

Fall 2010

Positivity



IN FOCUS

INSPIRATION TO SUCCEED

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Guest Focus

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Easy Steps By: Michael Lee*

The Writer's Block

*Article Writing Tips: How To
Write Articles That Ezine Pub-
lishers Would Love To Publish*

By: Jeremy Gislason

Guest Column

*Building Self Esteem - 5 Guide-
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Circle By: Abhishek Agarwal*

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Positivity IN FOCUS

Fall 2009
Issue 11

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Writer's Guidelines Online at
www.positivityinfocus.com

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EDITOR'S VIEW

There is this song that got quite a bit attention. It's called "I Love My Hair." (<http://www.youtube.com/watch?v=enpFde5rgmw>) I first heard about it on my local news radio station.

They were interviewing Joey Mazzarino, the head writer of *Sesame Street*. He wrote the song his 5-year Ethiopian daughter (he is Italian). He wanted to encourage his daughter to love her hair, and herself just as she is. The song is quite cute actually.

The reason for writing the song is because his daughter didn't like her hair. She wanted to have long, blond, straight hair like the dolls she played with.

It goes to show how we build impressions at an early age and are greatly shaped by the world, people, and toys around us in our world.

The development of a healthy self-esteem should

start young. Parents should teach their children not that they are little gods in this grand world, but are deserving of having a positive sense of self and healthy self-image.

However, perhaps that wasn't developed in youth. It is never too late to start to love oneself and develop a wholesome self-respect. Yet, it may take effort and work to eliminate the negative viewpoints one may have about himself or herself especially if a negative self-image was reinforced early in life.

This issue of Positivity IN FOCUS deals with several articles about how to develop a sense of worth and confidence and overcome negative thinking. I share my early hair experiences and how I grew to love my own hair. Enjoy!

Paula Lonergan, Editor

Hair Woes

My parents have one newborn baby picture of me. In the picture, I'm wrapped up in a blanket with a short, but full head of hair on my head. My cute little bush was adorable when I was a baby, but as I grew, so did my hair. With the hair growth come the need for plaits, barrettes, rubber bands, and hair grease. All these things were needed to tame my thick mane. I never liked getting my hair done. But fortunately, I've never been tender-headed.

"Come on child," my mom would say, "you need to get your hair washed."

"Ok," I said, not wanting to fight the inevitable.

"Go and get a towel from the closet," she reminded me. I would put the towel around my shoulders. I would then set a chair in front of the kitchen sink and kneel on it with my head face down in the sink, so she could wash my hair. Mom pulled and yanked on my hair to bring it under control and amazingly it never hurt. Although, I imagine with my coarse hair, it probably hurt her arms and shoulders as she tried to manage my hair.

When I was in elementary school, my mom discovered a great solution to control my thick hair. It was called Vigorol. Even now, just thinking about it gives me the shivers. I remember the strong smell of the Vigorol relaxer making me feel woozy. I sat at the kitchen table with towels wrapped around my neck. My mother put on her heavy-duty, yellow kitchen gloves.

She armed herself with a comb in one hand and the Vigorol bottle in the other. She put the Vigorol over my hair, trying to avoid getting it on my scalp.

“Mommy, it’s starting to burn,” I squealed. She would then try to rush to get my whole head covered with the Vigorol. Then, we would quickly run over to the sink to rinse it out of my hair. Sure, the Vigorol straightened my hair for the purpose of making it easier to fix, but soon my hair started breaking out. My two, nice long ponytails were turning into pigtails, getting shorter and shorter. No more Vigorol for me.

So, mom was left to pressing my hair. She’d set a chair next to the stove in the kitchen. The pressing combs got heated up on the burner. The slick and thick pressing oil was on the counter nearby. She’d put a handful of grease on a portion of my hair. The grease sizzled and popped as the pressing comb, gradually straightened to attention every hair it touched. Mom made sure she used plenty of hair grease because the press needed to last at least two weeks or more. She didn’t want to have to do my hair more often than that.

“Mommy, you burnt my ear,” I complained as the hot pressing comb accidentally touched my ear.

“Sorry, honey,” she said as she went to grab a piece of ice from the freezer. She handed the ice to me and I held it on my ear while she continued to press my hair.

By the time I started junior high school at age 12, taking care of my hair became more of a frustration. As I got older, I became more self-conscious about how I looked.

