



Bat-Zion Susskind-Sacks

The art of living well

Newsletter

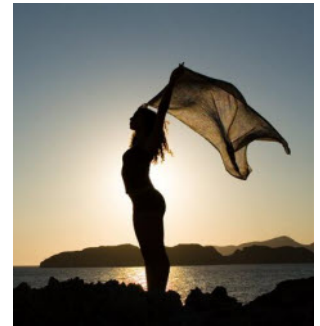


Issue 7: April 2008



In this month's issue:

- Autogenic Therapy
- Emotional Eating
- Motivation - Leave the World A Bit Better



"I believe that any man who takes the liberty of another into his keeping is bound to become a tyrant and that any man who yields up his liberty in however slight the measure is bound to become a slave."

H. L. Mencken

Autogenic Therapy - for stress free living and personal transformation



Autogenic Therapy is a powerful and highly effective relaxation technique which enhances both physical and mental well being. The secret of the effectiveness of the Therapy lies in its simplicity, accessibility and the ease and comfort in which it is learnt. Once learnt, it is self administered and forms a lifelong skill that can become part of a health-promoting lifestyle. It requires no special clothing or difficult postures. .How does it work? The core of AT is a training course of 8 hourly sessions during which clients learn a series of easy mental exercises. The exercises consist of the silent repetition of simple formulae, while focusing on different organs of the body. The formulae are designed to focus attention on bodily sensations that are associated with relaxation- warmth and heaviness in the limbs, regularity of heartbeat, slower and deeper breathing, restoration of homeostasis in the gut and increased state of mental calm and clear head.

Scientific studies have shown AT to be a compelling tool in preventative medicine, and an effective antidote to stress-related disorders of many kinds, including panic attacks, sleep disorder, mild depression, headaches and pain. Recent research has shown a reduction in blood pressure, hence decreasing the risks of heart attack. AT has been developed during the 1920 in Germany by a Dr J Schultz, a neurologist and psychiatrist. It is widely used and practiced all over the world in various health institutions, schools, sport clinics and industry to increase performance and creativity. Many medical doctors teach it as an alternative to conventional medicine privately and through the NHS. AT is your own portable treatment. You can practice AT almost anywhere - in an ordinary chair or lying down, in your home or in a busy office, airport or train.



Tammy Mindel - BSc. MSc.C.Psychol AFBPsS Dip AT

Emotional Eating



When was the last time you felt really hungry? When was the last time you binged uncontrollably and for the wrong reasons?

Eating in response to one's feelings, when one's emotions, rather than one's body, dictate when and how much one eats, is what defines an emotional eater.

According to estimates, 75% of eating is dictated by emotions and not hunger. This generally refers to overeating of what is considered "comfort food," generally high fat, high calorie food, in response to emotional difficulties, depression, boredom, loneliness, anger or anxiety.

Emotional eating can disrupt our weight management efforts. Additionally, emotional eating merely multiplies our problems by bringing about guilt that is generally associated with it, deteriorating health thus leading us to a vicious cycle.

Emotional Eating (continued)

Here are a few tactics to help us regain control over our eating habits:

- Identify the events that trigger emotional eating
- Recognize hunger signals
- Do not stock up on foods you tend to binge on. Keep healthy snacks around
- Eat regular meals.
- Wait. Note that a craving lasts only 8-14 minutes before it passes.
- Develop alternatives to comfort eating. It can be going for a walk, reading a good book, watching a movie or meeting up with a friend.
- If you trip and give in to bingeing, forgive yourself and start over.



Leave the World A Bit Better

Ron White



One of Ralph Waldo Emerson works was a poem on success, and one of his measures of success in that poem was to, 'Leave the world a bit better.'

That line has always stuck in my head. Emerson said you have succeeded if you leave the world a bit better. And I have made that line part of my life philosophy. When the tide goes out there is a watermark left behind of where the water was.

When the waters of life recede from the shore of my being and my heart pumps for the last time, my desire is that there will be a mark where I stood. My aim is that the mark will say, 'For some decades a man occupied this space who saw others more important than himself and efforted to leave the world a better place for them and those yet to come.'

Our society tells us that success is measured by bank accounts, power, beauty and wealth. These are often the result of hard work, luck or birth. They are not evil and I strive for some of them daily. However, they are not the mark I will measure the success of my life with.

So how do you do it? How do you 'leave the world a bit better?':

- You give a percent of your income away to a charity or church. This makes your community better.
- You save a percentage of your income to pass down to your family when you leave.
- You volunteer your time for those who are less fortunate. Are you volunteering anywhere?
- You mentor someone who needs a positive direction in life.
- You follow and get involved in politics. Our laws and leaders will determine the future. You can have a hand in that future.



Or you can amass as much wealth as you can, spend it as fast as you can on the fading desires of your heart and seek to please yourself first. Our culture might tell you that this is success. Emerson tells us that it is not. I encourage you to realize that the waters of your life will eventually withdraw from the shore. When it does, will there be a watermark?

Ron White is the author of *Memory in a Month - Train Your Mind to Work Like a Human Computer in Only 30 Days!*, *How to Develop the Mind of Einstein*, *Write It On Your Heart - Simple Steps to Scripture Memory*, and *22 Success Lessons From Baseball* (eBook). To receive Ron White's Ezine go to <http://www.getmotivation.com/qk.cgi/ron-white>

In our next issue: *Walking into Better Health*, by Craig Burton; Boaz Ming Yeshayahu will tell us about acupuncture; and we will introduce Shirodharma Treatment.

Until then,

Yours in Health, Happiness and Success

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Bat-Zion Susskind-Sacks
www.artoflivingwell.net

To find out more about how our team can help you achieve your goals,
please ring us on: 07981-538114 (mobile) or: (020) 8202-6430 (land line)
or email me at: batzi@artoflivingwell.net

