

The Vision magazine

Magazine about personal
and professional development

December 2012

**When everyone is zigging,
you need to be zagging**

**The success
formula discovered**

**The tie as
a domain
of men**

**The most expensive
books in history**

**Is poorness and wealth
about genetics?**

**Contacts create
CONTRACTS**

**How to remember more
and forget less**

**The illusion
of multitasking**

Randy Gage

Success is about freedom

Editorial

Dear Readers,

For the first time we are bringing you the English edition of The Vision magazine, electronic journal on personal and career development, success and luxury. We have been publishing the Vision magazine since 2011 in Slovakia, but from today on it can be also found each month in the English version. Every month we bring you articles, thanks to which you can achieve success in any field. In each issue of The Vision magazine you will always find an interview with a person, who has been successful in their field; this time we bring you an interview with Randy Gage, the world-famous speaker and author of several bestsellers. Randy told us what income is the best according to him, what has been the greatest goal he has ever managed to fulfil and much more.

In the December issue, you will learn that the right connections bring thriving contracts. You will find that your mood is like a wheel you can rotate. We will present you three ways to resolve any situation according to Eckhart Tolle. We'll tell you more about the illusion of multitasking and its inefficiency, and we will also spend some time talking about such pre-Christmas issue as whether shopping can make us happy. If you often forget, in the December issue of The Vision magazine we will give you advice on how to remember more, to forget less and much more.

There are also reviews of new books and bestsellers, this time of books by Mitch Albom - Time Keeper, Loral Langemeier - YES! Energy, Marilyn Atkinson and Rae T. Chois - The Art & Science of Coaching - Inner Dynamics of Coaching and Randy Gage - Risky is the new safe.

You can inspire yourself with the luxury and you can also relax while reading lifestyle articles.

All this from the comfort of your armchair. Thanks to the electronic format of The Vision magazine you can enjoy it without unnecessary messing shelves in your laptop, tablet or other device.

We wish you a pleasant reading and relaxing Christmas.

Vladimíra Šebová
Editor in Chief

If you want find out how to achieve more success in your life just click [HERE!](#)

**Get A Free
 Introductory
 Coaching Session**

 **DK Coaching**



PERSONAL DEVELOPMENT

Contacts create contracts.....5

Where is your mood wheel now?.....7

Change it, accept it or go away.....8

The illusion of multitasking.....9

Can shopping make us happy.....10

**The devil triangle and the profit triangle
in communication.....12**

Carpe diem – seize the day.....13

How to remember more and forget less.....14



SUCCESS

Randy Gage – Success is about freedom.....16

Is poorness and wealth about genetics?.....18



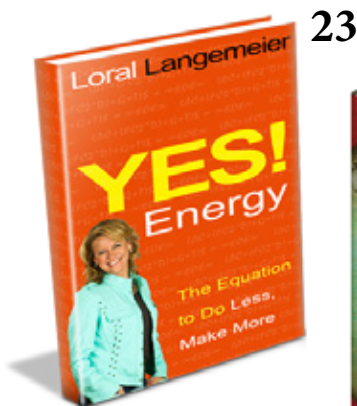
BOOKS

When everyone is zigging,
you need to be zagging.....20

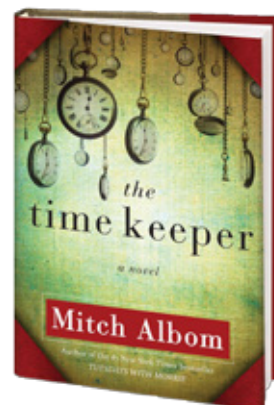
Can you imagine life without time?.....21

The art of science and coaching.....22

The success formula discovered.....23



23



21



20



22



25

LUXURY

The most expensive houses.....25

The tie as a domain of men.....27

Apple as a symbol of luxury.....28

Liquid gold in a bottle.....29

The most expensive books in history.....30



32

LIFESTYLE

Wishes are granted at night.....31

Adrenalin on water.....32



28



29

Contacts create contracts

In business and in life, at work and at home, within and outside your family, it is always good to build productive relationships with good judgement. This seems like a simple and reasonable idea. It seems all the more difficult the moment we find a rough edge in a relationship. The roughness may vary – an expert's confidence, a citizen's bravery, a difference in opinion, different moral and ethical values or the human conscience alone.

Even in the business world, there may have been moments and situations that challenged your basic value system. Especially since the era of simple decisions between good and evil has come to an end. Now is the time of difficult decisions, seen from a different perspective, through a different prism, in a different light. Choices between the lesser and the greater evil.

Business and network

All decent business experts and mar-

keting gurus of international fame give a unison advice: plan in the long term, build thoroughly and systematically a network of business units, consumers and suppliers, wise counsellors, creative colleagues and loyal friends.

NETWORK – is a business slang for a different kind of contacts. Those that are not altruistic, based on common human emotions and a good feeling about having met someone. It might be a person who you not only like but also feel good around, who emits a charming aura of an ordinary human being or a special and remarkable charisma.

On the other hand, the language of the tribe of the so-called „eternal pushers“ is dominated by acquisitive and clearly utilitarian relationships cultivated for a single purpose: to gain from them whatever advantage they can. Or for a material profit (money, cash, green, dough, cabbage, moolah, loot,

dinero...) or material benefit (profit, gain, benefit, privilege, leverage...). Contacts and relationships may come in different forms and shapes. There are at least three basic ones: acquisitive, altruistic and a combination of both.

Cobwebs and Darwin's legacy

Logically, good contacts create prosperous contracts. Some are more equal than others, privilege, elitism and castes are present all over the world.

In the language of our tribe, it means that quality contacts may open doors that lead to what would otherwise be inaccessible to common people. Such doors include normally closed vaults, secret windows, paths to otherwise inaccessible information, taboo topics and other specifics of unusual and peculiar inputs.

Rather, it is about an uncommon perception of the duality of the fragility and remarkable strength of crafting the web of one's own contacts,



whether we perceive the „spider“ attribute as strong or weak.

However, all characteristics are secondary to the word „adaptable (flexible)“. And this is true not only because Darwin's natural selection theory postulates that it is neither the strongest nor the wisest who survive, but those who can ADAPT the BEST. Flexibility and strength are important not only in physics but in RELATIONSHIPS as well. Webs and networks are always better when they're active and dynamic (strong) as opposed to static and passive (weak). Business creativity has been given many attributes but one of the most beloved ones is the definition that creativity in the business is most effective when we're able to create something unusual using an ordinary style with maximum effectiveness. From the perspective of business margin, discount interval, longevity of financial veins... it is any kind of profitability and prosperity.

Conspiracy structures

Fairy tale kings have emphasized and rewarded advisors who were always able to give good advice, to procure some kind of cure for every ailment and to patch every hole. Devise, discover, invent and use correctly. Secret services, mafias and diplomatic missions have always had and always will have, from a professional perspective, the best and greatest experience in creating webs and networks on a MACRO level. These are almost always the centres of excellency – in terms of exceptionality, whether used for good or evil causes. It's not always just about touting, whistle-blowing and using all kinds of tricks like agent provocateurs and honest or dishonest rumours.

It is advisable to view the role of the internet in the correct light – it was originally created for military purposes, not to promote peace. A good example would be SOCIAL NETWORKS (Facebook, Google, YouTube, Skype, etc...) which may seem to be a great source of contacts, but what they real-

ly do is make spying on you easier. On a MICRO level, the participants were always aided by cronyism, neighbourhood awareness, the so-called „stuccology“ (in Slovakia, it was the ability of a customer to worm his or her way into the goodwill of shopkeepers who, in totalitarian times, had access to exotic or rare under-the-counter goods which they would only make available to people they liked), the willingness of certain entrepreneurs to exploit their positions and the traditional trio of vices present in many people: jealousy, hate and malevolence. Even Agent 007, the most famous secret agent of all times, or

the creators of SPY GAME (starring two superstars - Brad Pitt and Robert Redford) might take a lesson or two.

Conclusions

Multilevel marketing structures and business confirm that creating networks is still worth it. Even in nature, successful cooperation patterns (flight of the wild geese, building an anthill, dolphin societies, etc.) confirm that productive relationships in a collective are more effective than individual loneliness. We wish you good luck in building your relationship network!

Ing. Emil Burák PhD.



Where is your mood wheel now?

The alarm clock went off. I can feel the sun trying to crawl into my room. Slowly, I wake up and turn off the alarm clock nervously. „Another rough day,“ I growl under my nose and begrudgingly get out of bed. As I drag myself towards the bathroom, I think of all the chores waiting for me today. I have to go there and then meet that guy at that time and that thing needs to be done as well.

„I wish I could sleep a bit longer today, do nothing and just rest the whole day. I wish I had a billion Euros in the bank and never had to do anything for the rest of my life.“ I tell myself and my frustration is rising.

I spend the rest of the day grudging. I do all my chores and duties, no problem. But I'm in a bad mood for the whole day.

At the close of the day, I ask myself why I'm in such a bad mood. I'm trying to find the answer but I can't. I can't understand why I cursed everything I saw today. Everything was bugging me and I think almost eve-

ryone could tell. I wasn't particularly pleasant towards some people. Right before I fall asleep, a few depressing questions cross my mind. Then I fall asleep, tired after the whole day. This is the only thing I was looking forward to today. Sleep.

The next day, the alarm clock goes off again. I immediately jump out of bed and turn it off. I look outside and see it's a lovely day outside. On my way to the bathroom, I say to myself how good a sleep I've had. I think about what I'm going to do today. I prepare myself for another day full of chores and things that need to be done. Despite all this, I feel perfectly fine. After finishing my breakfast, I get dressed and go to a work meeting.

I enjoy today's work with a smile. I had a good chat with my colleagues at lunch and the work almost seems to be doing itself. It seems like nothing can spite me today.

I had a great time today. Everything was pleasant and everything went great. I was in a good mood the whole

day. Nothing bugged me, completely unlike yesterday. I feel like as if the whole world was there for me.

