking questions, showing interest with raised eyebrows and smiling, and jumping on opportunities for adventure when it came up.

The first group of men and women she approached were loud, fun and outgoing. Megan flirtatiously approached them and told them to 'keep it down' with a coy smile.



She then continued the banter with, “after all, this is a respectable restaurant!”

These strangers laughed along with her, and then for the remaining hour she mingled with them, moved the conversation over to general interest in what they do, where they are from, and how they feel about living in Chicago, the windy city.

By the end of the night, Megan and her new ‘friends’ were singing karaoke and bonding over 80’s rock music, and city life.

Watching her be a true ‘curious communicator’ was enough to convince Samantha it could be work for her too.

So, she approached a couple who were having a drink at the bar, and instantly ‘hooked’ them into an engrossing, friendly debate about the best places they’ve traveled.

By the end of their hour-long conversation, Samantha was confident in her conversation skills, impressed by the level of interest these ‘strangers’ had, and ready to bring her A game to the next group of strangers...

...who would most likely become her fast friends!



## *Show up with a smile*

Body language can alone, change the level at which people feel drawn to you.

If you’re standing around a group of friends or co-workers and your arms are crossed, others will read that as you’re disinterested, negative or that you possibly don’t want to be there at all.

Wouldn’t it be incredible—life changing even—if you had the power to make others, (and yourself) feel good...

...by simply dropping your arms down by your side, smiling and standing at a slightly different angle?

Think about personal magnetism like this: you have the power, and really, the responsibility, to make yourself feel happy, loved and accepted...

...through the ability and power of making OTHER people feel happy, loved and accepted.

Start paying attention to your mouth when you’re communicating with another, or even when you’re sitting at your desk.

**You have the power, and really, the responsibility, to make yourself feel happy, loved and accepted**

*Are you frowning, or smiling?*

*Do you look content, or disheveled?*

*Are you frustrated, or at ease?*

Adjust your facial expressions to look content—because a simple tweak to your smile will allow you to appear as a positive, kind person to be around...

...and what's more inviting for someone to approach you than kindness?

No matter who it is you're talking to, use inviting body language to display interest and appreciation.

Uncross your arms.

Place them by your side, or in your pockets, instead.

Make eye contact when others are talking to you, and when you're communicating with them (many, including myself, believe that the eyes are the window to the soul...

...but no matter what you believe, eye contact really boils down to human nature.

It's difficult to connect with another if you can't make old fashioned eye contact!)

The truth is, there's a lot going on with the eyes that can communicate feeling, emotion and intention.

For example, when you're excited or passionate about something, your eyes widen and 'twinkle'. (Passion draws people in to what you're saying further.)

When you're upset about something, your eyes narrow in size, giving you

a more intense way to communicate the negative emotions you're feeling.

(Anger can almost be solved through body language alone, but I'll discuss more on that in a future article.)

It's not just eyes that may allow you to peer into another's soul, and connect on a deep level.

As science proves, positive body language that includes an open body and smiling face can help you to let others see the radiant you, you truly are.



### **3** *Bring on the lighter side of life*

Smiling, laughing and enjoying a conversation with others makes YOU feel good.

But, do you know what it does for the other person (or people) you're talking to?

It makes them feel at ease, appreciated and in need of those feel good emotions you're allowing them to FEEL.

Just imagine if you always had the power to make others feel comfortable, respected, and enjoyed for who they are...

...just imagine how POWERFUL your presence would be if you brought that fun, loving spirit out in others every time you said 'hello', or smiled at them, or shared the details of your day.

The power to make others feel connected, drawn in and special is within YOUR power, and control.

You cultivate their feelings—and when you bring laughter into the mix, you make them feel good. You allow them to feel the release from concern, stress or pressure from their day.

The comedian Jim Carrey once said that back in the early days of his career, he needed to find a meaningful reason to pursue being a professional comedian full-time.

As he put it, "Making others laugh wasn't going to be enough."

