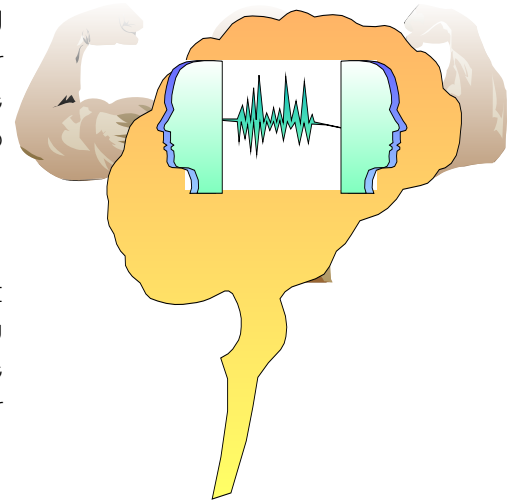




## RETRREAT: EXERCISES FOR THE MIND

The old saying use it or lose it applies equally to mind and body. Mind exercises can be a delightful way to enrich and empower our tomorrows. And, the greater the range of mind exercises we engage in, the greater the benefit to our mind's good health. There are two kinds of mind exercises, both equally important for our brain neurons, good health and happiness.



Brain games are exercises that get your brain neurons firing to the best of their ability. Brain games are readily available in the form of jigsaw puzzles, cross words, sudoku, scrabble or bridge. The greater the variety of brain games you engage in, the greater the benefit to your neurons.

Relaxation techniques are delightfully luxurious exercises that reverse the debilitating effects of stressors and worries. Relaxation techniques leave you feeling calm, relaxed and content. It does not matter whether you practice meditation, yoga, mindfulness, hypnosis or self-hypnosis. It also does not matter whether you focus on a word, affirmation, moment-by-moment experience, your breathing, or visualisations. What does matter, is that you do so daily for 15-20 minutes in a soothingly quiet environment, free from distractions.

So, why not spend an extra ten minutes with your daily newspaper doing the crossword or sudoku, followed by 15-20 minutes of relaxation. Your neurons will thank you for it, so will your good health and happiness. But, if you are finding it difficult to relax, or if you are still feeling stressed or anxious throughout the day, perhaps it is time to join our group hypnosis program, starting from March 2011.

At the end of the day, all your tomorrows will be the winner. So, what are you doing to exercise your mind, today?

### 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.



REPLY SLIP AND REQUESTS FOR INFORMATION

- I would like to become a member of Rachel Abramson & Associates. I understand that membership includes calendar year subscriptions to CQ® and HQ®, 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.
  - Wednesday 2<sup>nd</sup> March Designing the Career of Your Future
  - Monday 7<sup>th</sup> March PP31: Advanced Marketing: Creating Your Own Website
  - Monday 4<sup>th</sup> April PP32: Advanced Marketing: Building Your Own Newsletter
  - Wednesday 6<sup>th</sup> April PP\*6: Mapping Your Enterprise's Full Potential
  - Monday 2<sup>nd</sup> May PP33: Advanced H.R.: Keeping the Best People
  - Wednesday 4<sup>th</sup> May Interviewing Employers for Your Career Success
  - Wednesday 1<sup>st</sup> June PP\*7: Breaking Down the Barriers to Your Enterprise's Full Potential
  - Monday 6<sup>th</sup> June PP34: Advanced H.R.: Staffing to 'Retire'
  - Monday 4<sup>th</sup> July PP35: Advanced Strategy: Buying Knowledge for Growth
  - Wednesday 6<sup>th</sup> July Communicating for Career Success
  - Monday 1<sup>st</sup> August PP36: Advanced Finance and Strategy: Buying Established Businesses
  - Wednesday 3<sup>rd</sup> August PP\*8: Wow!ng Your Customers
  - Monday 5<sup>th</sup> September PP37: Advanced Entrepreneurial Spirit: Earning While You 'Sleep'
  - Wednesday 7<sup>th</sup> September Dealing with Difficult CoWorkers
  - Monday 3<sup>rd</sup> October PP38: Advanced Entrepreneurial Spirit: Remaining Competitive
  - Wednesday 5<sup>th</sup> October PP\*9: Making the Big Plays
  - Wednesday 2<sup>nd</sup> November Your Wealth Creation Plan III: Making the Right Choices
  - Monday 7<sup>th</sup> November PP39: Advanced Entrepreneurial Spirit: Cashing in On Your Business
  - Monday 5<sup>th</sup> December PP40: Dedicated Advanced Strategy: Reinventing Yourself, Your Business
  - Wednesday 7<sup>th</sup> December PP\*10: Lobbying for Success
  - Saturday 10<sup>th</sup> December Graduation Ceremony

- I would like to order a copy of the Self Hypnosis audio tapes for:
  - anxiety management
  - resolving problems and issues of concern
  - sleeping well
  - stress management and relaxation

- I would like additional information about the:
 

<input type="checkbox"/> CAREER DAYZ™ Program	<input type="checkbox"/> Hypnotically Overcoming Pain Program
<input type="checkbox"/> SEMINARS OF THE FUTURE®	<input type="checkbox"/> Managing Anxiety Program
<input type="checkbox"/> PROFESSIONAL PRACTICE PROGRAM	<input type="checkbox"/> Stop Smoking Program
	<input type="checkbox"/> Stress Management Program
	<input type="checkbox"/> Weight Management Program

FEES: 1) Membership for 2011 Calendar Year: \$55 ..... \$ \_\_\_\_\_  
 2) Self Hypnosis audio tapes \$33 each  
 Plus: \$5.50 audio tape postage and handling fee . . . . . \$ \_\_\_\_\_

Please make cheques payable to Rachel Abramson. All fees include 10% GST.

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