

Manual 9

HEALTH: MY MENU / YOUR EXERCISE

Let's Live Forever...
Eat What?



Look Healthy on the Outside
Be Healthy on the Inside!

SHANE BYERS

The Super-Me Series

#1 GREATEST PRACTICAL PROGRAM FOR YOUR "SUCCESS"

Super-Me Self Improvement Series

Shane Byers

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AND IT WORKS FOR ANYONE, ANYPLACE, ANYTIME.

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“HEALTH”: MY MENU / YOUR EXERCISE

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INTRODUCTION

The “Super-Me” Self Improvement Series must include a section regarding “Health”.

I’m always telling you what you “must” do... well, this is something that I “must” do... I have to have a Manual on “Health”.

My definition of a healthy lifestyle is exercise plus a good menu...OK a diet.

By the way, let’s call a duck a duck if it’s OK with you. Some people call a diet a “food plan”. Others call it “eating healthy”. The truth is, it’s a diet so let’s call it a diet.

It’s not what you call it that counts, it is what you put in your mouth that counts.

So, let’s get the phobia about saying the word diet out of the way right now.

DIET, DIET, DIET, DIET, DIET.

OK? Now let’s get on with it.

OH NO, NOT ANOTHER DIET...

Here you go. You say, “Oh No, not another diet... I didn’t sign up for this... I quit!

Hey, hang in there with me for a moment. I know that normally, going on a diet is very stressful. That is one of the reasons why diets don’t always work. The stress builds up until you need some sort of relief. And what better relief than a piece of chocolate cake and some chocolate ice cream. And there goes the diet.

Well, I’ve got a couple of new approaches to a diet...

Consider this, what if you don’t “Focus” on diet alone? What if you also “Focus” on an exercise program too? No, this isn’t twice the stress... listen to this...

Both diet and exercise are equally important to a healthy lifestyle. Since you are now focusing on two things, diet and exercise (and not just one thing – diet), doesn’t that mean that the stress associated with your diet is now cut in one half? Yes. Sure it does.

Now, wasn’t that easy. We just reduced the amount of stress associated with your diet by fifty percent. This is true because so long as we are exercising (pretty much on a daily basis... at least cardio exercise on a daily basis... you know, power walking for 20-30 minutes daily) we don’t have to watch what we eat as much. Isn’t that nice? Wow! Exercise reduces the stress you associate with your diet.

And it’s true... as long as you are exercising daily, it doesn’t matter as much if you sneak a snack or have an extra serving here and there. The exercise will help to counteract the extra calories.

And, for you guys out there still struggling a little with negativity in your life, you know... the ones who are keeping it real... you know, real negative.

Well, for you few people who aren’t fully in touch with your “Super-Me” yet... you are the ones saying, “but now I’m stressed out about having to exercise everyday”.

You will find out very fast that not only is exercise a stress reducer but it makes you feel really great too. I mean you might be sore for a couple of days at first

but your body will soon be on auto-pilot and crave the exercise instead of the cake.

Combining exercise with diet has a synergistic effect... you know, where the whole is greater than the sum of the parts. So go for it. Ask "Super-Me" what to do right now about diet and exercise.

OK, so what else can we do to make a healthy lifestyle easy?

MENU

Well, let's look at your menu. I want to give you a lot of "Tips" on how to eat "Healthy". When it comes to your menu – every step in the right direction helps. It helps you to be "Healthy". Here, let's take a few steps in the right direction.

When it comes to your menu, try to reduce the amount of processed food you eat.

Ideally, it would be perfect if you eat only things that come from the Earth in its natural state. For instance, fruit, vegetables, grain, organic whole foods, chicken and fish make for a healthy diet.

Remember, the idea here is to die young as late in your life as possible.

By the way, I realize it is almost impossible to absolutely do everything recommended in this Manual. The idea is to incorporate as many of the recommendations as possible.

Just as with all my Manuals, the more closely you follow my suggestions and recommendations the more "Success" you will achieve.

This Manual has about 60 suggestions in it... Pick out the ones that work for you.

I'd like (and your family and friends would like) you to be as "Healthy" as possible so really give these ideas a chance.

Every one of the 60 suggestions here will improve your "Health"... do as many as you can as often as you can. I'm not asking you to live in the woods and eat pine cones... you just need to make steps in the right direction (towards your "Success").