Especially, so when I noticed other's hair. I didn't have the long, brownish bounce-when-she-walked-hair like my school friend Demetria. Her hair was a softer grade than mine, which seemed like it was easier to manage and was always in place. I definitely didn't have the curly, red always-in-place hair, like my friend, Januari. Her red tresses always intrigued me. Nor did I have the long, wavy, and thick Indian-like single-braid-down-her-back belonging to Elena.

My hair was thick, dark with only a slight curl when wet. The Vigorol had changed the texture of my hair, so it was more unmanageable than I think it would have been otherwise.

Somewhere along the line, I was introduced to perms. I mean relaxers, not curly perms. This meant no more grease and hot combs for me. Wherein my head was not sensitive to the pulling of my hair, my scalp was susceptible to burns and subsequent scabs from the chemicals.

Oh, how I longed for the perfect hairstyle. A style, which stayed in place, like so many I saw. It seemed everyone else's hair in school looked so much better than mine.

I saw every so often a lady who was tall, probably close to six-feet and dark-skinned with prominent facial features. She always wore her hair in a very short, cropped natural. She was beautiful to me. I always admired her style because she radiated with self-confidence and even though I was young I could sense it. She was the ideal to me.

She was the only person I remember and knew at the time, who wore her hair natural and short. She was truly my hairstyle hero — unique and comfortable with herself and her look.

During all my years of hair tragedy, I always remembered that beautiful, black sister. She was the confident person I aspired to be. She didn't wear her hair like everyone else and it was okay. Observing her taught me proper self-perception is important, not what others think.

Each person must find out what works for them. I finally found the hair style that truly works for me and I love it. So my hair woes are no more. But unlike my feelings a young person in school with so many insecurities about my looks, now I appreciate real beauty comes from within.

*Article written and compiled
by Paula Hines Lonergan.*



THE WRITER'S BLOCK

Stop Negative Thinking In 3 Easy Steps

By: Michael Lee

Thinking negative thoughts never did anybody any good. Unfortunately, not everyone can stop negative thinking. Reasons for this vary.

An event or a series of events could have contributed to a person's train of thought. At other times, it could be the way a person was brought up. He might have grown up in a negative environment. Whatever the case may be, it is high time to move on.

It's time to stop negative thinking.

Step 1: Be aware of your thoughts.

Sometimes, negative thinking has become too much a part of our lives that we don't even realize that all our thoughts point to negative.

Once you become aware of your thought patterns, however, you'll be able to actively switch to positive thoughts more often, until such a time those positive thoughts become your default setting instead!

Why do you think it is important to stop negative thinking? Well, that's because whatever is in our thoughts affect the things happening in our reality. Negative thoughts will only attract negative things.

Step 2: Avoid using negative phrases.

Pay attention to how you begin your sentences. Do you usually start with "I can't" or "I don't?" These words automatically place limiters on what you can do.

Take it from the President of the United States Barack Obama and say, "Yes, we can!" Yes, you can! So next time, begin your sentences on a more positive note. Focus on the "I can" and "I do" and you'll find yourself being able to achieve feats you previously thought were impossible.

Step 3: Stop holding grudges.

Grudges serve no purpose. Revenge serves no purpose. These things are negative and corrupt the spirit.

If you're really determined to stop negative thinking, you're going to have to let some of your old habits die. Learn to let go of the past. Focus on the present.

As long as you keep holding grudges, you will never be able to unshackle yourself from negative thinking. As a result, you'll never be able to really live life as fully as you're meant to. It's not go-

ing to be easy, especially if you're holding a grudge for years. But the rewards are most definitely worth it.

The time has come for you to stop negative thinking. It's time to start thinking like a winner. Once you start shifting to the positive side, you'll be able to see the world in a whole new light.

About the Author Michael Lee

To help you stop negative thinking and achieve your dreams easily, I'd like to give you FREE instant access to some of the best self-help eBooks worth over \$2,355.00! Download them free at <http://www.20daypersuasion.com/goldaccess.htm>.

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THE WRITER'S BLOCK

Article Writing Tips: How To Write Articles That Ezine Publishers Would Love To Publish

By: Jeremy Gislason

If you are a writer that has been writing article after article and have not yet had one published by a popular ezine or newsletter publication, then you might be doing something wrong.

Ezine publishers are desperate for good articles they can use for distribution, and with a little effort, one of your articles could be published in front of several thousands (or even millions) of subscribers.

