



NURTURING YOUR SELF YOUTHFULLY

Some people seem to look and feel much younger than their same-aged peers. They also seem to have a better quality of life throughout their lives. So, how do they do it? What is the secret to their youthfulness? There are four ways to keeping yourself looking and feeling younger than your same-aged peers.



1. **Attitude:** Those that appear much younger than their same-aged peers seem to have a life purpose. They know who they are, their life passion, why they are here and what they want to accomplish in life. They also engage in rejuvenating relaxation techniques such as meditation, quiet reflection or self-hypnosis.

2. **Exercise:** Our younger peers have a naturally active lifestyle. They may walk everywhere they go, or till their own land. The exercise they engage in is enjoyable for them and fits with their way of life.

3. **Diet:** Our younger peers eat wisely. They draw upon a plant-based diet that includes omega-3 and polyphenols. They also eat to maintain a slim body; and draw on rules of thumb that help them do so.

4. **Sociability:** Our younger peers connect with a circle of friends, perhaps even retaining life-long friendships. They mix with positive people who engage in similarly healthy lifestyles.

Whilst we may not all want to live off the land or walk everywhere we go, we can easily develop an exercise regime that is enjoyable and fits within our lifestyle. We can also ensure that we mix with interesting, positive people, eat well, relax and follow our life passion. At the end of the day, we can live a good life, youthfully.

So, what are you doing to be younger than your same-aged peers 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.

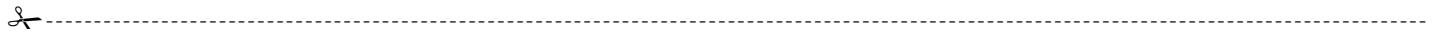
FOOD FOR THOUGHT

Recent research has shown that greater social activity in elderly led to greater preservation of intellectual functioning.

It would seem that social interactions involve complex brain activity. And, in a case of use it or lose it, enable

us to preserve more of our own innate intellectual abilities.

And, there is no time like the present to include positive social activities in your day. So, what are you doing to preserve your intellect, today?



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 1st June PP*7: Breaking Down the Barriers to Your Enterprise's Full Potential
 - Monday 6th June PP34: Advanced H.R.: Staffing to 'Retire'
 - Monday 4th July PP35: Advanced Strategy: Buying Knowledge for Growth
 - Wednesday 6th July Communicating for Career Success
 - Monday 1st August PP36: Advanced Finance and Strategy: Buying Established Businesses
 - Wednesday 3rd August PP*8: Wow!ing Your Customers
 - Monday 5th September PP37: Advanced Entrepreneurial Spirit: Earning While You 'Sleep'
 - Wednesday 7th September Dealing with Difficult CoWorkers
 - Monday 3rd October PP38: Advanced Entrepreneurial Spirit: Remaining Competitive
 - Wednesday 5th October PP*9: Making the Big Plays
 - Wednesday 2nd November Your Wealth Creation Plan III: Making the Right Choices
 - Monday 7th November PP39: Advanced Entrepreneurial Spirit: Cashing in On Your Business
 - Monday 5th December PP40: Dedicated Advanced Strategy: Reinventing Yourself, Your Business
 - Wednesday 7th December PP*10: Lobbying for Success
 - Saturday 10th 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:
 - CAREER DAYZ™ Program
 - SEMINARS OF THE FUTURE®
 - PROFESSIONAL PRACTICE PROGRAM
 - Hypnotically Overcoming Pain Program
 - Managing Anxiety Program
 - ReTreat Program: Exercising the Mind
 - Stop Smoking Program
 - Stress Management Program
 - 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: _____