And yes, the more "Successful" you are the more "Healthy" you have to be. Keeping up with the rigorous (although perfectly worth it...) demands of "Success" isn't easy. You will be accomplishing more in your life than you ever have before. You need your "Health".

You can do this!

“REWARD 50” PROGRAM

Now, keep in mind I know that a strict diet is not all that much fun. Some of you are cringing at the thought of a diet. Well, here is something to ease your mind.

I believe that in order for a diet to work you must give yourself some type of “Reward” occasionally. This probably isn’t appropriate for serious bodybuilders 3 days before their big contest but in most cases a little “Reward” never hurt anyone.

Personally, I have a list of my “must have favorite food items” that I just can’t live without. This list is about 20 items long. I “Reward” myself with something from my “must have favorite food items” list whenever I feel it is necessary. Sometimes every day of the week. Sometimes once every 2-3 days.

OK, I admit it... sometimes two times per day. But, don’t forget, as long as I am exercising I’m going to be all right. This little “Reward” is usually enough to keep me from just blowing my whole diet.

But, here’s the trick. I call it the “Reward 50” Program. The trick is that your portion of the “Reward” of your favorite food must be cut by 50 percent. That’s right. You only get a one-half serving. But guess what, it’s better than nothing and it is very often just enough to get you over the difficult times in a diet. Eat it in little bites. Just don’t get carried away.

Remember, you only get 50 percent of your normal serving. No more. That is the “Reward 50” Program.

Once you are able to retrain your eyes, mouth and your stomach to be satiated by only a 50% portion you will be in great shape in no time.

Remember it’s all in your head. You become what you think about all day long. Use “Self Talk” to help yourself here. You can do this.

EXERCISE

Oh yeah, let's talk some more about "Exercise". It's absolutely essential. Ask "Super-Me" what he or she would do about "Exercise" right now.

That's right... "Exercise" is absolutely one of the keys to life. I have never met anyone in my life who did not benefit from "Exercise". "Exercise" builds muscles, bodies and minds along with self-discipline and perseverance. In fact, you can almost eat whatever you want if you "Exercise" enough.

In fact, if you don't find time for "Exercise" in your life then you'll have to find time to be sick. You can go one way or the other.

Personally, I try to work out (lift weights, run, do something, etc.) at least 5 times per week. I've done this since I was 14 years old (which is when I was introduced to weight lifting for the first time). I can't imagine what my body would be like if I didn't "Exercise".

Someday I will write an entire book only on "Exercise" but at this point I simply want to encourage (i.e., force) you to start some kind of "Exercise" Program for yourself... even if you just start walking every morning or evening.

Do something! Come on... how hard is it to go outside and walk at a brisk pace for one-half an hour? Ask "Super-Me" what he or she would do about it...

Cardio exercise is the most important favor you can do for your heart. Try to walk, jog, run, whatever, to the point where you break a sweat and keep going from that point for another 20 minutes 3-4 times per week. Every day if possible.

I will warn you that at least one person in the world doesn't think that walking is exercise. That person is my doctor. WOW... no sympathy there. She asked me what I was doing for exercise and I told her I walk at least 1 hour every day. Her response was an emphatic: Walking isn't exercise! I told her that every book in America says that walking is exercise. Her response: When you are walking... are you sweating profusely? I told her no, not exactly. I sweat a little... especially if it is really warm outside. Her response: Well then that is not exercise. You have to work yourself up to the point where you are really sweating and then sustain that for a minimum of 20 minutes... then you will be exercising.

So, there you have it... at least one doctor thinks you need to really go for it when you are exercising. I have to say... I can't really argue with her. She's right. But if you are just starting your exercise journey... I think it is acceptable for you to start out slowly and work up to the "profuse sweating".

The key is for you to make up your mind that you are going to "Take the 1st Step". Literally. "Take the 1st Step" right out of your door and walk, run or visit your gym.

A wise man once said that the hard part about working out isn't "in the gym", it is "getting to the gym". Once you're there it is actually quite enjoyable.

You will especially enjoy looking in the mirror once you do get into shape.

So, "Take the 1st Step" in the direction of your local gym.

“SIX-PACK” ABS

I know everybody wants a “six-pack” abdomen. Right? At least that what the media tells us we want...

And please don't get me started on the media (especially the News... I thought their role was to report the news not create it. Maybe we need to change the name from the News to “The way WE want you to see things”...).

Back to your “six pack”... guess what...you already have one... we all have one.

Proof: Everybody has essentially the same set of six stomach muscles already. They are there... they came with the rest of your body.

