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You don't need a parachute to jump from an aeroplane. You only need a parachute if you want to jump

So says Alex Mandossian, known as the king of electronic marketing. He is the CEO of Heritage House

Alex says, "Like the defining moment when water turns into steam, the achiever's physical, mental, em

So, how do you make this change? I'm sure you know countless people who keep doing all the right th

Darren says it's not a bad question, but it's not the first question that needs to be addressed. The quest

Alex says that 'being' consistently causes more permanent change than 'doing' ever could. How to cha

"You see, making a positive and permanent change in any part of your life requires nothing more than p

So, girlfriend, what would your 'be quote' be? The answer is important, because that is your internal pa

Mine is still Mahatma Gandhi's: "Be the change you want to see in the world." In every moment you ha

Although practicing a set of principles can take a long time to become a habit, Madisyn says that o

It could be as immediate as that. Our only true reality is the present moment, so rather th

She says that, to a certain degree, we all rely on other people's accounts of reality. For example, we can

Of course this input from experts is valuable, "but our own sense of the truth is ultimately the most important

All of us sometimes wish we could just let someone else decide for us what is real and true, but we can't

"Throughout the day, we can monitor our thoughts to catch ourselves in the middle of investing our energy

We have to stop judging every situation by its safety and security potential. All life is an experiment, but

As Nick Cave sings, "if you're gonna dine with them cannibals, sooner or later, darling, you're gonna get