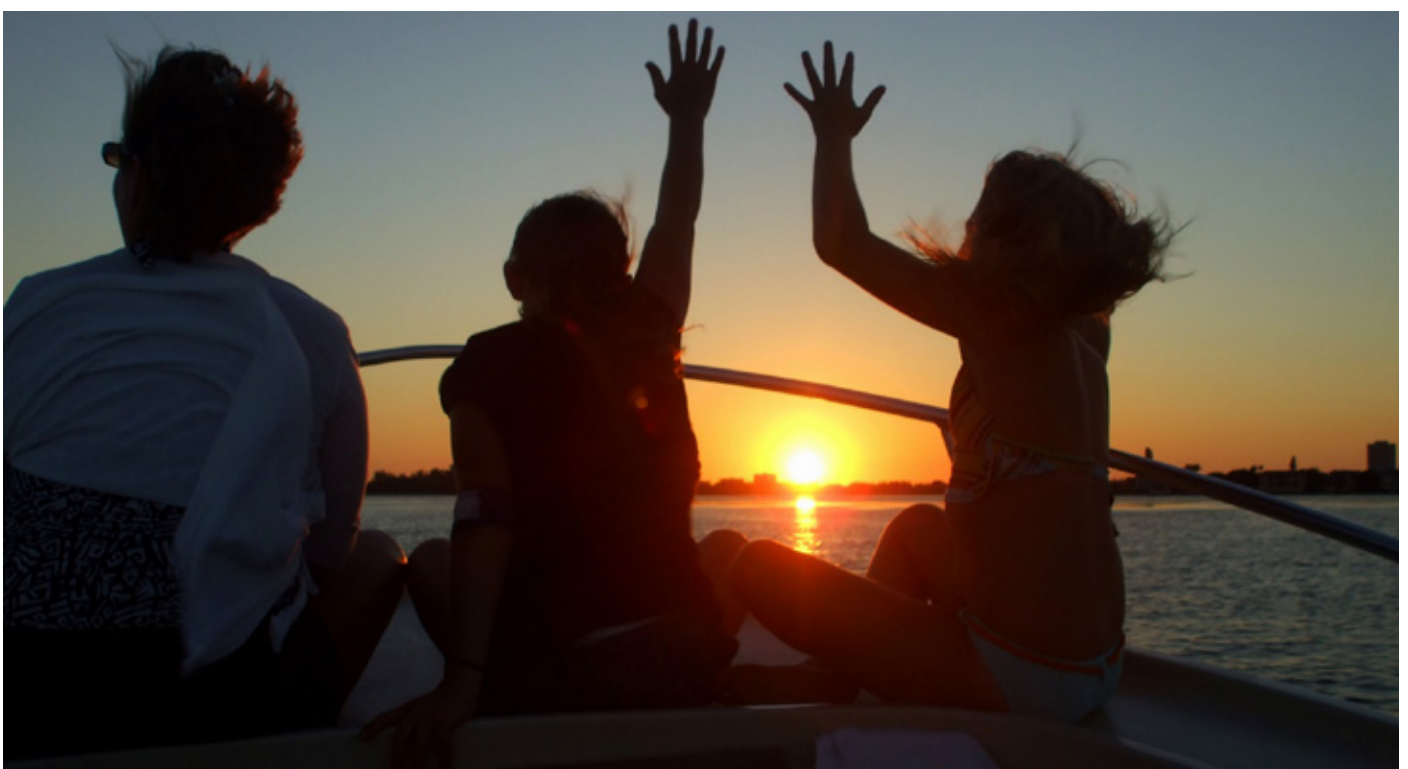
I feel so good and I'm so excited about today that I can't fall asleep. No negative thought crossed my mind today and no signs of the depression I was in yesterday.

Let's see what the next day has in store for me.

These are two examples from my own experience. I'd say this happens to you fairly often as well. Sometimes you're in a great mood, sometimes it's a whole lot worse. What's interesting though is that we sometimes have no idea why we're feeling so great or so bad. We simply do.

I was trying to understand human moods as such. I didn't understand why I felt differently on different days. After all, my goal is to feel good and positive. But that doesn't always happen.

One day, it dawned on me.



Imagine your own mood like a wheel that is turning constantly. It's turning, it won't stop and it can't be stopped, either. For somebody, it turns more slowly, for somebody else its speed varies. We can split the wheel into two halves. The positive and the negative part. If the wheel is up, you're in a positive mood. As it turns, however, the negative half starts pushing out the positive half.

Your mood would then start getting worse. You feel worse than when the wheel was turned the other half up. No wonder, the wheel just moved into the position where the whole negative side is up. You feel terrible and you

have no idea why. Everything that was white is now black.

In time, the wheel turns around again and the positive half pushes out the negative half and you feel great again.

I've realized that the human mood works exactly the way I've just described. If somebody tells you they feel good all the time, don't believe them. Sadly enough, nobody feels great all the time. I know various authors talk about how they constantly feel fabulous, but I have to say that they deceive themselves and you as well. We all feel sometimes better, sometimes worse. Feeling great the whole

time is simply impossible.

Even when we feel bad, we have thoughts we would never have when we're in a positive mood. Bad mood does not always have to be bad, sometimes it can be good. It's important to understand that it is an integral part of human life. You have to be able accept that you feel bad and then decide what to do about it. And the wheel starts slowly turning again.

In the next issue, we'll go through how to spin the wheel quicker and how to make yourself feel good when you're feeling bad.

Tomáš Blažo

Change it, accept it or go away

They are stalking us everywhere we go. Every day, at each of our steps. Obstacles are an everyday part of our life, they had been, have been and will be here. We have to only know how to manage them.

Obstacles are around us in form of diverse problems every time. But there are only situations and each of the situations can be managed. According to Eckhart Tolle there are three options to solve every situation, i.e. change it, accept it or go away.

Go Away

I think that the last of the above mentioned options represents the simplest possibility - let everything lie, stand up and go away. Many times it is so literally. That way everything can be solved, but there is a question if it is right. If you are really longing for something it shall be definitely right to combat and follow it. Oft we come into such a situation that we believe there is not any sense to continue. At this time, remember the following sentence: If I am not able to find a reason for continuing, I have to remember a reason for start it. Yes, we are going back to gross basics of achievement again - to targets. Targets shall be our

motor. They are parts of us ourselves, what we already are and what we are doing, however not in this time. There is our inner motivation which gives us hand in worst times and says: „Get up, you must work! You are going to accomplish it!“



Eckhart Tolle

Accept

You can meet an acceptance technique at many thinkers and visionaries. Mark Dzirasa asserts that, Eckhart Tolle asserts that... Everything is right in such a way as it is. Yes, everything happens from a reason. Even situations forcing us to drop on our

knee happen for something and it is god for something. Many times we realize that after a long time. A lot of situations can be only accepted, they are happening for any reasons. But which of them? You will find it, even if not immediately.

Change It

The last way is for the action persons who are willing neither to let things how they are nor to accept them. Many people bet on this card in most cases - if they do not like a situation, they will change it. But you have to take into account that if you will change something, you must always combat FOR something, but never AGAINST. Create energy for that you want, not for things you do not want.

No matter what obstacles are in your way today, you can manage them. Whether creeping under or jumping over, it does not matter. Try to consider three versions of your situation solution, how to change it, to accept it or to leave it. I believe your decision shall be proper - everything is happening from some reasons after all. From this point of view, if you decide anyway, it will be right so.

Vladimíra Šebová

The illusion of multitasking

Multitasking is one of the great hoaxes of modern times. Though we may think we can concentrate on several tasks simultaneously, we actually switch our focus from one thing to another. However, dividing our attention between two conscious tasks is impossible. We can, under certain circumstances, be aware of two things simultaneously, but we are unable to make two decisions at the same time – not even the simplest ones.

This is fittingly illustrated by the following tragic story: *The pilot of Eastern Airlines Flight 401 was about to land the airplane at the Miami International Airport when he noticed something was wrong. He lowered the landing gear but the landing gear indicator did not illuminate. So he circled with the plane at 700 meters above the ground and decided to double-check. He couldn't confirm anything so he turned to the first officer. He was unsuccessful as well so they called the flight engineer. As chance would have it, a Boeing mechanic was also present in the cockpit, sitting in a foldable seat. He too was asked to look into it. The plane was unpowered for some time. It descended steadily. Suddenly, the captain realized. „Hey!“ he screamed. „What's happening here?“ A few seconds later, the plane crashed and burst into flames. Ninety nine people died, including the captain. The analysis of the crash has shown that the crew got so immersed in trying to solve the landing gear issue that they lost track of the whole situation. All this because of a twelve-dollar light bulb.*

We cannot do more things at the same time

Many believe that the human brain works like those computer processors that allow us to work with Word while downloading something from the internet. Multitasking beca-

me a typical feature of modern work environments. In his book *Why we make mistakes*, Joseph T. Hallinan mentions the research done by Gloria Mark, a professor at the University of California, who conducted a study of the employees of an investment company. With her colleagues, they watched people performing their daily tasks, marked the times the employees switched from one activity to another – for example from reading emails to a phone call or to a message on a piece of paper. They found out that the employees were interrupted twenty times an hour on average. This means they were able to concentrate on a

task for three minutes at most.

The benefit of human multitasking is often an illusion, as processing multiple tasks slows the brain down. Taking two steps at a time is useless if the effort slows us down so much that it takes us the same amount of time as simply walking up the stairs. And this is exactly what happens when we try to take on two mental operations at once.

The idea that it is necessary to carry out conscious process one at a time has been the subject of research since the early 1980s. In his book *Your Brain at Work*, David Rock writes about Harold Pashler, the scientist



Focus only on one activity

who proved that when people do two cognitive tasks at the same time, their cognitive capacity can fall from that of a Harvard graduate to that of an eight-year-old. This phenomenon is called dual-task interference. In one of Pashler's experiments, volunteers were asked to press one of two keys depending on whether a light went off on the right side or their left side of a window. One group performed this task repeatedly. A second group was asked to determine the colour of an object, in addition to the first group's task. They were simple variables: right or left and three colours. However, the second group took twice as much time performing these two tasks, which led to no time saving at all. Conclusions were the same for experiments with sight and hearing as well. No amount of practice had any effect on the results. The participants were able to perform their tasks more quickly if the correctness of the answers was not an important factor. The lesson is obvious: if you need to be precise, don't divide your attention.

The „always alert“ strategy is not exactly the most productive way of

doing work. The conclusions of the research that D. Rock mentions in his book tell us the following: „The constant readiness for anything, anywhere, created an artificial sense of a constant crisis. In mammals, a state of a constant crisis provokes an adrenaline-induced attack or escape mechanism. That was extremely useful in the Stone Age when we were being chased by tigers. However, which of the five hundred daily emails is the tiger of today?“

Speaking from experience, I can confirm that being constantly ready for work means that humans not only feel the negative effects reflecting the weaker mental performance, but physical health issues as well.

“

„Taking two steps at a time is useless if the effort slows us down so much that it takes us the same amount of time as simply walking up the stairs. And this is exactly what happens when we try to take on two mental operations at once.“

Juggling five things at once

It may seem productive to focus on several things at once and switch between them quickly, but let me open your eyes: it's not a good idea. Clients tell me stories about how they manage to do more things at the same

time, like answering emails during a teleconference. The fact is, however, that they do not actually do these things at the same time – switch their attention between them. The result is that they pay less attention during the teleconference, missing key points, and answering emails in a not very constructive way because they are not focused enough.

The experts offer a possible solution. You can learn to juggle many balls at once just as clowns learn to juggle many balls at once. You have to repeat certain specific activities as long as it takes for them to „stick“ so that you can add others to them. As the individual mental layers „settle in“, you can permanently add further layers. It's like driving a car – if you're new to it, you won't dare receive a phone call because you need to automate using the gas and brake pedal first, only then can you talk or eat while driving.

If you expect yourself to soon be able to perform multitasking miracles, try to remember the advice Timothy Ferriss gives us in his book 4-Hour Workweek: „*The worst of all is neither to be able to relax nor to be productive. Focus on work or something else – nothing in between.*“

Janette Šimková

Can shopping make us happy?

What is your attitude towards shopping? Christmas, possibly the most beautiful holidays of the year, is upon us and the topic of shopping is becoming ever so relevant. What are the main reasons for shopping?

People in general aren't happy, they're frustrated by the situation around them and turn to short-term pleasures. People also shop because their life partners neglect them, they bury their kids in presents just so the kids wouldn't notice them being absent from home. We often shop only to look rich for people who actually are rich. People need compensation in their lives,

quickly, immediately, right now.

Humans want to feel powerful, they want to see the benefits immediately. However, shopping enhances our ability to get poorer and run into debt. We're both the witnesses of and the participants in a never-ending struggle. On one side, there're us and our bucket of euros we exchanged for our sweat. On the other side is the enemy who tries to rob us of our hard earned euros. An enemy who tempts us with various assortment of new stuff and sweet lollipops.

