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STRESS RELIEF

(Humour and helpful tips to enhance your life)

NEWSLETTER

NOVEMBER / DECEMBER, 2015

Some Painful Truths We Forget Everyday

1. Time Is Limited

Before you say "I know it" you might take a look over your life again. However old you are, looking back on your life experiences you'll notice that it has no 'time' in the formula. Everything seems like it happened yesterday.

So appreciate every minute you spend. Most cancer survivors and people who were tiny step away from losing their life begin to know how important is to live well and appreciate things we already have around us.

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice and most important, have the courage to follow your heart and intuition.

2. You Live The Life You Create

When you go out and see all the vibrant things, cars, people, animals, birds around you, endorse that they have massive impact over our life. That's why we are



together in one world.

And the paradox is, that neither of those things can affect you, as long as you don't react upon it. The point is, that every person creates a world on his own derived by his/hers decisions and actions.

Watch more on things you do, and give credit to. Those things dictate your future, and sometimes they are the most destructive, or the best things for you. Choose wisely.

3. Busy And Productive Are Two Different Things

This guy makes a hell of a fortune by being busy for 160 hours a month. Being busy doesn't necessarily makes you productive. Success doesn't come from busyness. It comes from productivity and best use of time. Sometimes it can be 3-4 hours a day. Over-busy people are scattered everywhere. They have no aim, nor balance in their life. We should never forget that life is not about work, money and burdening ourselves with baloney things and forget that this is actual life.

So get productive, not busy. Do not join the top 5 regrets people had on their deathbed.

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You have a rare condition called 'Good Health'. Have you been reading those Rapid Print Newsletters?

4. Thinking And Doing Are Two Separate Worlds

They are two different worlds because it's the disparity between success and failure, and living and dying. They are so close, and yet so far. This may be the number one painful truth we forget.

Imagine how many things would be done if you just started doing things, instead of wondering and thinking. The first thing we should do to keep on the thorny road is action. Without action you will create a state where you'll be mind-shackled. Without applying the thoughts in the physical words, we create a state of self-prison. We create a person inside our head that doesn't allow any thoughts to go through the hands and legs.

5. Failure Is Part Of Success

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." -Thomas Edison we've learned that it seems like life is playing with us sometimes. It gets you to the ground, with your head, in the mud and tells you: "This is the bottom, it's the worst it can happen.

This is how people feel sometimes, and even worse than this. You can be here your whole life, complaining how life happens to you, or you can go wash your face, and start taking things in your hands." How do we know what's success, when we don't know what is failure? Almost in everything we have to grasp both sides to understand the whole.

Dare to make mistakes, and fail hundreds of times, until there's no gap in your actions that will give you another fail on the road.

6. Self-love Has Big Role In Your Life

Every day should begin with waking up, going to the bathroom, and looking in the mirror. That masterpiece you see every day, is what is going to change the world!

"The only person who can pull me down is myself, and I'm not going to let myself pull me down anymore."

- C. JoyBell

7. Some People Should Be Removed And Nothing Else

People around us, especially the ones we contact with, play crucial role in how we live our life. They can be the biggest blessing or the biggest mistakes we have. Jim Rohn says that "You are the average of the five people you spend the most time with." It looks pretty true!



How come the waitress get 15%... and God only gets 10% Dad?



I drank so much **WINE** last night, when I walked across the dance floor to get another glass,

I won the **DANCE COMPETITION!**



Toxic environment is invisible cage. Even a whole society and circle of people can be toxic. If you belong to a toxic environment you will spend your life being unproductive, switching from failure to failure. Then you may think "you're an introvert." No, you are person who is in the wrong environment. You are an individual who still hasn't found his/her soul mate.

You will activate your gut feeling and you will attract every tiny positive achievement. The right people will come, financials will flow, and happiness will surround you. Everything changed because you let go of people polluting your life.

8. Forgive Before You Get An Apology

Holding grudges rents a place in your head and keeps you busy with something that shouldn't last a second in your life.

Life gets much easier when you learn to accept all the apologies you never got. You deserve peace of mind because of you and no one else.

9. Every Second Changes Everything

It's one of the beautiful facts that motivates us to take risks. If we don't take risks, things still change, every second. And risking might benefit us every way possible.

Everything rushes in our lives, and yet life is so short. The most interesting part is that it is one second that changes life. One second can be the reason we succeed, start to accumulate happiness, or fall in love. It's just a tiny fraction of time that gives so much meaning to an average span of 80 years.

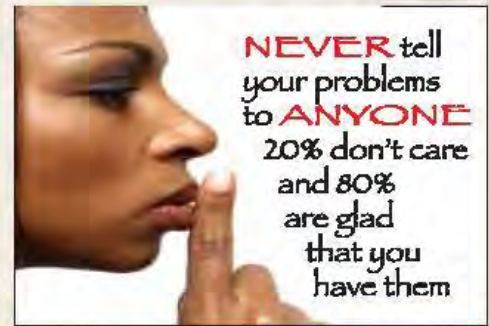
When we learn to appreciate one second in our day, we'll learn to appreciate everything we say, do, and think. We will appreciate our whole life.

10. Your Possessions Are Not Who You Are

As the world circles, it has made us think that we need a lot more than we actually need. It has become a massive materialistic competition.

An average person watches TV, read papers, watch the bullcrap news, while everything an average human does is to think like most people. When you are like the rest, your uniqueness is assassinated. Our regular pattern of life is what makes us think that possessions should be put before everything. People kill, defraud best friends, ramshackle businesses because of money.

