



Shop Talk Beauty News



Overcoming Intimidation

By: Johnny Robinson

Definition of intimidation: to make timid, by whatever means; cause fear. To discourage or restrain from acting by threats or violence: the use of superior strength or force which breaks the spirit of another. _ The Reader's Digests Great Encyclopedic Dictionary.

To know thy self, is to lift thy self. There are times when a feeling of insignificant (intimidation) tries to overtake us: a false perception of self. Quickly rid self of this Spirit or it will multiply. Think of your constructive accomplishments and show your gratitude for these completions. Most will have more worthwhile successes than failures. Feel good, and talk about these successes. They are yours (toot, toot); there is nothing wrong with tooting your own horn every once in a while. This can be done without boasting. Let the truth be told; we're more important than we sometimes think we are.

What is our greatest self love, but to understand excellence and reach for it? To develop a healthy self esteem, one has to grow more comfortable with who he or she is of themselves... not in comparison to another. The ancient Greek's had an interesting concept about developing self-esteem; excellent was achieved when people became all they could be. To accomplish meant finding as many balances in life as possible. Unlike ours, theirs were, "To have Moderation in all things." As we continually strive for excellence, we are winning. To achieve my own potential is to achieve excellent in my life. My opponent's are my own deficiencies.

Leadership is based on inspiration, not domination, on Cooperation, not intimidation. I heard this quotation repeated on a leadership conference call recently. Speaking of intimidation; I thought it only appropriate to add to this article. Each new season (generation) grows from the leftovers from the past. That is the essence of change, and change is the basic law of leadership and self esteem. Only in Growth and change is true security to be found. Low self-esteem is often grounded in a sense of vulnerability. When we feel threatened and de-



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fenseless, we hang on to our security as hard as we can for fear of losing something. Keeping my hands tightly closed, may assures me that I will not lose anything that I already have. But, it also assures me that I will gain nothing new. The construction of my self - esteem, must change as circumstances change.

"The secret is to truly appreciate and enjoy each moment for what it is; while you are living it." Dr. Spencer Johnson, M.D., is one of the world's most respected thinkers and authors. One of his works: "Who Moved My Cheese?" Still received rave reviews after being in the market for many years and was a #1 best seller. This quote was taken from his book, "Peaks and Valleys" making good and bad times work for you... at work and in life. Peaks are moments when you appreciate what you have. Valleys are moments when you long for what's missing. You cannot always control external event, but you can control your personal peaks and valleys by what you believe and what you do. "If you can change the situation, that's great. If not, you can choose how you feel about it so that it can work to your advantage." There is always some good (GOD is good) in every situation. Use it, get excited about

the good, and then appreciate and manage your good. Avoid comparisons; don't allow the spirit of Intimidation to keep you from getting outside of yourself and making reality your friend.

Just remember that every circumstance has two sides. Your difficulty is not contained, primarily, in the situation which give rise to it, but in the mental state which you regard that situation, in which you bring to bear on it. This is one of the most difficult lessons to learn and accept. Circumstances are not negative or positive, circumstances are neutral. It is our fate in, our mental state, our perspective that makes a circumstance positive or negative. "Everything in the universe has its opposite. There would be no inside to a room without an outside. You have a right and a left side to your body, a front and a back. Everyone has a down and every down has an up. The law of polarity not only states that everything has an opposite... it is equal and opposite. If something you consider bad happens in your life, there has to be something good about it. If it was only a little bad, when you mentally work your way around to the other side, you will find it will only be a little good." _ Bob Proctor

Every adversity, every failure and every heartache; carries with it the seed of an equivalent or a greater benefit. No matter how bad the circumstances appear to be, take another look, from another perspective, reveals to us the good.

"I bargained with life for a Penny, and life would pay no more, however I begged at evening when I counted my scanty store. For Life is a just employer, he gives you what you ask, but once you have set the wages, why you must bear the task. I worked for a menial's hire, only to learn, dismayed, that any wage I had asked of life, life would have willingly paid."

Call me and let's talk about overcoming some of your intimidation.

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(NAPSI)—A bright spot in the beauty landscape is that you can now get rid of dark spots while concealing imperfections with a continuous, daily treatment.

Chemists have found a way to correct skin tone using high-potency vitamin C and broad-spectrum sun protection. The result is Kiehl's Skin Tone Correcting & Beautifying BB Cream, a daily formula that offers lightweight yet buildable coverage, developed with amino acid-coated natural mineral pigments. In addition, this BB-for "blemish balm"-can reduce the appearance of pores and fine lines while providing hydration and broad-spectrum SPF 50 protection.

"With the newer BB formulas now covering such a broad range of concerns, these products have essentially created an entirely new category," says Dr. Adam Geyer, Kiehl's Product Development Consulting Dermatologist.

Formulated with sensitive skin in mind yet effective for all skin types, Kiehl's Skin Tone Correcting & Beautifying BB Cream is available from the experts at Kiehl's Since 1851 in four shades. All are fragrance-free, paraben-free, dermatologist and allergy tested and won't clog pores.