Did you know that according to some

studies, the joy from a newly bought item only lasts 5 minutes? The enemy stalks us constantly, in our telephone, in our TV where we ourselves let him enter our castle for 3-4 hours a day and attack us silently yet very effectively. We have to buy that thing right now because we act like we're part of a herd and we need to keep up with the rest of the sheep. We have to be just like the rest: if you don't buy, you're not cool.

How can we emerge victorious from this situation? By using our judgement, by realizing that the more we buy, the poorer we get and we have

to work more. And that robs us of the real freedom. We can also win using our balance and self-discipline that helps us not to be jealous of the success of the rich and to simply be able to appreciate everything we already have. We need to build a constant feeling of gratefulness.

Before we buy something, we need to ask ourselves the following questions:

Do I really need this?

Imagine all of the money you spent on various junk in your garage, in your basement, etc. If I asked you to give me all that stuff in exchange for the 10,000 Euros those things cost you, what would you choose? The stuff or to get the money back? I dare predict that you would choose the money. The stuff is old and useless by now, anyway.

Ask yourself before you buy: Do I really need this now?

Do I really have the money to buy this?

If we owe euros on our credit card for a month, which means we couldn't cover what we bought during that month, the answer is NO. The most common human vice is to spend too much and live on credit without reali-

zing that when they retire they'll have to tighten their belts and, on top of that, they'll have to treat various ailments of the old age.

Another human vice is the lack of ambition and fearlessness, they don't have the courage to risk and invest, so they just languish instead of living to the fullest. We buy only when we decide to buy. We buy in moderation and we appreciate every single thing we've bought.

Let's follow the example of the wise man: He delays the purchase because he knows that happiness isn't caused by the act of purchase but by spiritual balance. The wise man saves, seeks ways to earn more and does not fall to temptation of an immediate reward. Rather, he invests in order to be prepared and not to have to slave for the rest of his life. He brings home spiritual peace and a piece of his future freedom.



Before we buy something, we need to ask ourselves some questions

What kind of property is more valuable than spiritual peace? None. We'll never be able to enjoy a material property without peace in our soul.

During Christmas time, a curious picture is painted: Children unwrap their first present, they barely look at it, sometimes don't even finish unwrapping it and they already reach for another one. They leave their presents on a pile and we adults get back to work so that we can pay for the presents we bought on credit.

Mgr. Marek Meričko



The devil triangle and the profit triangle in communication

To convey the most difficult, worst and unpleasant news and information in a non-confrontational, effective and emotionally neutral manner is difficult. This wonderful and complex rhetoric art can be mastered only by the grandmasters of communication. Communication mastery is a geared bridge towards success in business, at work, in human relations and personal relationships, everywhere – on the street, at home, outside, with family. Everyone wants to have a grasp of it but few are willing to learn.

The Devil Triangle

Some experts consider the worst obstacle on the path to success to be the so-called Devil triangle. **It comprises of three components – shame, fear and anger.** This trio of emotions is often the alpha and omega of looking to make the right decision when standing at difficult crossroads of life. An example would be considering any kind of change (fear) or being forced into an unfamiliar position with the need for a more personal involvement, possibly also something public and not just within the familiar corporate community (shame). But also the inability to free oneself from bias and the subjective approach to solving any kind of situation – above all, however, being weakened by the inability to summon the strength to forgive (anger).

The difference between conversation and negotiation

The ability to talk is a form of art but this rhetoric availability is still simpler than a more difficult activity,

the art of negotiating. The greatest experts on negotiation and reconciliation (mediation) and bringing different opinions closer together in order to find a productive compromise (negotiation, facilitation) are called mediators and negotiators. Though not yet well-established in Slovakia (due to weaker economy), in developed countries around the world does this occupation offer an interesting professional opportunity and a very well paid job.

Learn to tell the difference between conversation and negotiation. At the same time, don't brush problems under the carpet hoping to dodge them during the conversation. Identify them but do it in the most impressive way possible /demonstrate that you have already devised a way to solve them or found alternative solutions/.



Triple know-how of negotiation

In order to be a good negotiator, one should have certain dispositions and meet certain prerequisites, both as a human as well as an expert. As an expert, a negotiator should be not only a veteran communicator in the narrow sense of the word (i.e. obviously be a good speaker) but also in the broader sense (i.e. manage to perform three

tasks at once – be a good lawyer, skilled diplomat and a competent psychologist.

As a human being, a good negotiator is usually an older, silver-haired, experienced individual with a charismatic presence and natural authority. A little bit of all – he should have natural authority, command a fair amount of respect (not too much, not too little) and look calm and calming /e.g. he cannot be a nervous wreck, on the contrary, he has to be a patient pragmatist/.

The Profit Triangle

In communication as well as in management, both the soft method and the hard method may be used. From an ethics standpoint and in the interest of long-term relation to the respectability and values of a company and its clients (the current as well as the

future ones), in my opinion, it is more rational to prefer the soft over the hard approach. A typical example of the soft method is the so-called Harvard concept outlining the rules of fair play, whereas a typical example of the hard method is the so-called Devil's concept that includes deliberate ethical violations and no fair-play.

In communication, the key is in the area that

would not be considered diabolical or non-satanic but what would be comprehensively effective /without possible side-effects/ and, above all, DEVILISHLY GOOD.

The tried and proved core of the matter of productive communication is the following three-word sentence:

Thoughts create things.

Ing. Emil Burák PhD

CARPE DIEM - Seize the day

Human life – various styles, various expressions as well as a global business market. So far, little attention has been paid to the deeper research of practices, recipes and technologies that would help the majority of people living in Slovakia manage the practical side of their lives successfully. That means that such management would not only produce enough of the Material (financial resources and short-term, temporary value) but also more of the Spiritual and permanent value added. Only the permanent value added can create a large and powerful middle class – which is something Slovakia has been lacking so far, and something that is, in a healthy EU market economy, also the basic accelerator of progress and the growth of the standard of living of the whole society.

Everyone is busy with work – we're often rushing to meet a deadline or to achieve some kind of goal at our work and we forget our personal lives and families. In the third millennium, in this frantic age of information and communication, we have all but ceased dedicating a little space to our occasional need to stop and think about the real values, those that are worth creating, working on and doing business for.

Liberal philosophy

CARPE DIEM – a philosophy with a long global tradition and firm roots, relatively unknown in the Slovakian region. It is a kind of lifestyle – not as extreme as the HIPPIES movement (a period in the 60s when the Beatles dominated the music world and young people declared by the power of long hair and smoking marijuana how everything progressive and technical in the civilized world was getting on their nerves and that it was wise to flee into free communities with no obligations and no formal relationships, simply to

live in nature...). It is something akin to a well of understanding – a cult that gives hope, shows the way and helps recharge your batteries with positive energy, but above all, it frees the head from the explosion of painful, stress-inducing thoughts and negative energy.

The Ten, „Carpe Diem“ style:

One of the possible alternative ways to easily explain and define the Carpe Diem style is a collection of the following principles serving as a basic outline of the style:



1. Focus on the present: Venerate the present and enjoy today because you cannot bring back yesterday and you may not live to see tomorrow.

2. Positive thinking: Think positive but not carefree – be cautious. Even when trouble is overwhelming, always imagine what is the best that could happen and what is the worst. Start with the worst /I call it an inverted pyramid of happiness where I start looking for a solution not in the broadest section but at the thinnest peak – i.e. not from the bottom but from the top/.

3. Morning and evening spiritual exercise: In the morning, imagine and remember at least 5 of your support points (pleasures and joys) – why are you glad you exist, what is worth living for. In the evening, before going to sleep, take a minute to review your day, i.e. what positive you managed to experience during the day, what went well and what went wrong, what was negative. Always take a mental lesson from it for the future.

4. Friendship: Learn to be a friend. A friend is more than a fellow or an associate. Learn to be friends with nature, your family, your friends, your work, your hobbies – learn to be friends with life. And think about legacy: In marriage, the two may love each other and have children with each other, but only then is it the best marriage in the world if the two can

be together and be best friends to each other, never to betray each other and who truly support one another not only in times of joy but, above all, in times of woe.

5. Kalokagathia: Cultivate the harmony between the body and the spirit, between the beauty of the body and the beauty of the spirit (kalokagathia) = the healthiest spirit needs the healthiest body.

6. Smile: Smile – let smile be your greatest weapon throughout the day, be it at work or in your personal life. It is the only virus that doesn't hurt and infects all (including yourself, if it's reciprocated) in a positive way. It is the cheapest weapon whose ammunition doesn't hurt but help heal.

7. Communication: The ability to communicate encompasses more than knowing how to speak. Most importantly, it is about an active and positive attitude towards people. Only then comes into play the ability to openly talk about problems in a good rhetoric, always in a transparently positive way. Learn to talk because communication is the path that leads to the exchange of information. Information is the basic market commodity and it leads to understanding. Philosophers have confirmed that the lack of understanding is the root of all evil. Better adopt the creed that you'd rather tell and hear the truth, however black it may be, than to resort to white lies.

8. Charisma: Charisma – learn the ability to radiate and to attract attention – let your speech be distinctive, using wisdom, wit and humour. Charisma – the only drug that can intoxicate without harm, but it can also be abused and misused.

9. Joy: Joy – learn to truly enjoy the little things. Learn to evoke the feeling of joy even when you don't do well and you're feeling down. Remember something pleasant you have managed to achieve recently and imagine something pleasant that you look forward to.

10. The religion of the quality of life: Create your own minireligion around yourself and your idea of the quality of life. However, learn from the more experienced „silver heads“ (sages, philosophers, other natural authorities in your area whose opinions you respect and who bring something positive to the table). Outline a few simple points, the path of your life and your strategy – like a chart of priorities and values. Maybe create a yearly plan of resolutions, what you want to achieve and experience. Not something overly ambitious – a few little things that bring you the most joy, satisfaction and happiness, that cannot happen by themselves, without your contribution.

Ing. Emil Burák PhD.

How to remember more and forget less

I'm sure you've been there –you're looking for your keys you had in your hand not a minute ago, you walk into a room and you have no idea why you went there. Forgetfulness looks us over the shoulder constantly, laughing at us when we try to remember a forgotten password or look for our car in the parking lot.

Recurring forgetfulness silently spells the name Alzheimer, who ails one in 20 people over the age of 65. He really knows how to get brains into some serious trouble, but if you just sometimes forget that you're boiling eggs on the stove, there's no need to panic. The reasons for that apparently lie somewhere else.

The main reasons for being forgetful have nothing to do with our health. The hectic pace of the 21st century makes us forget for different reasons. What are they?

The main reasons for forgetfulness:

- we're distracted and unfocused

- we take on more things at once
- we're overworked
- we're tired
- we don't see the particular matter as sufficiently important

It's only natural and logical that when we're tired, our brain cannot remember things as well as when we were fresh and well focused. Oftentimes, many things are just not that important for us, we don't pay attention to them and we forget. For this reason, if you want to be effective, allow yourself sufficient amounts of sleep and try to solve things in a systematic manner, not all at once. You can also improve your memory using various tools and aids. So, what can you do?