The problem is those muscles are covered with fat. That's supposed to be a joke but really it's not funny because something like 65% of America is overweight. The rest of the world is catching up.

Back to your six-pack... A healthy diet is the most crucial component to developing a well-defined stomach or “six-pack”.

When it comes to your “six-pack” you must be committed (and this takes a real commitment) to a healthy diet more than anything else.

It is possible to miss a training day every now and then but you cannot stray from a healthy diet if you really want that “six-pack”. Messing up your diet will significantly set you back. Seriously, if you really, really want that “six pack” you have to stay 100% on point with your diet. No rewards even.

But, again, don't get caught up in the media hype... you don't have to have a “six pack” to be perfect. You go get a “six pack” if that is something that you decide for yourself, it is important to you and it is something that you want for yourself.

In addition to the diet tips I discuss below, if you really want a “six-pack” abdomen try to stick to the following rules (I mean if you are really serious about a “six-pack”):

- Eat skinless chicken breasts, white fish and/or sashimi
- Cut out the fast foods completely
- Cut out desserts completely (if you want that “six-pack” this is a

requirement)

- Eat as much fruit as you wish
- No baked foods (bread, pasta, etc.)
- No fried anything
- No sugar (this is #1 most important – be careful of the sugar in the fruits you eat too)
- Drink plenty of water (64 ounces plus per day for the average sized adult)

This is a short and sweet list, isn't it? If you are truly serious about a "six-pack" – this is it! Try to stick to it. Others have a longer list, a shorter list, different things on their list... this list is a starting point for you. As you go through your journey you will discover other things that you find are helpful, essential or just make the journey easier. Please do edit this list.

Ask yourself, what would "Super-Me" do right now when you feel the need to break your diet.

If you can't adhere rigidly to this list then stay as close to it as you can. You'll be doing yourself a big favor...now and 10, 20 and 30 years from now, too.

Every day that you take care of your body now (eating healthy and exercising) is a day that you add to the end of your life. If you want to live longer and do so in a healthy state then take care of your body today.

“FAB-FACE FOREVER™”

Here is another fabulous Health Tip. Not many people have ever heard of this. Everywhere I go people say, “What is that? Fab-Face-Forever™? Well, let me tell you. It is the greatest kept secret.

Do you want to look young forever? Do you want the “Fountain of Youth”? Do you want to turn back the hands of time for both women and men?

Well, what am I talking about?

I am talking about “face exercises”. Did you know that the face has sixty-some muscles? Did you know that you can give yourself a natural facelift by exercising those muscles just like you exercise the muscles in your body?

I know, I’ve heard some people say, “Oh, that doesn’t work”. Those are the same people with saggy eyes and droopy double chins.

I am here to tell you that it absolutely works. I’ve personally seen results, amazingly fast results (like 3-4 days fast) from a wide array of different people. It doesn’t matter what your facial challenge is or how old you are... this just works.

Face exercises can take years off anybody’s face in a very short time.

GUARANTEED, if you do the “Fab-Face-Forever™” exercises correctly and diligently, you will look younger.

If you do two or three sets of 3-4 face exercises (which will take you less than 10 minutes) 2-3 times per day for 3-4 days in a row you will most definitely see a major “Change” in the mirror. I know this for a fact.

However, I am not the one going to teach you these face exercises. I am not qualified to do that. But, I have been doing these exercises myself for two years now and I swear they work like magic.

At the completion of this “Super-Me” Series, if you contact me at success@super-me.com I can arrange to send you a free recorded training session so that you can experience for yourself how “Fab-Face-Forever” works and how it feels to look young again. You are going to love it.

After a few days of practicing “Fab-Face-Forever” you will be literally amazed

at the change in your face. I know you are excited. Absolutely everyone that tries “Fab-Face-Forever” goes crazy for it. You will too. Have fun with it but before you get to your face training... Hang tight and let’s talk about Vitamins.

Please visit www.super-me.com for more information.

Go to the web page entitled, “Fab-Face-Forever™”.

“VITAMINS”

I am a firm believer in making sure you get your daily requirements for “Vitamins”, “Minerals” and other health “Supplements”.

Now this can be done by eating an extremely “Healthy”, lean diet with lots and lots of greens, veggies, fruit, water, etc. And yes, I have lived this extremely “Healthy” diet and the benefits are amazing.

If you want to go back to the first time you tasted an apple, a green bean, an onion... then eat pure for 6 months and your taste buds will love you for it.

