

**BE A BETTER
LIFE-MASTER
FAST**



DISCLAIMER:

Information presented in this guide is for education and informational purposed only and it is not legal or other advice. Always seek help from licensed professional before making any decision.

Do you want to live longer, happier, and healthier? Well if so then get up out of that chair after you finish reading this report and put those muscles to work. Now, you can take supplements or diet pills all day long, yet without workout you are only filling your digestive system with “hard ball” runners that will take some time to digest. Sure, certain nature supplements can benefit you, yet it takes more than popping pills. Exercise is where it is happening, along with a low-fat, low-fiber diet and a will to live toward good health. Of course, you will also need to cut out those nasty habits, such as smoking, drinking excessively, or using drugs. The drugs include over usage of prescription drugs. Good health comes to those that take care of their temple. (Body) When you work to good health, in turn good health will come to you in many ways. Before you know it, you will find your self doing things you never did before.

HOW TO LIVE A LONG AND HEALTHY LIFE

The life expectancy in and around the world is increasing each day. Here are some ways to help a person to live a long healthy life. Just think how nice it would be to live until you are eighty years old, or longer.

Eating healthy: Nutrition, vitamins and the right food will help you to live the age you would like to live. The body needs food to function, and with out a proper diet we will be starving vital organs from functioning. Overeating is poor for the body and makes the heart work harder. Some doctors and other health professionals claim eating the right foods that are healthy for you is more significant than exercising.

Exercise on a daily bases will increase chances of one getting brittle bones and stiff joints when you get older. Working out can give your heart a good pace, which helps you to continue a healthier lifestyle without feeling sluggish. Stress and anxiety can be reduced with exercising.

If you are not doing any exercise right now, start now. Do not get into big workouts to start with. Doing simple arm lifts, leg lifts, even just stretching. Go up and down stairs if you are able to use stairs at a slow pace a couple of times. After a week you can introduce your body to a little more work out. Take your time.

Sleeping will help with body functions, less stress, and anxiety. Sleep helps you to think clearly. Get a good routine for sleeping. Find out how much sleep you really need. During the day, perhaps you if are not working, you could take a 20 minute nap, which could help you feel better during the evening. Everyone is different so you will need to find out for yourself what your body requires for sleep.

Drink plenty of water. Water will help carry out toxins, other related bugs and things that your system does not need. Water is the only fluid that will really flush ones system out. It is recommended to drink water everyday. Remember next time you are out and need something to drink. Stop and pick up a bottle of water. You will save money and your health with out sugar, carbon and other ingredients in a soda.

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Protect your self from hazards that can harm you. Do you like to ride a bike? Do you wear a helmet? Don't say oh that's not for me. Today both children and adults are injured everyday with bike accidents. Protect your head and why not your brain.

Stress, depression, and anxiety: All of these are things that a person should really work on and think about to reduce stress, depression and anxiety in their life. Not only is it harming you, it is causing stress to the heart. We need to learn to live with these things and learn to relax.

Smoking you must give it up. Not much to say about that. It is not good, smells bad, and tastes bad. Your heart and lungs don't like it. Give it up.

Keep the doctor appointments. See your doctor as often as they would like you to go. Have yearly check ups to assure that things are ok with you. We need to take an approach of preventive care.

Use good moisturizers and lotions to protect the skin from too much sun. Lotions and moisturizers will help keep healthy skin. As we age the skin will start to break down and thin out.

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With using a good lotion and moisturizers on you skin the whole body will help keep your skin in the right balance. Learn more about how to live longer and healthier.

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HOW TO LIVE A LONGER AND HAPPIER LIFE HEALTHY LIVING

Many writers spread information across the channels of the Internet telling you how they feel you can live longer, healthier and happier. The fact is if you want happiness you have to reach within and pull up your natural resources and allow them to guide you to happiness.

Still, if you want to live longer and healthier you will need to adapt to a new life style, which is free of drugs, chemicals, substances, particular habits and conduct, and so forth. You will need to exercise to augment metabolism, bones, joints, and muscles.