Play

There are several tips and tricks how to improve your memory and stop forgetting so much. Maybe the best way to rev up your memory to the maximum is to play various memory games, like Concentration. Let's see, when was the last time you played it? If you played Concentration against someone a few years younger, you'd have a fair chance to win. If you played against a little child, you'd get destroyed – children have a memory like an elephant! You can also tantalize your brain by playing puzzle games or solving math problems.

Start right in the morning

Start up your brain in the morning – get the blood flowing by working out, a great example would be aerobic exercise. Not only your brain but your body will be grateful as well – you'll be well prepared for the new day. Don't forget to drink and eat healthy food – carbohydrates in the morning are important for the brain to function properly.

Create associations

Does it ever happen to you that somebody shakes your hand and tells you

their name, which you then immediately forget? Or you meet someone you know and spend the whole conversation trying to remember their name? These moments are unpleasant and can lead to awkward situations. However, we can avoid those. A great tip to do that is to create associations – when someone introduces himself as David, imagine several Davids you know. File David into our David group so that you don't forget his name. Creating rhyme associations is great for remembering certain things – you certainly won't forget rhymes. Those of school age may try to learn the subject matter as a song – there's a reason for why it's so difficult to remember what you need to learn, whereas you'll be able to remember the lyrics of a song for years to come.

Pay attention to the details

Coming back from the mall and can't remember where you left your car? You're not the only one. Dutch scientist led by the psychologist Albert Postma conducted an experiment in which they asked people in a shopping centre if they could remember where their car was parked. Then they asked the participants to show them the spot on the map. They then went together to the specified spot. People had some trouble finding their car; only 14% had serious trouble, more women than men. When leaving your car in a parking lot, it's good to pay attention to details – such as the position of the mall entrance relative to the car; you can navigate using various poles or billboards around the area. You always need two points of reference to determine your position.

Keep everything in order

We often search for things just because they don't have a place where they should be. Designate a place for your keys, cell phone or various notepads and other objects. If they have their permanent place for you to put, you won't have to look for them and try to

remember where you put them.

Write down important things

Have and use an organizer. Write down important tasks or events. Even small sticky papers are of great help, but they get lost easily so it's better to have a notepad or ideally an organizer. Use larger organizers that have enough space for a description as well – sometimes we want to save time, space and our energy by using acronyms and notes we can't decipher a few weeks later. Your notes should be brief but comprehensible even after a longer period of time. Always plan your day. Make a list of things to do in a day. It will help you not to be disappointed by how much you forgot to remember today.

Talk to yourself in the right way

Don't underestimate the power of autosuggestion and use it for your own good. Do you know people who say „I can eat anything and I won't gain a pound“ and they can, in fact, eat anything and they won't gain weight, or those who say things like „I have all the bad luck in the world“ and they really seem to have bad luck all their life? Don't put yourself in the category of people announcing „There's no way I'll remember that“ but among those who claim „Of course I'll remember that“ and you'll really remember it (maybe with the help of your organizer or some sort of association). The power of self-persuasion can do wonders.

The older we get, the more we forget. In spite of that, we can still fight against forgetfulness – primarily by having a calm and focused mind, knowing how to plan and organize things, how to live according to a system and also by knowing how to remember more and forget less.

Vladimíra Šebová

Randy Gage

SUCCESS IT'S ABOUT FREEDOM

Hello Randy. You are a world famous speaker. Have you always wanted to be a speaker? How did start your speaking to people? When did you find out that you are good at it?

I never planned it. I started doing an informal training every month for people on my team in the business I was in. Then other people asked to come and then people started inviting me to speak in different organizations. So I really fell into it.

What was your biggest audience that you have spoken in front of?

10,000 people.

What's your opinion – what is the best source of income?

I like residual and passive income. So I like business that allow you to put leverage to work. Especially information entrepreneur, real estate, and network marketing.

Do you have any idol? Who is your inspiration?

I was greatly inspired by Bruce Lee, James Allen, Ayn Rand and Napoleon Hill.



“ “ *I like residual and passive income. So I like business that allow you to put leverage to work. Especially information entrepreneur, real estate, and network marketing.*



What does success mean to you? How can you describe it?

For me it's about freedom, choice and meaning. Having enough money and time to do the things that enrich your life, challenging work, spending time with loved ones, and doing work that has significance.

What do you consider as your biggest success in business?

Going from a high school dropout to multi-millionaire. Especially because of who I had to become to do so.



“ For me it's about freedom, choice and meaning. Having enough money and time to do the things that enrich your life, challenging work, spending time with loved ones, and doing work that has significance.

Can I have everyone's attention please?

Do you have any unfulfilled goals? If yes, then what kind of?

Only about 10,000! I have many more people to love, books to write, softball championships to win, and speeches to give. I want to reach some new health goals and keep growing my intellect.

And on the contrary what kind of goals have you already fulfilled in your life?

Becoming wealthy, learning to like myself, having healthy relationships, flying the Concorde, falling in love in Paris, winning a world series with my softball team, being inducted into several Halls of Fame.

I know, that you like the fast cars. Is there any car that you would like to own but you are not still owning it?

If I had a bigger garage and someone to look after it, I would own a Bugatti Veyron

You are living in a sun soaked Miami. Is there any place which could be Miami replaced by?

I also live in Sydney, Australia. Other places I love are San Diego, Hawaii, Paris, Costa Rica, and of course Prague.

Would you like to leave a message to our readers?

Please visit my Prosperity TV channel at <http://www.youtube.com/randygage> There are lots of free videos to help them create prosperity consciousness.

Tomáš Blažo



Is poorness and wealth about genetics?

The bonds between parents and children are the strongest natural bonds there are. Genetics cannot be denied and throughout the whole animal kingdom, offspring take on not only the look but also the behavioural patterns of their parents. Sometimes the „heritage of our fathers“ misses the mark. Sometimes to the joy, sometimes to the grief of those who put great hope into their descendants.

How does a poor dad feel?

Robert T. Kiyosaki, the well-known motivational speaker, made the poor dad rich dad heritability system the base for his lucrative business of selling books and training courses. What does a rich dad give to his children and what about a poor dad who becomes a slave to the system and teaches his children unhealthy habits based on the rule: work, buy, eat? However, the rich-poor model is not always reliable. Kiyosaki himself comes from a classic teacher family. They were an upper middle class family and it was Robert who became a millionaire and achieved profits greater than those of his father, who, in Robert's own words, gave him the basics for life. That is what many are lacking and in the absence of rich upbringing, Robert found his fortune. He can shake hands with another millionaire lecturer, T. Harv Eker, who found the cornerstone of millionaire thinking and transformed his book into a beacon for all those who wish to find the right course towards enormous wealth. Ironically, similar textbook examples are read more by adult individuals than by parents who, in the interest of healthy fiscal behaviour, should teach their children more than quandaries about whether taking etiquette classes makes more sense for their outlook in life than religion.



Money doesn't educate

It corrupts, it makes people unhappy, it tempts. Throughout history, money has been given many attributes, few of those positive. It is, however, just a neutral means to do good as well as evil. Paris Hilton is a cherry for every penny, having become a celebrity thanks to her father's loaded bank account. The beautiful young miss takes more of the family heirloom than she generates, not only because she hasn't studied Kiyosaki's Cash-flow Quadrant. Many millionaires have grown up in the care of nannies, surrounded by cute things they could afford, unlike some of their peers. Warren Buffet gave his children loans. He never let them to have allowance without earning it first and Ingvar Kamprad, the founder of

IKEA, drives a ten years old car while his children have lived a life of less luxury than middle class children. In his own words, he wanted to raise his children well and give them a feeling of home because he himself considers a happy family the thing he desires the most. He takes public transportation when going shopping, he washes used plastic bags to be reused, he doesn't pay more than 5 Euro at the hairdresser's. Children learn best when taught by example and they're quick to disconnect the millionaire extravagance from the hard work that lies underneath the accumulated wealth. Should they be brought up like this, they would be given only the secondary, non-essential ability to get drunk on wealth.

Family example and antiexample

Throughout history, there would be few examples of children rejecting the wealth of their parents and choosing the path to find enlightenment - many more eventually go in their parents' footsteps, be it those of a drunkard, gambler or a cattleman. The following is an example of a constantly instilled „You're a small gun. This is not for the likes of us.“ Only a small fraction of people is able to capitalize on coincidence, intellect and life's wisdom and take advantage of their chance. The richest millionaires grew up in modest conditions and their parents painted them a not-so-rosy picture of a hard life where comfort didn't come without a fight. Bill Gates was born into a well-off family. His father was a lawyer, his mother was a teacher and they both understood that there was nothing worse for a child than being idle supported by money. Bill and his sister were rewarded with 25 cents for each A they got in school. Until the eighth grade, Bill was an average student. Then he decided that all he wanted were straight A's, so he devoted all his energy towards that goal. And he succeeded. Not only that, he also read quite a lot, being often forced to by his parents. They even forbade their children to watch TV if they had school the next day.



This kind of exercise that nobody would dare to subject their children to today created the wealthiest son in the world. Already at the age of thirteen, he built a tent with his friend in the garage where they could be programming and we all know where that eventually led him. Warren Buffet, whose approach to his children we have already mentioned, wasn't roses all the way. He had to work for his allowance and his parents gave him as much as a hint as to where he could get some money. Later, he sought business opportunities himself. He collected lost golf balls, sold cold lemonade during the summer. At the age of 11, he and his sister bought three shares in the Cities Services and today he makes billions only by making the right business decisions. The parents of the successful served as value ideals, lecturers and, to a certain extent, something their children didn't want to become. They wanted to achieve more than their predecessors. The basic character trait of all children who grew up to be millionaires was beginning to work and do unusual things at a young age. They started building their great dream and mammoth corporations during the time when other kids were arguing about who had the more expensive sneakers. They didn't have more time to achieve success; they just found the right path and walked it by themselves.

Marek Mittaš

When everyone is zigging, you need to be zagging

When dozens of years ago somebody predicted that there will come a time when people will be able to connect from different parts of the world, he was called insane. Like so many years earlier when somebody declared that men will someday travel in the sky like birds. Each time period has its visionaries, futurists who can see beyond the horizon and predict trends and mass behaviour.

You might know Randy Gage thanks to his multiple best-selling books and also his captivating blog. His direct and true observations have helped people achieve prosperity and free themselves from the shackles of the „victim syndrome“.

Now, his newest book Risky is the new safe is coming to the markets. Why is this book so futuristic and what does it offer?

In his newest book, Randy takes a look at the (near) future. It's well known that the world is making huge leaps forward every day. Several years ago we held huge bricks with antennas at our ears, today we surf on smartphones. Technologies are developed and improved. The same holds true for business and economy.

In Risky is the new safe, Randy explores the question of cloning and the ever growing automation of work, where robots replace humans in their jobs. He points to where this technology is heading and what impact on humanity it will have.

In the past, people found safe jobs with well-known companies. Today, even huge companies go bankrupt overnight so that's no longer an option. This model is invalid. Many still believe in it, however. They also believe that institutions like the

government, religion and various organizations will take care of them. They bet everything on safety when its very foundations are crumbling.

