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Each of us has two lives. The one we are living and the un-lived life still in potential within us. The life w

So says life coach Nick Williams. He says that it is all about showing up and that one of the greatest de

Feeling frightened is not a bad thing. Feeling irritated, frustrated, unruly and plain dissatisfied isn't

I want to tell you why you should welcome ornery emotions. Really! They hold a valuable message

Contrast could be situations that spark feelings in you of loss, lack, envy or jealousy. Contrast gets

"The moment a new desire is born within us, the moment we become aware of a longing to experience

What happens next depends almost entirely on how you choose to respond to the feeling of discor

But there's another trick here, something you must absolutely avoid doing otherwise you'll just rep

Recently, with me, it went like this: A chock-and-block schedule led to feelings of limited freedom v

According to Kristen many of us show this sort of reaction when faced with super rich people. We j

Do this instead: Every time you see someone who has something you desire, celebrate it as proof

Christy says that at every moment you're breathing life into one of two realities: one that you dread

Personally I know that the fake-it-until-you-make-it approach seriously backfires on days like these

Also, right then I'd probably spit anyone who tells me to reach for a better-feeling thought. Ain't gonna h

So, it's a bad day? Accept it. Stop resisting. Today you won't be able to force positive forward thrust.