As human beings we need spiritual food, mental, and physical foods to keep us healthier and strong. Spiritual food includes prayer, a deeper meaning of the truths from God, and ongoing cleanliness of the mind and body.

The body is our temple and if we eat or drink harmful drugs or excessive alcohol, as well as engage in harmful actions we will suffer misery, poor health, and our life span will shorten.

Living longer, healthier and happy takes effort. When you apply self to living longer, healthier and happier likely you will achieve. Still, you need goals, plans, and action to take the steps to move toward good health.

We can discuss many details to help you learn how to live longer, happier, and healthier. Some of the things we do in life can cause us harm. If we do not achieve proper rest it can overtime cause heart problems, as well as other health conditions.

The start of every health plan is eating right and getting proper rest. When you digest healthy foods with the proper vitamins and supplements you can grow to a healthier life. The problem is nowadays FDA is allowing unhealthier ingredients in our food that it is affecting millions.

One of the reasons that obesity is increasing is due to agents added to meats, which cause cravings.

To help you with vitamins we can consider a few details, still you need to consider stopping and starting new health patterns to move toward healthier living.

A few other things we can consider is reading minds, rehearsing, judging, filtering, advise, daydreams, placates, sparring, derails, being right, and so forth. Most people fail to see that the way they conduct themselves could cause stress, which makes them unhappy.

Many people avoid seriousness. When a conversation becomes serious a person might derail by laughing off the information, or else joking. While you may think this is a way to reduce stress, the fact is derailing only sets a person up for many falls to come.

Sometimes you have to be serious and there is nothing wrong with it. While you may want to escape reality, the fact is one day you are going to wake and smell the hardcore facts of reality, and when it hits you in the face so hard, you will look back and wish you hadn't spent your life derailing.

Again, many people listen to what they want to hear and ignore what they wish to avoid.

When this occurs we have a filtering system, which gradually you will live a life of misery, simply because when your ship rolls in you will be out in the ocean swimming without gear.

Sometimes we have to face the facts. If you are drinking excessively and your friends or family tells you about, listen to what they are saying, since you are not only hurting you, you are hurting the people you love.

Overall, we need spiritual, nutrients, vitamins, exercise, and proper behaviors to live a healthy, longer, and happier lifestyle.

HOW TO LIVE HAPPIER HOW TO LIVE LONGER, HEALTHIER AND HAPPIER

Did you know that emotional responses can send negative response, which can make a person unhappy? When a person is unhappy, did you know that it reduces life span, as well as health?

One of the ways to improve your life and live healthier is to learn how to listen actively. When you learn to listen actively you reduce filtering, derailing, daydreaming, placating and so forth. Avoiding these habits will increase your thinking, as well as help you to see how you can live longer, healthier and happier.

Various ways can help you to live happier, including learning to paraphrase when communicating with others. Often relationships fall apart when inactive listening occurs. For instance, when a woman is upset you may strike out emotionally at her mate, which he responds with negative returns. This all leads to unhappiness, and will cause health problems, which your life will shorten.

When you paraphrase during communication you summarize what is being said. When you restate information often it clarifies communication, which produces a much productive relationship. We can view a few samples to help you see how paraphrasing can reduce argument.

Paraphrase:

Sarah: Joe, I wanted to buy a new dress for the upcoming event.

Joe: You want a new dress?

Sarah: Well, yes, I would like a new dress.

Joe: So, you are saying you want to purchase a new dress for the upcoming event. (Clarifying), so, you are asking me if it is ok to buy the dress.

Sarah: Yes dear,

Joe: I am fine with that, if you want a new dress buy one.

Sarah: Thank you.

This is a simple paraphrase, yet you can see how it clears the air. Paraphrasing will stop inactive listening. Paraphrasing will also correct any allegations, assumptions, or misunderstood communication. When you paraphrase you also make each other happy, since you will feel heard and acknowledged.