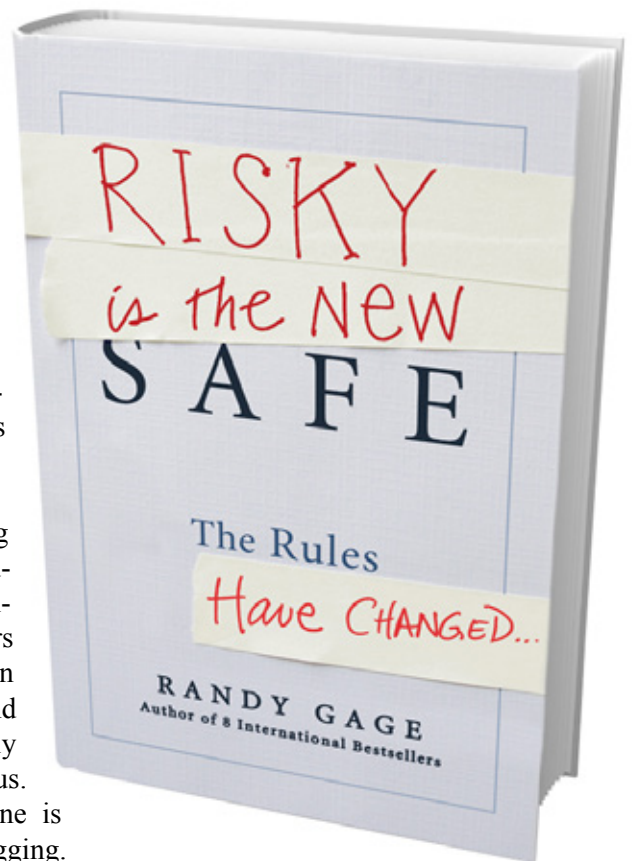
Where there are challenges, there are opportunities as well.

Randy claims that going with the masses is a destructive path to take. To conform and follow what others are doing (and, more often than not, aimlessly and recklessly) can be not only stupid but even dangerous. That's why when everyone is zigging, you need to be zagging.

In this day and age, risky becomes the new safe. The rules have changed and if you want to succeed, you have to start thinking differently and go against the flow. Don't blindly follow the masses; tread out your own path. It may be more difficult but also safer and it will bring you prosperity, happiness and success.

Randy also touches on the newest technologies and the direction thereof as well as what kind of people will companies be interested in. A world with too many competitive companies that want to be as profitable as possible is filled with college graduates. Traditional education won't be as valuable anymore. Companies will want results, profits, solutions. They'll need creative people with practical knowledge who can solve problems and bring in profits. The demand for these people will be great.

Randy also predicts the fall of various currencies and gives advice on where to invest your money if you want to



survive these difficult times. Besides real estate, he talks about precious metals like gold or platinum and about various ways to acquire such property and what to do with it.

He speaks highly of Europe and the hunger for business there. He is pleased by how many people here strive to work on themselves and go towards their goals in spite of the difficult local conditions. He also focuses on universities and their influence in the coming years. He explains what the four fundamental aspects of education in the new economy.

Risky is the new safe will please those entrepreneurs whose priority is their company's profit and branding. He focuses on the importance of the communication channel between the seller and the buyer and how to harness the social media for this purpose. He also provides several examples on which he illustrates these new rules.

He also takes on the question of ego.

According to Randy, the human ego is not evil but we need to learn to use it properly. We can harness it to make our life happier and even to make the world a better place. He considers human selfishness a virtue that can be used for your own good as well as

for the good of others. He thus breaks down the barrier that modesty is good and selfishness is bad (which doesn't apply for narcissism and manipulating others).

Every reader of this book will think

about where the world, the business and the economy are heading and whether their own actions are in accord with the new rules, where taking risk is safe and brings you prosperity.

Vladimíra Šebová

Can you imagine life without time?

A year, a month, an hour, a minute, a second. You know exactly what time it is, what day it is, in how many minutes you are to have your dinner or meeting or go to bed. Can you imagine your life without watching the time? Not to look at the clock at least for one day? What would be your day like? Would you be able to do so?

However, once upon the time the people were living like that.

They were able to tell the time knowing the dawn, the midday and the sunset – it was their „clock“. They believed that the day and the night are two gods fighting for power. Just then there was a man who as the first all over the world started to measure time and founded the first clock in the world. The book *Time Keeper* by Mitch Albom, that became bestseller all over the world, is devoted to him. Now, after I have read it, I am not surprised that the book is so famous.

However, the Heaven was angry with him – they claimed he had not right to measure what was given people as a present. He could not defend himself. He was imprisoned for thousands of years listening the lamentation of those who were asking the time. He became Father of Time.

The Father of Time should be redeemed by the entering the year of 2012 and after two human lives have been rescued – a young girl, who is just at the beginning of her life, wants to commit suicide, and an old rich entrepreneur, who is dying from cancer and tries to find the way how to live for ever. However, are they competent to do so? What will happen if they succeeded?

I have to warn you. You have to think about thoroughly if you really want to read the book.

Because as soon as you start reading, you will not be able to stop reading. Three stories of main characters are fading into one another and grading. They are starting to go at full speed and the author does not let you put the book aside.

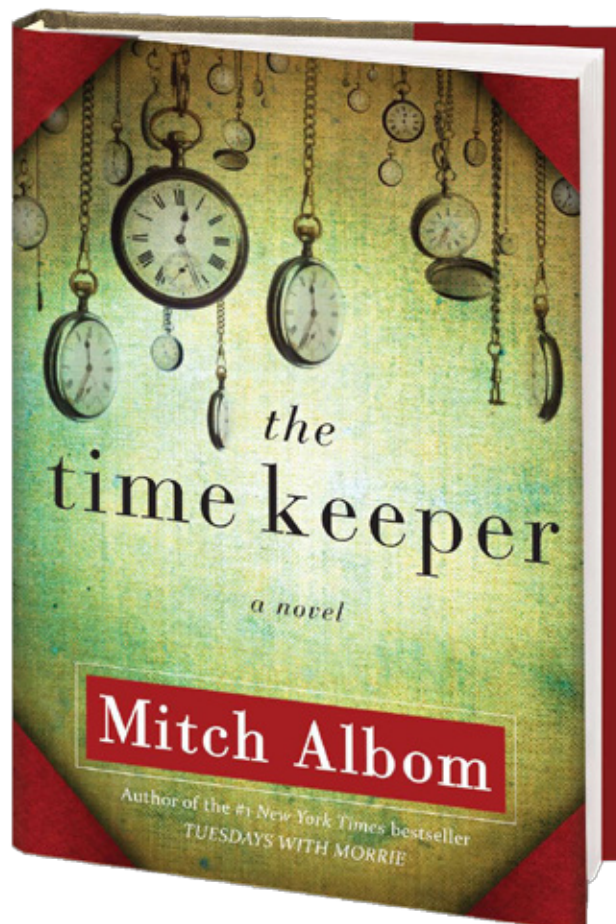
It makes us think about the time. Why not to live for ever? Why is our stay on the earth limited? Is it possible to travel in time, to know how to stop the time, to let it be quicker or slower?

I consider the book *Time Keeper* as a brilliant story with a very deep idea about the time and human life. Three main characters are depicted so perfectly, that anybody can put oneself in their position, everybody can understand their thinking and you are wondering what they are going to do next. In the book three story lines are mixed together and you are waiting impatiently when they will join or if they are going to join at all, and what will happen thereafter...

What will happen if somebody takes one's own life? What would happen if he did not do so?

What will happen if somebody lives for ever? What would happen if he did not do so?

Vladimíra Šebová



About The Art & Science of Coaching.

INNER DYNAMICS OF COACHING

BY MARILYN ATKINSON AND RAE T. CHOIS

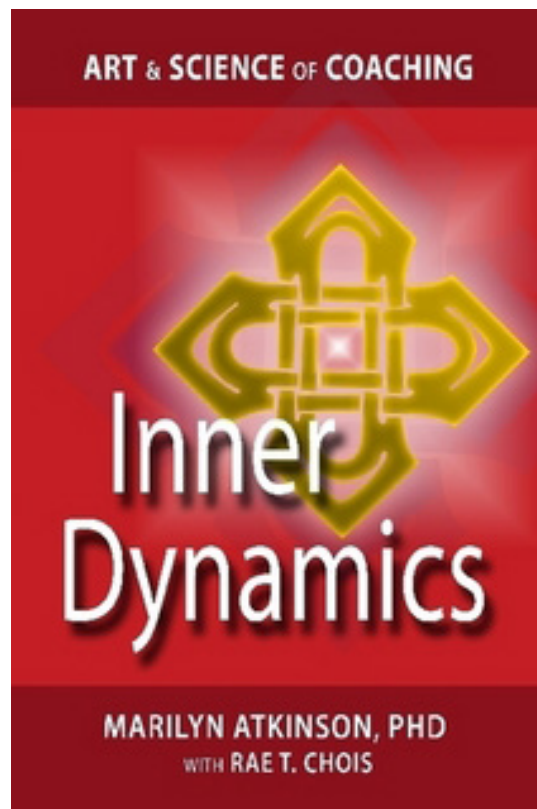
I was sure this book would be a challenge for me even before I held it in my hands. Not only because I was going to personally meet Marilyn Atkinson, considered one of the best coaches of today, but also because the book contains many tools and techniques in the technology of integrated, solution focused coaching.

Three books from The Art & Science of Coaching series, written by Marilyn Atkinson and Rae T. Chois, are the result of Atkinson's own coaching research. Only the first book of the trilogy – the Inner Dynamics – has been published in Czech so far, offering a look into the science related to the 21st century discoveries in the human brain and to a bold and inspiring philosophy. This publication presents a concrete system aimed at helping people bring out the best in them and live their lives up to their fullest potential. Its chapters lead you to an inner science and philosophy of what makes solution oriented coaching a significant new force in the twenty-first century. It reveals and explores the inner workings of the mind and the heart and sets the playing field for the contemporary art of conversations that bring about the change in transformational conversations. It is a practical manual for understanding how to change one's own life from the perspective of what it means to be a complete human being and to live one's own highest vision.

Effort is important but so is its direction

In the introduction, Marilyn writes about the goal of the book: „The over-

all purpose of this book is to invite you into a deep, provocative conversation with yourself about your life and personal aims. These are the first steps in holding transformational coaching conversations. The goal is to support you in beginning to understand the theoretical framework, and developing the skills to enjoy transformational conversations with yourself and others.“



The book is rich in stories, practical examples, quotes, newest bits of knowledge about the brain and its functions, interactive exercises but also affirmations to strengthening the effect of the lessons taught by each of the 10 chapters. You'll discover the basic dynamics of a project mind-set that builds habits of self-discovery and open-ended discoveries. It enables you to develop a self-coaching system allowing you to overcome obstacles and cause permanent chan-

ge. You'll also learn the basics of how the mind-brain system works and what the key for strong visualization is. And last but not least, you'll have an opportunity to examine the roots of the coaching movement, not by exploring its history but by looking into the basic functional principles and inner dynamics of solution oriented coaching. You'll discover functional principles, sustainable methods and tools used by people all over the world to be inspiring during their conversations and to bring change into life.

To coaches, the book offers a more thorough vision of coaching and its potential. If you're thinking about becoming a professional coach, this book will guide you through the inner coaching conversation in a useful and effective way. If you want to utilize your coaching experience in all aspects of your life: as a parent, manager, business owner, friend, mentor, consultant, artist, trainer..., this book will support you in your communication on an entirely new level that really does bring out the best in people.

This publication about the inner dynamics is about an inner path that encompasses coaching. Its readers will be able to acquire wisdom as well as skills and the best tried and proven practices.

