

Survive mateless holidays

By Cheri F. Hodges
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Has this ever happened to you? Around mid-November, your significant other decides it's time to call the relationship quits.

Now you're faced with spending the holidays alone. And what do the lonely do at Christmas (Thanksgiving or even Valentine's Day for that matter)?

Though it's tough, author Ana H. Weber says you can still enjoy the holidays despite heartbreak.

In her new book, "Dumped: The Ultimate Guide to Starting Over," Weber offers easy to understand advice and tips on everything from how to deal with the breakup, how to take care of yourself and most importantly, how to move on.

For the holidays, Weber offers this advice:

"Toss yesterday out the window while it is nice to cherish your memories, don't spend too much of your time remembering previous Thanksgivings, holidays you spent together or the way you were."

She says you were that way for a reason and it's not that way now.

Another tip is to forget old arguments and the break up itself. "Having these negative thoughts can only get in the way of enjoying a nice moment now," she says.

Weber also believes some things just have to go, like the tablecloth from last year's dinner, the last Christmas ornament you and your ex bought together.

"Your new found freedom can be good," she said. "No hours spent trying to buy a picky mate that perfect gift. No tolerating his/her crazy family at Thanksgiving dinner and (you can begin) wearing sexy clothes to a holiday

party again." Tips for the new single you at holiday parties:

- Look around you
- Be open - seek a new hobby

- Choose the right friends
- Smile, flirt and feel enthused
- Do things for others



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Your Hidden Power

Many times as we seek to achieve our dreams, we have a tendency to focus on the obstacles that we see standing in the way of what we want. For example, we may feel that we do not have enough financial resources to be successful. It may seem to us that we do not know enough people to help us reach our goals. We may look at the success of others and notice how outgoing they may be. When we see them we may conclude that we are just not good around people and therefore, we could never be successful.

Some of us may feel that some people are out to get us and will deliberately try to keep us from succeeding. We may be convinced that we will never be successful until these situations change or the people that we must deal with change.

What many of us may fail to realize is that in all of these situations, it is really up to us to determine how these conditions will affect our achieving the success that we want. Although we may not realize it, we all have a hidden power. It is a power of which many of us are not aware. What is this hidden power? It is the power to change.

But keep in mind, it is not the power to change others. It is the power to change ourselves.

So often we concentrate on trying to change those around us rather than ourselves. However, we only have the

power to change ourselves. We tend to underestimate our power to change ourselves, but overestimate our power to change others.

In all the situations I named earlier, if we change our perspectives, these perceived obstacles do not have to stand in the way of our success.

Although you may doubt that you have enough financial resources to go after your dream, you can seek places where they may be found. When you first get started in a business, you may not know very many people. However, you can always look for ways to meet new people and broaden your social or business network. You may indeed be less outgoing than others, but there are other ways to promote your cause. On the other hand, you could learn ways to stretch beyond your present comfort zone in order to meet new people. Even in situations where it may seem that others may be deliberately working against your success, you can decide if you will let them keep you from achieving your dreams or use these situations as stepping-stones to your success.

It is up to you. You have the power to decide what your future will be. Use that power to create the kind of life and success that you have always wanted!

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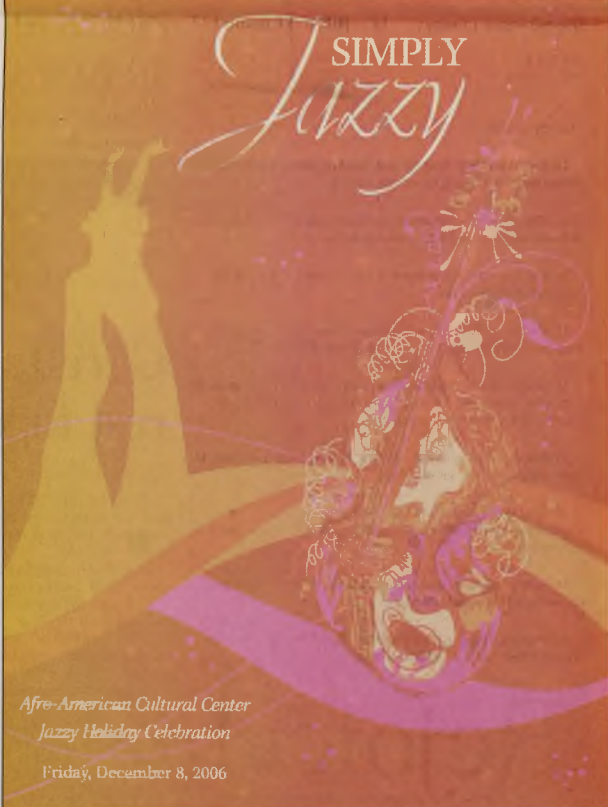


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