Finally, after some soul searching and weighing the pros and cons of being a comedian, vs. going after a more 'practical, office job'...

...he got his answer. "Making others laugh was about freeing people from fear and concern."

When you're on a date, find something to laugh about together...

(it could be that all vegan restaurant



he picked out because he thought you avoid meat...

...laugh over the all kale salad you can't quite swallow, and then head over for a burger and fries next store!

Or, in a professional setting, it could be sharing a scene from a sitcom you saw, before the meeting begins (which will put everyone in a good mood!)

**4**

## *Pursue the adventure*

You don't have to live a fearless life (although that's good too!).

You just have to live one that includes fun and adventure.

Or, as the best-selling author, SARK, says, to become "a pursuer of adventure at all times." Think of the most attractive person you know.

It could be a female you admire, or a male you lust after (or visa versa.) No matter what their age, sex or looks are like...

...they hold one serious thing in common: their lightness for life, and their zest for adventure.

You can create an adventure out of any experience. One of my favorite Karen

Salmsohn concepts taps into the psychology of positivity...

...and she has named this particular technique, your 'mental rental.'

Meaning?

Before you start your day, you can actually program your mind to have an adventurous, happy filled day – that will both draw adventures to you (because you're expecting it)...

...as well as wonderful people to you (because you're radiantly attractive due to your adventurous, fun filled mindset!)

All you have to do is start every day by focusing on a memory of your past, in which you experienced a fun, passionate, exhilarating memory in which you were...

...fully present...

...ecstatically happy and fulfilled....

...and glowing from the inside from the awesomeness of who you are—and what you were feeling.

Fixate on this feeling for a moment.





*Where were you during this time?*

*What or who surrounded you?*

*What was your environment like – were you inside a home, or outside in nature?*

*Were you exercising, or creating, or simply laughing with others?*

(Spending just a few moments with your 'mental rental' can allow you to attract adventures throughout your day...

...making you a magnet for more good people, experiences and opportunities to come your way!

## **5** *Show others your non-conformist ways*

The single most attractive quality, as determined by participants in a recent study at The University of Queensland in Australia is a non-conformist mindset and lifestyle.

This study had participants rate both

men and women's online dating and/or professional profiles according to attractiveness.

What it showed is that the physical traits weren't what drew others in. It wasn't their education level or even a nice, smiling profile picture.

The most influential factor of attractiveness was a non-conformist mindset and lifestyle.

So, in other words, the profiles that had a 'lead not follow', 'walk the unbeaten path' mentality...

...along with colorful life experiences to back up that mentality drew in the most attention, admiration and interest from the participants.

Knowing your own mind is an important personal magnetism trait—so ask yourself:

*What makes you unique?*

*How do you see the world?*

*How do you envision your future?*

*What hobbies and interests do you have?*

*When are you your happiest, and most passionate?*

This study didn't just determine results specific to Australian culture. They conducted the same study in India, Great Britain and the United States...

...which all confirmed the same thing...

...to send sparks flying (either romantically, socially or professionally)

...become an independent thinker, who is more concerned about your own ideas than the ideas of others, or the need to be approved.

To apply this in your life, start off small, just like popular self-help author, Karen Salmansohn preaches when times get sticky—and you want to get unstuck:

Stop what you're doing, and do the ONE thing that makes you the happiest.

For Karen, this was painting.

For Steven King, it's writing horror novels.

For me, it's baking a new recipe, or taking a hike at a nearby nature trail.

For you, it's the thing that allows your mind to shut off, to be present, and to feel the invigorating electricity that happens in your body and mind when

you're in sync with the universe...

...and all those wonderful, natural gifts you've been given.

DO the ONE thing that makes you feel alive, and happy and ecstatic about who you are—or possibly, the one thing that calms you down a level when the stress of your life has taken over.

Do that one thing, and you'll immediately get back on the track to a uniquely valuable, and magnetizing lifestyle other will be drawn to.

“If you're lucky enough to be different, don't ever change.” – Karen Salmansohn