The authors challenge us to focus on thinking about questions that stand before us:

- How can you learn to control your emotions?
- How can you stick to your goals from the beginning to the end and be happy with yourself even in times of trouble?
- How can you end something that now seems entirely different

from what you originally wanted, do so with dignity and still experience the feeling of real success?

- How to actively connect with your subconscious and to learn to be one with your inner resources?
- How can you transform your inner fears in order to live out your real potential?

A meaningful and provoking path

Based on the feedback from readers all over the world, Marilyn Atkinson believes that walking through this book is meaningful. Having read it myself, I can attest to that and confirm that my vision is more tangible now and that I am one with it, my potential shows me what I'm good at, my erudition has deepened and I gained professional insight, and I have the

courage now to contribute more to inspiring others.

If you are someone who likes life-long learning and who is interested in personal development, this book is the right boost for you, it is a source of ideas that spark your curiosity and provoke you to move to another level of living your life the way you want to.

Janette Šimková

The success formula discovered

Virtually every other book about personal and professional growth promises to teach you to think positive, to help you achieve your goals and to enable you to live a life full of happi-

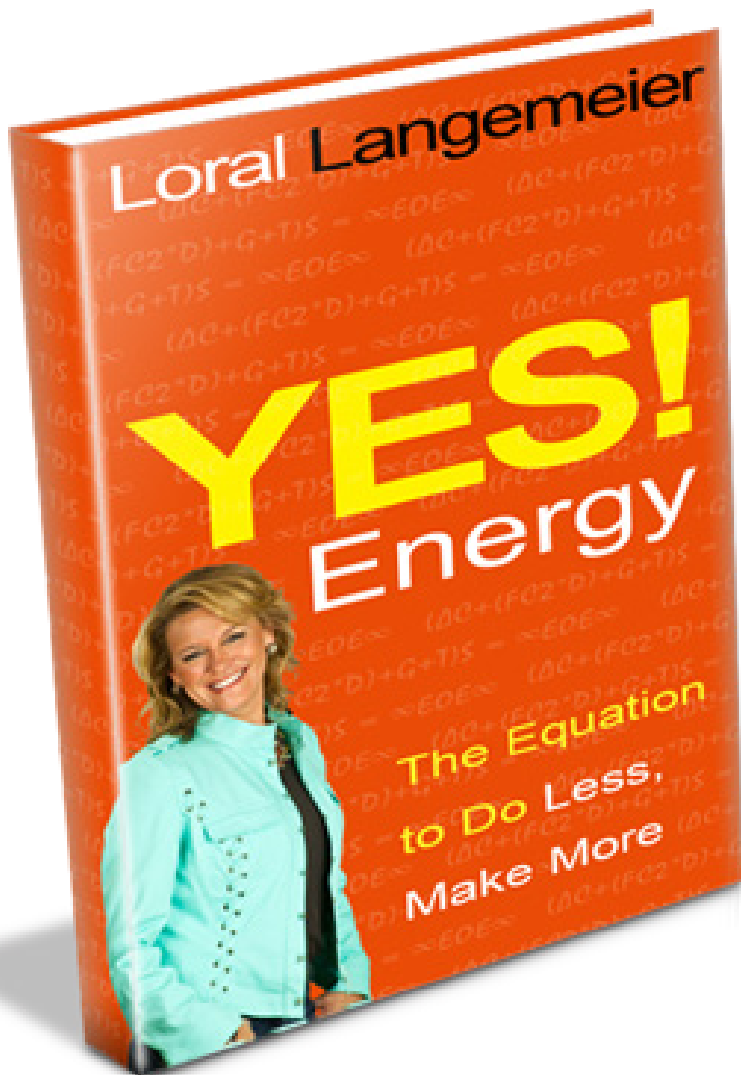
ness and harmony. When there's another book that promises you the same, you sometimes get sceptical. Am I right?

When the book Yes! Energy found its way into my hands and when I saw that Loral Langemeier, the author of this bestseller, writes the same things about a perfect life and fulfilled dreams as what is mentioned above, I said to myself: „Okay, Loral, come on, prove it.“ And she did. Let me tell you about it.

In her book Yes! Energy, Loral presents a mathematical equation which can be used to solve any situation in your life with a positive result. Don't worry, you won't have to do any derivations or rationalize fractions. In fact, you won't have to employ mathematics at all. Loral used this mathematical equation purely for the purpose of remembering how to make profit out of own troubles.

In Yes! Energy, the author promises that you gain maximum results with minimum effort. As I've already mentioned, I had been sceptical at first. This book, however, really is something!

Being one of those who went through hard times yet managed to achieve success, Loral had her share of trouble. A single mother of two and an entrepreneur at the same time, she's often had a rough time. And sometimes, the worst situations yield the best solutions – when there's no other choice. And thanks to these rough



times, Loral came up with the formula she writes about in this book.

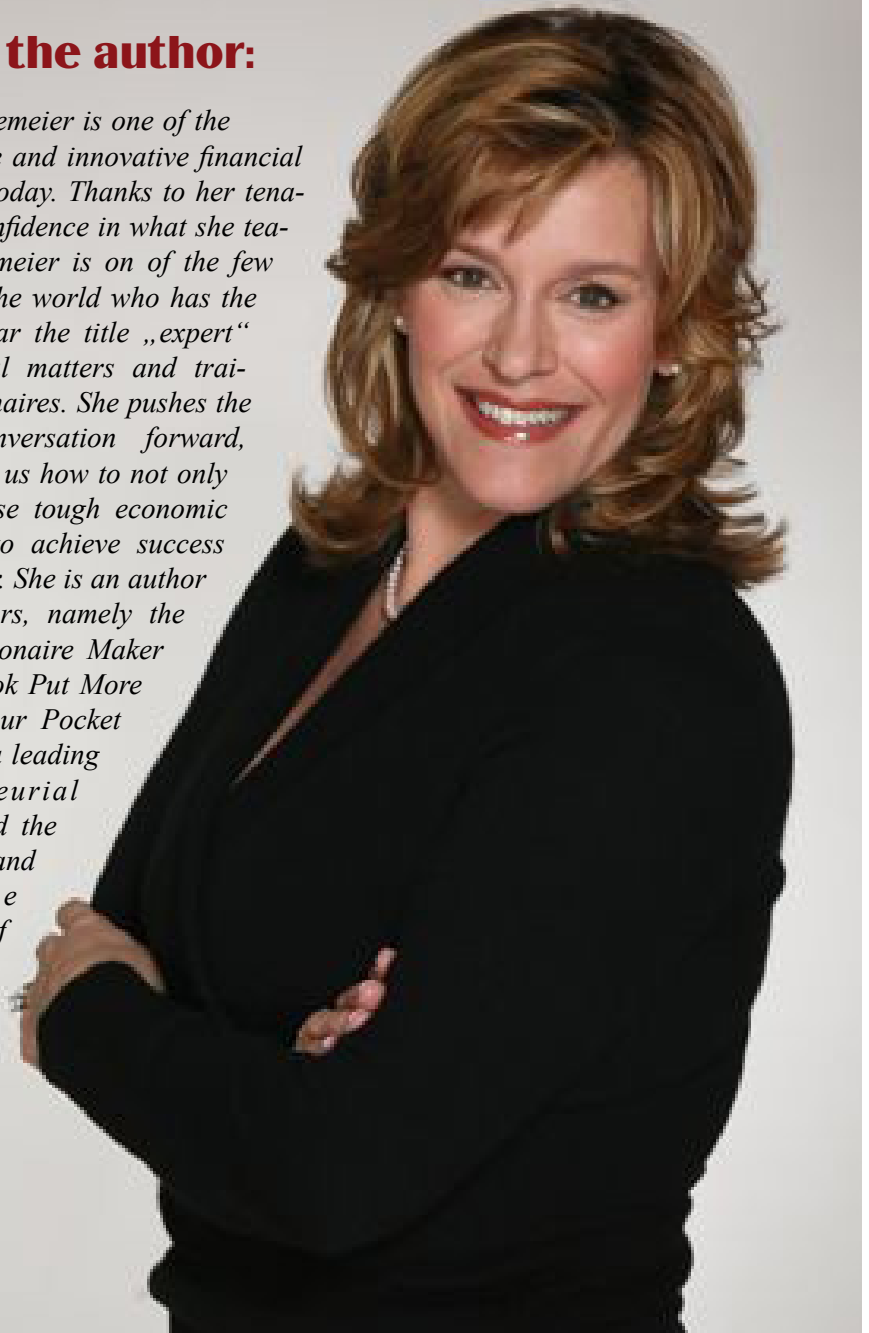
Not only is there no mathematics in this book despite the mathematical formula, the book itself is written in a very simple way, through stories from Loral's life. These illustrate brilliantly how can the success formula be used in practice. In many personal development books, the authors focus mainly on planning and goals. Loral, however, points out the power of a great team – the people around you who support you – and also the power of communication. Loral considers the social part of the equation to be very important and thanks to her authentic experiences written down in this book, you'll realize that she's got a point.

What I also find positive are the questions in each chapter. They are right on the spot and you can't help but think about them. You might be even surprised by your answers. Loral simply knows what she's doing. With this book, you'll also be able to reveal your secret talents and features you may use to your advantage and may help you achieve financial wealth. Loral believes that each person has a great innate potential that just needs to be uncovered. This is something you'll be able to do thanks to Loral's stories as well as thought-provoking questions in this book.

In general, men are the powerful, resolute, ambitious entrepreneurs. It's great, however, to read a story about a strong and self-sufficient woman who is not only able to take care of herself and her children but also run her

About the author:

Loral Langemeier is one of the most visible and innovative financial experts of today. Thanks to her tenacity and confidence in what she teaches, Langmeier is on of the few women in the world who has the right to bear the title „expert“ on financial matters and training millionaires. She pushes the money conversation forward, shares with us how to not only survive these tough economic times but to achieve success and prosper. She is an author of bestsellers, namely the series Millionaire Maker and the book Put More Cash in Your Pocket as well as a leading entrepreneurial speaker and the founder and executive director of the multi-million business Live Out Loud, Inc.



business that despite many obstacles continues to grow at an unbelievable rate. Thanks to feminine sensitivity, she brings a sense of authenticity into her stories that will make you think twice before you put the book aside.

Among others, in *Yes! Energy* by Loral Langemeier you'll learn:

- how to achieve extreme optimism
- how to discover your talents
- what are your values
- what illogical rules you cling to are marring your success

- what kind of energy flows in your veins
- how to choose the correct sequence
- how to build your support team and, above all, what is the formula of success

Yes! Energy really does provide a slightly different perspective of achieving success in any area, which you simply must have look at.