Communication works both ways, and if you paraphrase you can reduce angry emotions, which often escalate when information is misunderstood. Paraphrasing is a good way to increase memory as well.

At what time emotions uproar, it affects the heart, which often leads to poor health. If you want to live longer, healthier, and happier, you want to control emotions. Clarifying is another way to control emotions, which promotes healthier living. When you learn to paraphrase, it will take you to clarification.

While working toward paraphrasing and clarifying you want to make sure you have pure intentions. When you clarify, or phrase you want to avoid blaming, manipulating, and disparagement (belittling) your partner, or who you communicate with.

Negative energy will only lead to health problems, breakdown in relationships, and so forth. Negative energy is bad, which leads to unhappiness, discourage, anger, and pessimistic thinking. Basically, negative emotions are denial and refusal in summary. In truth, negative energy is a large problem that is causing people to suffer.

Some of the results from negative energy (emotional response) are heart failure, high blood pressure, strokes, heart attacks and so forth. As you can see learning to use active listening tactics can help you live longer, healthier, and happier.

NOTE: Did you know that a person with pure positive energy will reflect on others, and often the energy will share across a room, spreading warmth?

It's true. When you learn to develop positive energy you will shine like a star, which will make you feel happy inside. To grow to smart thinking, (Using the mind to think, rather than the emotions) you can also learn to practice listening to feedback. When you give or receive feedback you will not use judgment, negative criticism, and so forth. Rather, you will have pure intentions when listening or giving feedback. As you learn to paraphrase you will build skills, such as clarifying and feedback. Living longer, healthier and happier is becoming a worldwide demand nowadays.

HOW TO LIVE HAPPIER, LONGER AND HEALTHIER SELF HELP TOOLS

We can discuss exercise, nutrition, vitamins, and so forth, and we can move to live healthier, happier, and longer. Still, we need to consider habits, behaviors, thinking, and conduct to live a fuller lifestyle.

Some behaviors many people conform to include placating, sparring, always right, daydreams, derailing, filters, reading minds, advice, rehearsing, judging, and so forth.

In the word we have fights, arguments, and breakups in homes, as well as bullying and disagreements in school. The problem is breakdowns in communication, denial, and inappropriate behaviors, habits, thinking, actions, and so forth. Sometimes when couples are together for a length of time they will often create fantasies or daydream, thus drifting away from their partner.

This often leads to breakdown in relationships, and it is an unfair, unjust act against another person. Sure we all daydream or skip out for a moment, yet when we take it too far and use it as an attempt to escape reality, we are only causing harm. If you want to live longer, healthier and happier you will need to adjust this form of behavior and/or habit.

One of the common problems we face today is people failing to hear an entire story, or else cutting people off before they have time to finish talking. Often people miss the messages in between the communication. For instance, John abruptly cut Sherri off when she was telling him about her job overload.

John did not want to hear about problems, so he quickly shifted the conversation to what he did that day. This is disrespectful when all Sherri needed was a bit of comfort and possible consent to allow her emotions and feelings to show.

NOTE: After interviewing scores of people, I see this is a major problem. This problem causes deeper problems, which is seen when excessive drinking, drugs, arguments, and fights occur.

Placating works in the same way, i.e. often messages in communication is missed. When a person placates they work to reduce anger, by saying things that pleases the person.

One of the largest problems in the world is judging. Scores of people judge and rarely do they truly get to know the person they judge. For instance, a local girl, for years was condemned, called ungodly names, and about ten years down the road people watched her behaviors and deeply apologized. While damaging was done, not one person over ten years had enough sense to stop judging. Judging causes the emotions to uproar, which leads to doubt, fear, and negative energy. If you want to live a longer, healthier, and happier life, stop judging others.

Many people read minds. That is they often put words in the mouth of others, rather than hearing what is truly said to them. For instance, Jerry told Lisa that her hair looked good. Lisa silently thought, "He doesn't like the way I did my hair today." When someone says your hair looks good, why would you think that the person is lying? When you think you can read peoples' mind, you may want to get a job and go in the World's Book of Genus.

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