



# Bat-Zion Susskind-Sacks

*The art of living well*

## Newsletter



Issue 17: June 2009



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- When Success is Slow, What Can You Do?
- Ear Health: Waxy ears
- Foolproof tips for a healthy self



**"Spring has returned. The Earth is like a child that knows poems"**

**Rainer Maria Rilke**

### **When Success is Slow, What Can You Do?**

**Jack Canfield**

When we admire someone's success, or even our own, we often focus on the end result and not so much on the effort (and time) that it took to get there. This can cultivate unrealistic expectations, especially the idea that overnight success can happen through careful strategy and an execution of sound advice.

The truth be told, success typically follows a series of little events and achievements that can seem to take an eternity, that include a few disappointments along the way, and that challenge everything about you to the core - your stamina, courage, integrity, and even your willingness to keep going.

If you focus on what's not working, guess what: You're likely coming from a place of aggravation as your mind wraps around all that is wrong. You may even have negative thoughts like "I'm not good enough," "It will never work," or "Something must be wrong with me." What this mentally does is engender more of these counter-productive feelings.

And given what we know about the Law of Attraction, you attract what you are feeling. So negative experiences, people, and results will beget more negative experience, people, and results. There's not much success in that.

The key, then, is to focus on what IS working. To do so, I recommend two simple practices: journaling and meditation.

Maintaining a journal (I call it an Evidence Log, Results Journal, or Gratitude Journal) is a great way to steer your attention to the positive and continually renew your vision for yourself.

Start each day with reflections on what you are grateful for in your life (list them out!) and end each day with notes on what went right (again, write them down), however small.

Ask yourself: Am I taking real actions? You may be taking the actions you are used to taking. But therein lies the problem: if you keep doing what you've already done then you'll keep getting what you've always gotten. It's a matter of practicing some new behaviors. Shake things up a bit and see if you can take new actions or modify existing ones.

Remember the Rule of 5. Every day do five specific things that take you toward your goal. Change up the five actions regularly and be open to feedback so you know when you're off course.

Lastly, I want to remind you about patience. It's natural to underestimate how long a certain goal can take, especially a profound one. When I set a goal to become a millionaire the year was 1983. How long did it take? Eleven years. It took time for Chicken Soup for the Soul to hit the bestseller lists.

You could say our tenure on the New York Times list was more than a decade in the making. That's a lot of patience for someone who initially wanted overnight success. So, yes, patience is a virtue. But keep at it, and in no time, you'll be only one week, or one day away from your ultimate success.

Remember... be grateful, reflect on what is working and continue to take action!

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**Jack Canfield, is the founder and co-creator of book brand Chicken Soup for the Soul and a leading authority on Peak Performance. See more at <http://getmotivation.com/qk.cgi/jack-canfield>**



## Ear Health: Waxy ears

Dr Rob Hicks



One of the most common complaints seen by GPs is a blocked ear, usually caused by wax that has been pushed into the ear by a cotton bud.

As well as the blocked sensation, waxy ears can reduce hearing, cause a ringing sound (tinnitus) and, occasionally, pain.

There's no need to clean your ears with a cotton bud. The ear has its own internal cleaning mechanism. Fats and oils in the ear canal trap any particles and transport them out of the ear as wax. This falls out of the ear without us noticing.

When we try to clean the ear, this wax gets pushed back and compacted. There's also no need to dry ears with a towel, cotton buds or tissue paper. Let them dry naturally or gently use a hair-drier on low heat.

Olive oil can help to soften the wax and enable it to come out. Apply two drops in each ear twice a day. Wax-softening drops can also be bought from a pharmacist.

Sometimes, the wax needs to be syringed out by a GP or practice nurse.

## Foolproof tips for a healthy self

Have a good laugh. Especially at yourself



Do a Good Deed - it could help you live a longer, healthier life. William Brown, PhD, a lecturer of psychology at Brunel University, UK, studied people in Brooklyn and found that those who had a denser social network and gave more to others than they received - money, food, advice or time - reported feeling healthier than others.



Eat a rainbow: nutrition experts claim that having a multitude of colours on your plate is the key to healthy eating.

And that's not merely because colourful vegetables and fruits are brimming with healthy fibre, fatty acids, vitamins and minerals. What most people don't realise is that the yellow, red, orange, and blue tints themselves have healthy properties.



Happy Shavuot!

Yours in Health, Happiness and Success

Batzi

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