Vladimíra Šebová

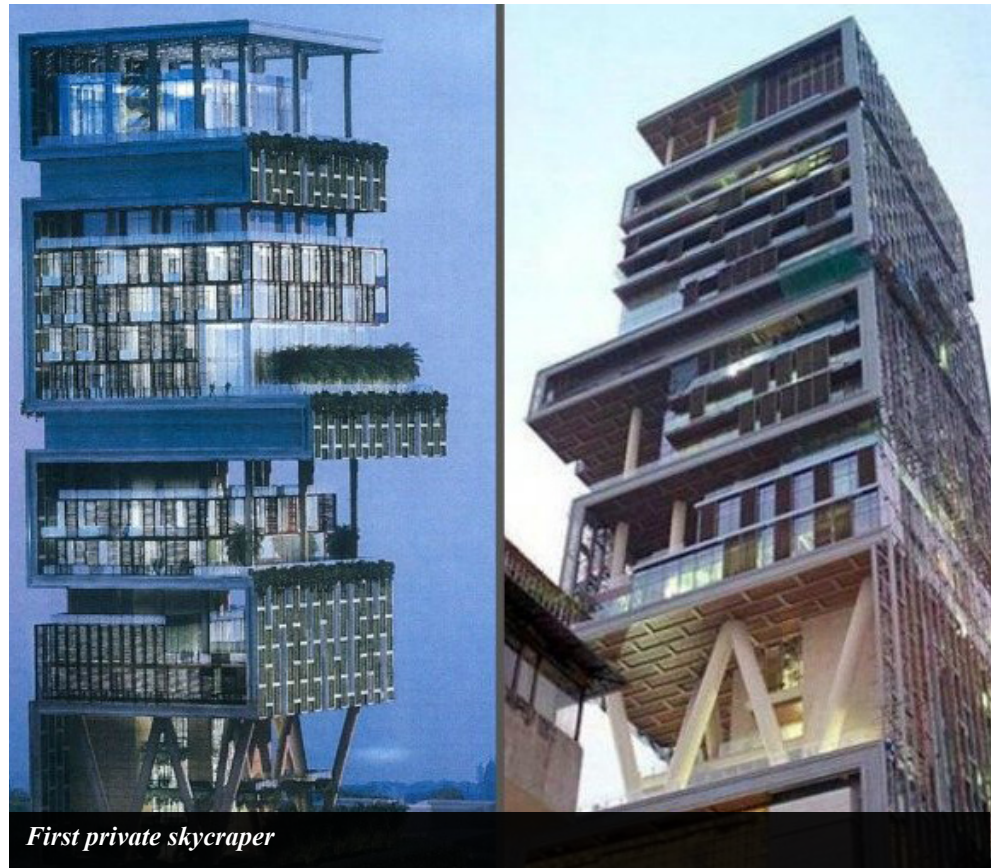
The most expensive houses

Ideas of perfect dwelling are often limited by money and mortgage amount. However there are cases where there is no financial ceiling on construction and then real hou-

ses appear that definitely do not only serve for dwelling. They are a wild presentation of luxury and of all dreams of the owners that could come true in their life.

Dwelling at milliards

Indian multimillionaire and the fifth richest man in the world, Mukesh Ambani, could afford dwelling that overcame current comprehension of the space. His house has 27 storeys and it is the first private skyscraper. The investment exceeded two billion dollars, and although it may have been built at lower price, this master did not economize on his family comfort. The house is in Mumbai and its interior looks like a fairy tale. Every storey is full of luxury. It has become a public secret that the equipment of the house is twice as expensive as the whole construction. The house is ragged and highly luxurious just like the most expensive house all over the world should be.



First private skyscraper



English brown house like in fairytale

English fairy tale

At the distance of only 25 kilometres from London there is the largest building to have been built in the country since 19th century. The Updown Court is however at disposal for those interested in it, and should you want to spend the autumn of your life there, you will have to spend at least 150 million dollars. Then you will have 103 rooms, five swimming pools, heliports, garage for nine limousines and a bowling track. Simply you will get into a fairy tale, and should you sometimes in the evening hear well known melodies, then remember, you do not suffer from hallucinations, because Elton John lives not far from here.

Modern Versailles

David Siegel, the American tycoon, was possessed by the European architecture and castles on the Seine. Therefore he started to build a part of his Versailles directly on the Florida. The seat of dreams has not been finished yet, but it is the biggest private house in America. It is impossible to speak about the price, however, when he is spending a substantial part of tycoon's property on it, it must be quite a long number to appear on the invoice after the construction has been completed. Every day in month a different bedroom can be used, plus thirty rooms with view of the sea. The garage for twenty cars, waterfalls, equipment in French nobility style. So it is when somebody knows how to use his money.



David a Jacqueline Siegelovci are enjoying their Versailles in Florida



Mariah Carey's house



Famous address

The lady singer with the most expensive legs in the world, Mariah Carey, lives in a fairy-tale villa in Beverly Hills. The immobility has price of 125 million dollars. However Mariah has only moved into the house that was built in Marie Antoinette style by a wealthy man from Texas, who did not taken root there. He managed to launch the theory that a dream of one man may also become a dream for anybody else. We were excited at beauty of every other house, but this one is the pearl even in local conditions.

The most expensive eco department

Frank McKinney is a famous real estate artist and he created his own eco world on 15,000 square meters. He was inspired by his excursions to Bali, Hawaii and tropical paradise. His villa houses seven bedrooms, lots of bathrooms and the three-storey seat is furnished with solar panels that are located on the area of a basketball court size. The aquarium, sea bar, gambling club, and the only thing that somehow compensates the investor's costs on construction is the fact, that 70 % of energy is produced by himself.

Marek Mittaš



Luxurious and ecology

The tie as a domain of men

Hardly anybody can imagine concluding a good business without a nice tie. This fashionable accessory has become a current part of business meetings and of successful people wardrobes. Ties have been transferred from men to women's necks as well but in spite of this they have remained a domain of men who have ever been fighters. Because of a fact that ties have their roots at real fighters not winning their combats at round tables but during raw combats with weapons in hands.

Fighters from Business Centres

During history exploration we can run across a lot of milestones of creating tie appearance along with its form, but we shall not come further than to China and Roman fighters. It had just been they coming with an idea to decorate soldiers with a piece of cloth under their necks and that is why a tie became besides a mark of combat clan membership also a status carrier. Ties had penetrated into Europe during the Cold War. In that time Croatian soldiers had come to serve in French Army with those „decorations“. Their small ties had aroused interest in the fashion city immediately and this idea was expanded to men who used their own rhetoric as a weapon. Nowadays we celebrate an international day of ties on the eighteenth of October and it is celebrated in diverse places of the world.

Tying as Symptomatology

There is an art to tie a tie correctly. Tie-masters assert that there are up to incredible 85 ways how to tie it around your neck. There is a thing. But according to practice men copy usually from three to four ways them they trusted. The Windsor tie-down point belongs to favourites. Because of its nobleness and conservative style it has been connected with the British Crown of Edward VIII. Just he with his designs may create con-



ventional and easy tying. There is also the Manhattan tie-down point being used for simplification and smaller shirts, which is a half version of the Windsor one and in addition to there is a quite popular Pratt tie-down point which had appeared as far as in 1989. Ties and their styles are very popular in spite of their comparatively short history. They have expanded in the fashion world with such a success that hardly any other fashion supplement can compete them.

Bet on Silk

Tie prices are very different - from really negligible ones up to mad sums. But it should definitely not be saved in reference to quality. A business part-

ner is able to find out at the first sight what a partner he has in front of him. Ties have saved particular features of fighters till today. First-rate silk ties represent a top of iceberg. In order to preserve its vitality, the tie needs a regularly care. A tie-down point is to be untied after every tie use to prevent texture wear. A first-rate tie shall stretch itself and be prepared for another use. First-rate ties are determined by really attractive patterns. Despite a fact that also comic and wild radiant ties are in fashion, if you want a silk quality, you shall become a gentleman which is a profitable side-line for both your life and business.

Marek Mittaš

Apple as a symbol of luxury

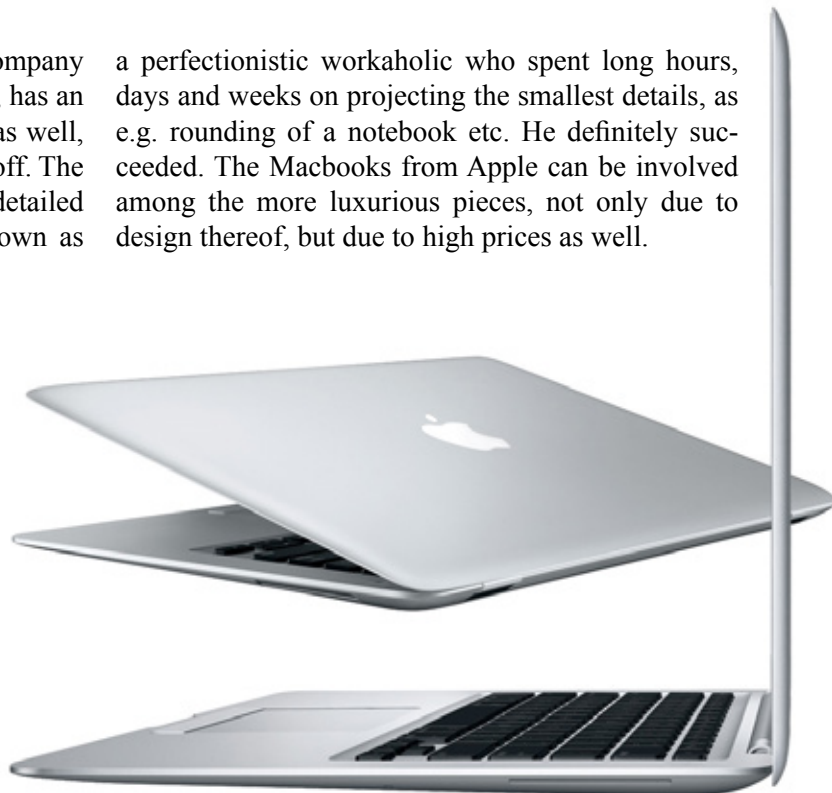
The symbol of an apple has shaken the world many times in many respects. While the legend says that Isaac Newton discovered gravitation thanks to an apple, that fell on

his head, according to the Christian tradition it was the apple that Eve took and for what they were with Adam punished by expulsion from the paradise. The symbol of apples

has survived till today; it is glamorous symbol with stamp of luxury for prestigious companies. Let us see the best known ones.

Apple Inc. need not be introduced. A giant company established by Steve Jobs and Steve Wozniak, has an apple not only in the name, but as a symbol as well, that was created as late as in 1976 by Rob Janoff. The Apple puts great emphasis on the quality and detailed processing of every piece. Steve Jobs is known as

a perfectionistic workaholic who spent long hours, days and weeks on projecting the smallest details, as e.g. rounding of a notebook etc. He definitely succeeded. The Macbooks from Apple can be involved among the more luxurious pieces, not only due to design thereof, but due to high prices as well.



The symbol of an apple was also borrowed by the famous fashion designer Donna Karan for her trade mark **DKNY**. In addition to clothing she has developed a number of perfumes in shape of an apple and they are to be found in perfumeries. There are more executions; it is up to you which one you prefer. All apple-shape perfumes of DKNY are full of freshness like a true fresh apple.

This year the **Chopard** company manufacturing luxurious watches, jewellery and accessories was inspired by the apple. The Chopard company was official partner of the Festival in Cannes for 2012 and prepared a special collection - Red Carpet collection. One of luxurious pieces was also an impressive apple-like ring with unbelievable 200 diamonds and about 800 tsavorites (species of green precious stones), and this ring had not only the shape, but also the colour of an apple.

Vladimíra Šebová



Liquid gold in a bottle

When it comes to luxury goods, olive oil is usually not the first what comes to mind. But this is a stone-age notion of values because good olive oil may be hundreds of dollars worth. In the fine, clear oil, there is not only tradition and honest way of treating the fruits of the earth but also a mysterious force of life that humans should value more than gold, diamonds or petroleum.