When people realize how powerful is the spirit, the inner self, thoughts emotions, and the brain itself, is when we realize that stuff is really a funny thing. If you put your mindset on the money, not putting it in the process of making them, we guarantee you'll never have them. Money is a tool. Don't let them possess your spirit.



Memories

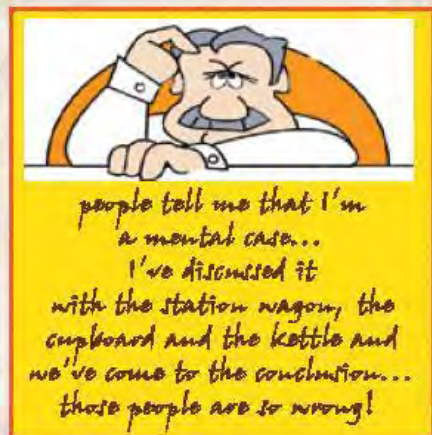
*are always special.
Sometimes we laugh by remembering the days we cried and we cry by remembering the days we laughed!
That's Life!*



THE 10 COMMANDMENTS...
The real reason that we can't have the ten commandments posted in a courthouse is this: You cannot post 'Thou Shalt Not Steal', 'Thou Shalt Not Commit Adultery' and 'Thou Shall Not Lie' in a building full of lawyers, judges and politicians. It creates a hostile work environment.

NEVER win people with arguments, rather defeat them with your **SMILE**
Because people who always wish to argue with you, cannot bear your Silence

**IN ANY SITUATION, THE BEST THING YOU CAN DO IS THE RIGHT THING;
THE NEXT BEST THING YOU CAN DO IS THE WRONG THING;
THE WORST THING YOU CAN DO IS NOTHING. — Theodore Roosevelt**





POINTS to ponder

If a drop of water falls on a lake, its identity is lost.
If it falls on a lotus leaf, it shines like a pearl.



The drop is the same,
but it's the company that matters.

IF OLIVE OIL
COMES FROM OLIVES...

THEN WHERE DOES BABY OIL
COME FROM?

The search
for
happiness
is one of the
main sources
of
unhappiness.



Life

is very complicated...

When you have standards, people call it ATTITUDE.
When you are simple, people try to CHEAT you and
When you cheat others, people call you SMART!



Everyone Has A Story In Life

A 24-year old boy seeing out from the train's window shouted...

"Dad, look the trees are going behind!"

Dad smiled and a young couple sitting nearby, looked at the 24 year old's childish behaviour with pity, suddenly he again exclaimed...

"Dad, look the clouds are running with us!"

The couple couldn't resist and said to the old man...

"Why don't you take your son to a good doctor?"

The old man smiled and said... *"I did and we are just coming from the hospital, my son was blind from birth, he just got his eyes today."*

Every single person on the planet has a story. Don't judge people before you truly know them. The truth might surprise you.



Your husband is suffering from a very severe stress disorder. If you don't do the following he will surely die. Each morning fix him a healthy breakfast. Be pleasant at all times. For lunch make him a nutritious meal. For dinner prepare an especially nice meal. No chores. No nagging. Oh yes, and make love several times a week. Do this for the next year and he'll regain his health completely!



A group of ladies walk into a bar. One of them tells the bartender to line up a row of drinks for all of them. The gals lift their glasses and toast, *"Here's to 51 days!"* and they proceed to down their drinks.

Once again, they tell the bartender to *"line 'em up"*, and once again they toast to 51 days and down their drinks. The bartender says, *"I don't get it. Why in the world are you toasting 51 days?"*

One of the ladies explains, *"We just finished a jigsaw puzzle. It had written on the box '2-4 years,' but we finished it in 51 days... woopee!"*



POINTS to ponder

1. How come you never see a headline like "Psychic Wins Lottery"?
2. If man evolved from monkeys and apes, why do we still have monkeys and apes?
3. Isn't it a bit unnerving that doctors call what they do "practice"?
4. What was the best thing before sliced bread?
5. If the #2 pencil is the most popular, why is it still #2?

IF YOU EVER WANT TO CALL A FAMILY MEETING, JUST TURN OFF THE WI-FI ROUTER AND WAIT IN THE ROOM WHERE IT IS LOCATED



GOALS give you more than a reason to get up in the morning; they are an incentive to keep you going all day. Goals tend to tap the deeper resources and draw the best out of life.

- Harvey Mackay

FAITH is daring to put your dream to the test. It is better to try to do something and fail than to try to do nothing and succeed. - Robert Schuller



The Woman's Guide To Love And Lasting Relationships

1. FIND A MAN WHO MAKES YOU LAUGH
2. FIND A MAN WHO HAS A GOOD JOB AND CAN COOK
3. FIND A MAN WHO IS HONEST
4. FIND A MAN WHO CAN PAMPER YOU AND GIVE YOU GIFTS
5. FIND A MAN WHO IS AWESOME IN THE BEDROOM
6. MOST OF ALL IT IS VERY IMPORTANT THAT THESE FIVE MEN NEVER MEET



HOW AGING AFFECTS BELT HEIGHT...



The biggest change after having kids was putting a swear jar in the house. Whenever I say a bad word, I have to put a dollar in the jar, and at the end of every month, I take all that money and buy myself a nice steak for being such a cool dad.

Our office will be closed from **FRIDAY 18th DECEMBER, 2015** and will re-open on **THURSDAY 7th JANUARY, 2016** so we are wishing you

Merry Christmas

AND ALL THE BEST FOR THE COMING NEW YEAR