



COMBATTING THE WORRIES OF THE WORLD

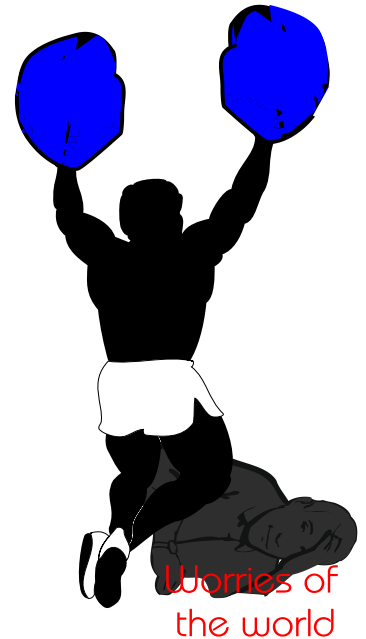
People can worry about all sorts of things; including things beyond their control. Some people worry so much that they feel flat or worn out by the end of the day. Yet, very few of their concerns become reality.

So, how can we combat the unnecessary worries of the world? How can we get on top of those concerns before they get on top of us? There are three simple strategies we can use to overcome our worries:

Strategy 1: Relax for five minutes a day. We can spend five minutes every day, doing something we find relaxing. This may include some quiet deep breathing, self-hypnosis, meditation or yoga. If we find our preferred activity too nice, we can allow ourselves to luxuriate in it for 20 minutes or more. At the end of the day, it can also be useful to spend some time just breathing deeply. We may find that by doing so, we will drift off into a deep, sound and restful sleep.

Strategy 2: Relax through worries: If we find ourselves worrying unnecessarily throughout the day, we may find it helpful to do some more deep breathing, self hypnosis, meditation or yoga. The time we spend doing so will help calm our minds. We can then examine the source of our worries from a more centred sense of self. We may then find more constructive ways of addressing those concerns.

Continued overleaf



OUR MISSION

To provide a professional service, using best practices.

OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

Membership: \$55 per calendar year.
As membership grows, so too, do your benefits.

Applications for membership can be made by completing the reply slip on the back page of HQ™. Send it, along with your cheque, to the address shown below.

To ensure an uninterrupted subscription to HQ™ and CQ™, be sure to advise us of any changes to your contact details.

Your opinions are important to us. We invite your comments, feedback, and criticisms and etc. on this and future issues. Enquiries, or requests for further information can also be made to the address below.

Strategy 3: Visualise things right: We may also find it helpful to think about how we would like things to be. Doing so, sends a clear message to our subconscious minds about what we truly want. Our

subconscious minds will accommodate our wishes and put strategies in place to bring them about.

At the end of the day, we can look forward to feeling more calm and centred. So, what are you doing to combat the worries of the world today?



REPLY SLIP AND REQUESTS FOR INFORMATION

- I would like to become a member of Rachel Abramson & Associates and get discounts off standard rates, receive calendar year subscriptions to CQ™ and HQ™, free entry to the SEMINARS OF THE FUTURE™ and PROFESSIONAL PRACTICE PROGRAM Seminars, as well as library borrowing privileges.
- I would like to book into the following SEMINARS OF THE FUTURE™ and PROFESSIONAL PRACTICE PROGRAM seminars.

- | | | |
|--------------------------|---------------------------------|--|
| <input type="checkbox"/> | 1 st June 2009: | PP4: Determining Your Price and Fee Setting |
| <input type="checkbox"/> | 2 nd June 2009: | PP14: Entrepreneurial Spirit: Identifying Opportunities |
| <input type="checkbox"/> | 4 th June 2009: | PP47: Staying 'A-live' - Reviewing the Enterprise |
| <input type="checkbox"/> | 1 st July 2009: | Managing Workplace Conflict |
| <input type="checkbox"/> | 6 th July 2009: | PP5: Budgets and Cash Flows |
| <input type="checkbox"/> | 7 th July 2009: | PP15: Entrepreneurial Spirit: Evaluating Opportunities |
| <input type="checkbox"/> | 3 rd August 2009: | PP6: Marketing Your Practice: Your 'Product' |
| <input type="checkbox"/> | 4 th August 2009: | PP16: Entrepreneurial Spirit: Developing Your Business Strategy |
| <input type="checkbox"/> | 6 th August 2009: | PP48: Staying 'A-live' - Reviewing the Staffing |
| <input type="checkbox"/> | 1 st September 2009: | PP17: Entrepreneurial Spirit: Managing Partners, Other Entrepreneurs and Venture Capitalists |
| <input type="checkbox"/> | 2 nd September 2009: | Harnessing the Mind-Body Connection for Your Career Success |
| <input type="checkbox"/> | 7 th September 2009: | PP7: Marketing Your Practice: Promotion Strategies that Work |
| <input type="checkbox"/> | 1 st October 2009: | PP49: Staying 'A-live' - Consolidating the Growth |
| <input type="checkbox"/> | 5 th October 2009: | PP8: Marketing Your Practice: Getting Your Image Right |
| <input type="checkbox"/> | 6 th October 2009: | PP18: Security Issues: Your Self, Your 'Product', Your I.P., Your Staff |
| <input type="checkbox"/> | 2 nd November 2009: | PP9: Marketing Your Practice: Alternate Places for Your Product |
| <input type="checkbox"/> | 3 rd November 2009: | PP19: Growing Your Business as a Saleable Asset: Harvesting Your Business' Worth and Exit Strategies |
| <input type="checkbox"/> | 4 th November 2009: | Unlocking Your Inner Career Potential |
| <input type="checkbox"/> | 1 st December 2009: | PP20: Going Global: Issues to Consider |
| <input type="checkbox"/> | 3 rd December 2009: | PP50: Staying 'A-live' - The Next Steps |
| <input type="checkbox"/> | 7 th December 2009: | PP10: Marketing Your Practice: Databases for Your Practice |

- I would like to order a copy of the Self Hypnosis audio tapes for:

<input type="checkbox"/> anxiety management	<input type="checkbox"/> sleeping well
<input type="checkbox"/> resolving problems and issues of concern	<input type="checkbox"/> stress management and relaxation

- I would like additional information about the:

<input type="checkbox"/> CAREER DAYZ™ Program	<input type="checkbox"/> PROFESSIONAL PRACTICE PROGRAM Series
<input type="checkbox"/> FIVE STEPS Program (to setting S.M.A.R.T. goals)	<input type="checkbox"/> Self Hypnosis audio tape series.
<input type="checkbox"/> Hypnotically Overcoming Pain Program	<input type="checkbox"/> SEMINARS OF THE FUTURE™ Series
<input type="checkbox"/> Making Self-Hypnosis and Self-Talk Work for You	<input type="checkbox"/> Stop Smoking Program
<input type="checkbox"/> Managing Anxiety Program	<input type="checkbox"/> Stress Management Program
	<input type="checkbox"/> Weight Management Program

FEES: 1) Membership for 2009 Calendar Year: \$55 \$ _____
 2) Seminars: Non-members: \$22 each (\$55 if paying 'at the door') \$ _____
 3) Self Hypnosis audio tapes Members: \$30 each /Non-members: \$35 each
 Plus: \$5.50 audio tape postage and handling fee \$ _____

Note: All fees include 10% GST.

Name: _____
 Address: _____ Postcode: _____
 Phone: _____ (bh) _____ (ah) Mob: _____
 e-mail: _____ web: _____