Liquid gold

Olive oil is called liquid gold not only for its appearance but also for its anti-septic and healing effect that had been attributed to gold. The first references to olive oil are as old as 8000 years, almost as old as the history of modern humans themselves. The olive tree found its use very quickly, not only as a bearer of fruit but extracting oil from it had become a ritual. At first, it was used as a luxury item during religious ceremonies and very soon thereafter it landed on food tables as the blessing of gods. The Greek were perhaps the greatest pioneers in the production of olive oil and even today the highest-quality and most luxurious products originate from the „Hellenic“ region. Other sources indicate the inhabitants of what is today Syria and Iran were among the first discoverers of olive oil but it is more than certain that even king Tut of Egypt liked to be adorned with olive branches and drank olive oil that was supposed to prolong human life.

The most expensive oil

Doctors have been pointing out the

positive effects of olive oil for a long time. It helps combat ulcers, heart diseases, it lowers blood pressure and cholesterol as well, and these are but a fraction of the value it brings to the table.

With the amount of unsaturated fatty acids, Vitamin E and antioxidants, it is rightfully regarded as the icon of healthy nutrition. In nations with the highest longevity of life, there is always a bottle of olive oil on the table despite it being the most expensive edible oil. As for the price, we cannot expect to get a diamond-grade olive oil in our stores. Though it is offered in our country as well, Lambda, the most expensive olive oil, is a matter only for the top ten thousand, if not higher. It is an Ultra Premium Virgin olive oil bottled in attractive



decorative half-litre flasks resembling perfume bottles. Olives that comprise this product are hand-picked, sorted and extracted with care. And it shows on the price. One bottle costs no less than 54 dollars and should you choo-

se the gift packaging option, have 200 dollars ready. That's not all, however. There is also the special edition, bottled in golden jars, laid in hand-crafted gift boxes, sold for over 14,000 dollars - and we're still talking half a litre.

Virgin is virgin

Maybe you won't pick Lambda right away, but it is always good to invest into an oil with the attribute „extra virgin“. These oils are of the highest quality possible, they're not heat-treated; they're extracted from the whole fruits, cold-pressed so that they retain the best of what nature had given them. Olive oil is a luxury by itself, completing and complementing the flavour of salads as well as other foods and signifies better health. Of course, the highest quality oils taste completely different from the middle class that sometimes has a metallic aftertaste. The real luxury is brought to the palate by the olive tree, itself drunk on sunlight the essence of which is bottled by southern farmers into flasks and retains not only the flavour of the southern regions and prime olives but the positive energy as well. It's not a coincidence that these oils have been widely used during religious rituals, for cleansing the body or preserving treasures. The treasure of olive oil enriches every table. One spoon a day gives you vitality, energy and health as well.

Marek Mittaš

The most expensive books in history

They mesmerize readers, collectors and also investors - the books. Nearly two millions of book titles are issuing round the world yearly, but in spite of that text and story flood there are several pieces standing of them on Olymp of the book world. We are talking neither about sale records nor about the best novels. It is because of a fact that a plot is the last thing interesting a buyer in such a book. But a story connected with it can be really exclusive.

Codex Leicester

Its author is Leonardo da Vinci himself which may weave secrets among its pages, which has not been disclosed by anyone so far. There is a manuscript of seventy-two pages in which the famous scientist and artist had set down his unique ideas and inventions. In 1980 it came to a rich industrialist and philanthropist Armand Hammerer, but its further fate is far more interesting. In 1994 this book was obtained by Bill Gates, namely in an auction for more than 30 million dollars. Now we anticipate at least where his permanent inspiration source has been coming from.



Birds of America

There is the most expensive printed book till this time, whose author is James Audubon. This book was sold for eight million dollars in 2000 and two years ago one copy climbed up to 11 million. One can say that it is a „life-size“ book because James insisted on a fact that all the birds have to be painted not as miniatures but in their real sizes. Because of that the copy has 99 x 66 centimetre size and according its title depicts the most known birds of the United States.



The Canterbury Tales

Advanced printing machines are able to gush out a collection of twenty-six tales by Geoffrey Chaucer in a number according to your wish. But if there is a copy from the Fourteenth Century, that time a book represented a gold mine, it is evident that such a book shall not cost several Euros.

That book was sold in an auction for nearly five million dollars. There had to be a substantial book-worm disposed to clearing a comparatively fat account because of several stories.

Gutenberg Bible

What can be more valuable than a book which had stood at the book industry birth itself? One of them was a copy of the Bible from the famous Johan Gutenberg's machine, which launched the printing trade revolution. It had come from 1455 and after years of stay in an unknown area the Bible appeared in the United States in 1978. In the end it has been in London since 1987 thanks to an auction. An unknown bookish person paid more than 5 million dollars in order to obtain it. His name will be unknown to us because there is to precious book to be known at what address it can be to read.



Music Composition Book of W.A. Mozart

There is not a book to all intents and purposes. There is rather a music composition book nevertheless of the waltz-master himself. It represents an original sheet of music and thanks to that „fiddlestick“ it became the most expensive composition book on change being ranked in books. The sum of 3.6 million dollars is not any peanuts and the book is in a safe most of the time than in a library, but it is a fate of world bibliotheca pearls.

Marek Mittaš

Wishes are granted at night

Closing your eyes and sleeping. Something we do every night and we often have no idea what happens to us during the time. Scientific division into REM and NREM phases, eye movements, waking up, fluctuations in hormone levels, all this is too complicated and yet we forget something simple. When we sleep, our subconscious speaks through us. When we're awake, our subconscious mind-set determines how we live. Divining dreams is no magic but an often straightforward and pragmatic explanation of what we can expect based on our mind-set. Because when we sleep, we not only regain our strength, we literally program our lives.

Battle against consciousness

During the day, our conscious has the primary and active role and is very adept at suppressing our subconscious, sometimes referred to as the inner voice or the sixth sense. During the night, however, the active part of the brain is inactive and our subconscious can manifest itself in its fullest and, in a certain way, shaping our future. It is not a coincidence that ancient Egyptians, Christians and all nations and peoples who dabble in the spiritual side of human life speak of dreams in an almost reverent tone. Through dreams, we enter a reality that is inaccessible to our conscious mind. The

dawn interrupts our journey into the depths of our soul again and we can't remember most of the dreams we had. Sometimes, however, something slips through.

Wishes are granted at night

This is not a fairy-tale line but a path to a better reality. Consciousness is powered by our cerebrum, the big brain, whereas our subconscious hides in the cerebellum, the little brain (in the back of our heads). The subconscious mind needs time and space to manifest in the material world. If we take those away, the opposite polarity stops affecting us and we become able to make our dreams come true. If we teach our subconscious mind that we do not wish to fall prey to certain desires tomorrow, it will have enough time to obstruct our path. However, if we take away the notion of time and space, it starts acting as a positive force inside us. The active consciousness adapts and our wishes come true. That's why it's so important to send signals into our subconscious without time and space, in the present tense or as an imperative. I don't drink, I don't smoke, I'm healthy and rich! Could it be any simpler?

Does prayer help?

Mantra, prayer, plea to the universe, all this is based on a simple principle of programming our uncon-

scious mind before we go to sleep. Our subconscious is most reliable at night when we sleep because our consciousness doesn't work and our subconscious takes over. We shouldn't therefore go to sleep with a troubled mind. Such thoughts affect our subconscious mind in a negative way. The subconscious works with whatever thoughts we go to sleep. It's clear now, isn't it? All it takes is a visit to a fortune teller who takes a look into our subconscious through our dreams and knows whether we're programmed to be successful or to live a life of misery.

What's the trick?

Our subconscious is not a pouch that, when shaken in the correct way, would allow us to wish to make millions or something as trivial as quit smoking and become rich non-smokers overnight. Only in our dreams. But that's the point - if we dream about our desired wish, it means that our subconscious and its power are fully involved. We only need to give it some space even when we're awake and take heed of our „sixth sense“, which is now programmed for success or for the path of a non-smoker. Our consciousness must accept that and in that moment we achieve what we told ourselves before going to bed.

Marek Mittaš



Adrenalin on water

Be ready to welcome a new adrenalin tsunami, a new type of fun is coming to excite the heart of every adventure and water lover. Yes, you have understood what is meant correctly, the point is a water sport, and although the winter is drawing near, the wakeboarding cannot be postponed by a year. It is generally known that successful and rich people enjoy the summer in winter and during the winter they travel to warm up in countries with hot climate. So the coming autumn is the very time to think about in what exotic destination the wakeboarding should be tested.

Surf, skiing, snowboard on water?

Such attributes embellishes the sport that is getting common among favourite activities of sport friends. Its history goes back to eighties, when the surfers on the Florida decided that it is rather boring to wait for waves to come, and they would be happy to surf even in season when the sea is not foamy. As they were tough boys, they had first the idea why to be only satisfied with obstacles generated by the sea, when one can put the obstacles in the way oneself. The first attempts were rather insignificant and, frankly speaking, there were more scratches than real fun. However in 1985 a true



Surf, skiing, snowboard on water?

breakthrough happened: Tony Finn from San Diego developed a skurfel, something between the surf and water skies. Herewith a new sport is born. You will not find any binding or holder there. In the same year a temporary binding was anchored into the board for practical reasons, it has remained there by today, although it has been subjected to new technologic development.

As wild as the sea

The wakeboarding is not meant for weak characters. In the light version you let yourself drawn by a boat or a water scooter, but there are centres with special tows which provide an extra ration of fun and excitement.

You will wear a swimming suite and dash through water on a single board at the speed of 30 – 50 kilometres per hour, which is the speed that may thoroughly comb even wet hair. Whoever thinks that it is an easier version of water skiing, he has hardly ever stood on a board. Because in this execution your feet will not part each other, but you would be rather modest if you would only travel on water and without applying artificial tracks and trying to jump, which is the true message of wakeboarding.

The more exotic, the better

It took many years before the first swallows reported the coming of this adrenalin sport to Slovakia. In 2012 the interest in wakeboarding was noticed even in our geographic latitude, but as we do not have the sea, it is still just a play in the sandbox, and we would feel ourselves like in the middle of a desert. Therefore there is like involving this kind of fun to your plans for winter holidays. There is nothing like experiences and wakeboarding in the real sea. It is great to visit the home of this sport on the USA coasts, but Australia is also ready to welcome tourists. Romantic Asia coasts or any of the isles where the tourists are so spoiled, that they are in need of adrenalin ration. Just try it.



The wakeboarding is not meant for weak characters

Marek Mittaš

the VISION

The Vision magazine

Magazine about personal and professional development

Volume I., December 2012

Editing:

The Vision s.r.o.
Eudovíta Štúra 212/33
Madunice
Slovak republic

Graphics:

Graphicsoul s.r.o. www.graphicsoul.sk

More info in slovak language:

www.thevision.sk

Editor in Chief:

Vladimíra Šebová vladimira.sebova@thevision.sk

The Vision s.r.o. is editing The Vision magazin also in slovak language on magazine.thevision.sk

Editorial staff:

Tomáš Blažo blazo.tomas@thevision.sk
Tomáš Poláčik tomas.polacik@thevision.sk
Marek Mittaš mittas.marek@thevision.sk
Mgr. Janette Šimková janette.simkova@lifekoucing.sk
Ing. Emil Burák PhD. burak@nextra.sk



facebook.com/thevisionmagazin