Here are 5 article writing tips to help you create an article that the newsletter publishers would love to publish.

Article Writing Tip # 1: Be An Authority on the Subject.

If you have been writing dozens of articles, but on many different topics, then no wonder you have not had one

of your articles chosen yet. There are a set number of articles you will need to publish in order to be seen as an authority in that niche: At least one hundred, in most cases.

You can very well have over a hundred articles in one niche, on different directories, as long as you circulate your articles properly. Webmasters go to different directories to look for publishable articles, not just one or two.

There are some stories of articles being chosen for major websites and ezines from smaller lesser-known directories. Don't put all of your eggs in just one or two baskets, or article directories; get your name and credibility known across the web. This is what the big players do.

Remember one thing: the big article directories that have made a name for themselves by accepting a lot of articles also have a lot of junk published there too. Some ezine publishers don't want to waste their time wading through pools of unusable articles to find one hidden gem. They don't have the time, and will instead look at other sources.

Article Writing Tip # 2: Make It Readable.

This just covers the basics, but it is important to remember nonetheless so it has been included in this list. One spelling mistake can seem like a glaring outpost to a webmaster that is protecting his reputation, and that article will be passed over as fast as it has been read.

Spelling and grammar must be perfect in the article. There should be lists and bullet points used to make it easily readable. Subheadings (if any) should be bolded so that the reader has a reason to carry on

reading. The article itself should appear neat and clean, with no unnecessary distractions such as overuse of bolding, underlining or italics.

Article Writing Tip # 3: Make It a Quality Article

A quality article is one that has been researched well so that the content is fresh and put together in a way that the reader can understand. It should flow from one point to the next, with everything understandable along the way.

The real thing that an ezine publisher will be looking for is that lightbulb moment, where something goes click and something has been made clear. A new twist on one idea can be that moment, or merely a new viewpoint.

Find something that you can add to your article to make a spark ignite with the reader and your article will be viewed as a valuable commodity.

Remember, the ezine publicist has to shine in front of his readers as well. He has a reputation to uphold in his community and needs to find the best of the best articles that are out there. Supply him with one and he will watch your name for more.

Article Writing Tip # 4: Make It Timely.

An article about pet rocks is probably not going to cut it unless the webmaster is specifically looking for one about the value of old toys, or past toy trends. The chances of getting an article picked up are much higher if they are relevant to the issues and circumstances of today or the immediate future.

Stay caught up on the latest trends and movements in your niche and write about them. A good way to do this is to subscribe to get the latest news and events on your niche and have them delivered to your mailbox daily. You will be seen as the new up and coming

writer on the topic, based on your knowledge of future trends.

Article Writing Tip # 5: Make It Interesting

Nobody wants to read a boring article. Read it for yourself. If it is dull and monotonous, even though it has good content and good readability, it will not be picked. If possible, add some controversy, humor or fun information.

While this may not be possible for some subjects, there are many niches that can use exciting content in the article to keep the reader's attention.

If you have to write about a more serious topic, then you should read some other articles that have been written about the same or similar topics, and examine different writing styles.

Some writers just have a way of making a boring topic come to life.

There is no reason why you cannot do the same yourself, by mimicking their style a bit, to add some flair to an otherwise boring topic.

To find out how much the readers like an article, check for any rating system and see how readers have evaluated it. Some article directories provide a way for readers to rate the article, like giving it one star to five stars. You may also check to see any comments provided by readers. Positive comments and praises validate that you're on the right track with this topic.

Use these article writing tips to come up with the best articles you can, so they can get picked up by ezine or newsletter publicists. The time spent in putting together one excellent article is time well invested. If you keep writing and submitting this kind of article, you are almost guaranteed to be noticed at some point and your articles will be published.

About the Author

Jeremy Gislason

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Building Self Esteem - 5 Guidelines To Get Out Of The Vicious Circle

By: Abhishek Agarwal

As the experts say, self-esteem is the way in which a person feels & thinks about himself or herself. The psychologists have proved that self-esteem develops most effectively in one's childhood. Majorly it is determined by how the individual has been treated by his surrounding people, especially the parents.

While there is no statistical evidence, it won't be wrong to say that many individuals in today's world suffer with low self esteem, even in the developed nations like US and UK. This affects their lives drastically as it disturbs all the facets of one's life, whether professional or personal. These affects are as follows:

- a. Loss of his/her confidence.
- b. Loss of the ability to make & relationships such as friendships & romance.
- c. No career development.
- d. Ill work performance.
- e. Unhappy & unsatisfactory life.

Actually, self-esteem is deep rooted with ones belief in their 'self.' With the increasing doubts & uncertainties on one self, the capacity keeps on lowering. This is the key lack of self esteem.

Here are some ways & means to build your self esteem and get out of the vicious circle:

1. Positive Self Imaging

This is one of the most effective means to build self esteem in any individual. Positive self image implies the agreeable and / or the favorable view of your 'self'. For this you can count on your talents, abilities and the physical attributes. You have to see them all as your strengths not the weaknesses.

Explaining this the other way round, a person with healthy self-esteem would surely be able to love or at least like himself or herself, just the way they are. In case you dislike your 'self' for any reason, you can never have a high self esteem.

2. Avoid All Negative Thoughts.

In order to get rid of all the negative thoughts, recognize them the moment they strike your mind. It is not that you have to throw away these thoughts as this is practically not possible. You have to try to replace these negatives with some positive ones. For instance, you are initiating some work and have doubts regarding its success, replace the doubts with confidence & self belief.

3. Do Not Make the Negative Thoughts a Habit.

In case the negative thoughts continue to linger on in your mind for quite long, they tend to become a habit. Then it indeed becomes very difficult to get rid of them.

4. Give Your Self Some Positive Affirmations.

To deal with your negative thoughts tell you self some positive affirmations. That means that you have to suggest your self some positive beliefs & ideas. These must be read aloud or should be recited repeatedly.

For instance, here is one positive affirmation, that you can give yourself everyday:

Everyday, in every way, I'm getting better & better.

5. Spend Time With Supportive Relatives & Friends.

Improving your self-esteem also becomes easy when you hang out with the positive & supportive friends & relatives. This is perhaps the most effective means of boosting your morale in terms of self-esteem. Their words of encouragement & praises would do wonders to the self-esteem. The love & understanding definitely makes you more powerful than the affirmations & the positive thoughts. Also sometimes knowing that some one believes in you, it increases your self confidence.

About the Author

Abhishek is a Self-Development expert and he has got some great Self-Esteem Boosting Secrets up his sleeves! Download his FREE 52 Pages Ebook, "How To Boost Your Self-esteem" from his website <http://www.Positive-You.com/668/index.htm>. Only limited Free Copies available.

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EDITOR COMMENTARY

In the first week of November I flew to Washington, D.C. for a special event. I returned the second week of November back to Los Angeles. I flew out of Washington National airport.

I was wearing a turtleneck and a fitted sweater along with some jeans. As I went through the security check point I was ushered to walk straight into this large clear box instead of going to get my luggage the way I would normally do. I heard the TSA guard say, “random” so I knew it was a random check.

There was a man already in the oversized box, so I waited for my turn. The TSA guard told me to stand there and she walked over to some computers over to the side. Then, when she came back she told me it was okay for me to go, so I went to get my luggage.

It was only later when I heard on the news about the new scanning machines being placed at airports starting with National Airport that I realized something. By my standing in the large clear box that I was receiving a full body scan. The images as seen on TV of what the TSA security person might have seen of me (fortunately it was a lady) is kind of eerie.

The scanning only took a second or so. She walked over peeked into the computer, obviously saw nothing of concern and just let me go. I'm not sure if I would have felt more personally invaded if I was being frisked for contraband instead. It's crazy to think what the world has come to. I have to expose my love handles, my too wide thighs, my bow legs, and everything else that I try to hide underneath the clothes I wear. Either that or I'm susceptible to be touched in ways and areas that really shouldn't take place, especially not by a stranger.

I'm glad I wasn't quite aware of the scanning machine when I walked through it. Now, although I'm thinking about when I fly again. I would like to avoid sharing my body shape to the world. So I'm thinking next time maybe I'll take off my sweater, so I won't need a random check. All this just to get to grandma's house. Ekkk!

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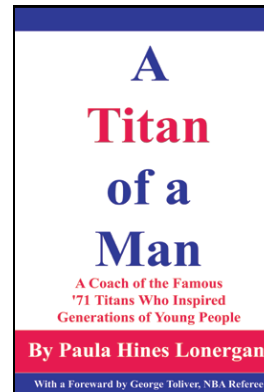
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ISSN 1936-1750



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