Right now, at this point in time, your taste buds are not operating at 100%. They have been over-taxed and overwhelmed by too many things: alcohol, smoking, extra hot coffee and the list goes on and on.

Bottom line: You think you are tasting that steak or those potatoes but you are not... it's not even close. Your taste buds have been deadened and you have become accustomed to it. You are, in fact, missing a whole world of flavors. Seriously.

Once you cleanse your taste buds and give them a chance to heal themselves... they will work at a level that you had forgotten was possible. Even watermelon tastes like it is out of this world. The natural sweetness and flavors can't be described... you have to do this for yourself... you'll be glad you did.

Some people may say that I overdo it but it works for me and I believe it will work for you too! So, I'm sharing it.

Now, I know that most people do not eat at the level of “Healthy” required to get all the vitamins, minerals, supplements they need. I get that. It's a busy world.

Yes, there are a 100 reasons why a “Healthy” diet is probably one of the most important gifts you could give yourself... if staying alive and healthy for a long time is important to you. But, in the case that you can't or don't eat as “Healthy” as you should then you should look getting your vitamin, mineral, etc. supplementation in a pill format.

I have read that if you follow a vitamin regime similar to the regime I am about to share with you, for a period of two years, you will reduce your risk of both Cancer and Heart Attack by 50 percent. For a more in depth study of this

concept I suggest you read the book entitled Stop Aging Now! The Ultimate Plan for Staying Young and Reversing the Aging Process by Jean Carper.

Recently, after many years of study, the American Medical Association finally endorsed the use of Vitamin and Mineral Supplementation as a means to assist in the prevention of chronic disease. I believe an organization of their stature must know what they are talking about.

**TO BE SAFE, “CHECK WITH YOUR DOCTOR BEFORE
YOU EMBARK ON THIS OR ANY OTHER VITAMIN REGIME
TO ENSURE YOUR WELL-BEING”.**

The regime I try to follow each and every day requires that I take about 20 separate pills per day. Those pills include the following... Now this is kind of a long boring list but take out your notebooks and pay attention. Your life is changing.

OK, I take:

- One time released, pre-digested multiple vitamin (just for good measure).
- Vitamin E, 400-800 IU/day.
- Vitamin C, 500 mg twice a day.
- Vitamin D, 300-600 mg/day.
- Vitamin B6, 50 micrograms/day.
- Vitamin B12, 500-1000 micrograms/day (this is especially good for athletes).
- Folic Acid, 1000 micrograms/day (don't take antacids with this supplement).
- Beta Carotene, 10-15 mg/day with a meal.
- Chromium, 200 micrograms/day (this is not recommended for Diabetics).
- Zinc, 15-30 mg/day.
- Calcium, 1000-1500 mg/day.
- Selenium, 100-200 micrograms/day (be careful, I'm told you may lose your hair if you take too much).
- Magnesium, 200-300 mg/day.
- Glutathione, 100 mg/day with meals.
- Co-enzyme Q10, 30-50 mg/day (take with a fat source such as peanut butter).

- Ginkgo Biloba, 120 mg/day (with this supplement watch for any adverse side effects).
- Garlic, 600-900 mg/day.
- Omega 3 fatty acids, 1000 mg/day.

I know this is about 20 pills per day. All I can say is I love it. It makes me feel great all day, every day.

Yes, it is a bit expensive. If you can't afford all of these vitamins then at least take a good timed release, pre-digested one-a-day vitamin. It can't hurt you and it is my experience that it will help you.

As you can afford it... that is, as your "Success" increases thru the implementation of the "Super-Me" Series... incorporate more and more of these supplements into your daily regime.

MORE HEALTHY HABITS

Now let me share with you some more healthy habits. You've probably heard of some of these Tips before but let's review them and let's plan to start to incorporate them into your life. OK, so along with my vitamin regime I also try to:

- Eat Organic. Seriously, you have some control in what contaminants you put in your body when you choose your food. Choose wisely. Organic has excellent taste... yes, it costs more... but your "Health" is worth it. Any fruit, vegetable, legume, etc. that has a thin skin (thin enough to be permeated by contaminants, weed killer, bug spray, etc.) must be purchased as Organic. For fruits, veggies, etc. with thick skin (banana, pineapple, etc.) you can probably get away with purchasing non-organic (the pesticides don't penetrate into the fruit...).
- Eat 5 servings of fresh fruits and/or vegetables each day (note: the darker the fruit the more nutrients it contains, e.g., broccoli, spinach and blueberries are more nutritious for your body than yellow squash).
- Eat Soy beans (eat the whole beans, they will work magic on your body). This is a must. Please know that some people are allergic to Soy... so please check with your doctor before you begin any change in your food regime.
- Drink 2 cups of Black and/or Green Tea per day (these teas are directly from the "Fountain of Youth", drink the real tea not the herbal tea). You won't be sorry.
- Reduce poly-unsaturated fat in your diet. (It can be found in corn oil, safflower oil, margarine, shortening, mayonnaise, etc. Mono-unsaturated fat found in olive oil, flaxseed oil, walnuts, Salmon, Mackerel, etc., is not as bad for you.).
- You may want to drink red wine (I put this in because it is supposed to be an antioxidant and there is a lot of research to support that position but in truth, I don't drink any alcohol...nor do I smoke).
- Of course, do not overeat. We are all guilty of this so try to restrict calories, e.g., eat your salad with the dressing on the side in a little

bowl...just dip the tongs of your fork into the dressing before each bite and then eat the salad. This significantly reduces the amount of dressing you consume and it still tastes great. Try it. The simplest, easiest way to reduce calories is to reduce portion size (reduce portion size by 20% reduce calories by 20%).

- Here is a hard one for me... Do not eat sweets (at least, try not to...).
- No artificial sweeteners. In fact, no sugar if you can do it.
- Limit red meat. Eat more chicken and fish.
- Use olive oil in place of butter (or mix the two). It is much healthier for your body.
- Everybody knows this one... Drink at least 64 ounces of water per day. This is a must!
- Eat whole grain not whole wheat breads (you want 100% whole grain).
- Please do not use mayonnaise. Try mustard instead.
- Eat “baked” potato chips (if you have to eat chips at all). You might try 2 handfuls of almonds per day instead of chips. They taste great and they work as an antioxidant for your body.
- No packaged lunch meats (they have way too many nitrates).
- No sugar box cereals (you’d be better off eating the box).
- For us older types, take an aspirin every day to thin your blood for better circulation. First check with your doctor.
- Eat yogurt (the organic kind with the fruit on the bottom). Yogurt helps to reduce body fat.
- Ingest 2-4 ounces of Brewer’s Yeast daily.
- Eat Kelp as a great supply of trace minerals.
- And finally, your last Tip on healthy habits... Eat some or all of the following daily or as often as possible...Desecrated Liver or liver powder in large amounts, Rice bran concentrates, fresh wheat germ, Cod Liver Oil or it’s concentrates, Chinese Mung bean sprouts which are used to induce your cells to grow younger.

OK, OK, OK – that’s a lot of lists... A lot of things to remember... A lot to do.

Yes, you are right. But, remember, all I am asking you to do is to “Take the 1st Step”. Start small... incorporate some of this information into your life (not all of it all at once). Over time, as you add something new each week, your eating habits will change dramatically for the best.

Good Luck. I know you'll do the right thing when it comes to it.

Just ask "Super-Me" what he or she would do about your eating habits.

NATURAL HERBAL TREATMENTS

Alright let's switch gears... I'd like to encourage you to explore natural herbal treatments and remedies.

The U.S. medical community is for the most part centered around pharmaceutical drugs. The world medical community is much more open to alternative medicine.

In the U.S., it is estimated that more than 6 million people are addicted to legal prescription drugs. This is more than the number of people addicted to Heroin and Cocaine combined in the U.S.

Material and information on natural medicine is everywhere.

Go to your local health food store or herbal store and do your research. Learn all you can and determine which herbs can increase your well-being.

The people who work at the health food stores are very friendly and are more than willing to answer all your questions.

By the way, herbal remedies can be safer and less costly.

Something that I learned recently to help constant nasal dripping... this is a way to dry up your sinuses. This is what you do:

- Go to your grocery store and purchase a 6-inch stalk of horseradish root
- Use a fine size grater to produce a rounded tablespoon of grated horseradish (or less – try ½ of this to start... until you determine your tolerance for the horseradish... it can be pretty stiff)
- Cover the grated horseradish (in the tablespoon) entirely with a heaping mound of organic honey.
- Put the whole spoonful in your mouth all at once and do not swallow. Hold the mixture in your mouth and feel the horseradish move into your sinuses. You can swallow the mixture after 2-3 minutes. The honey makes the mixture taste good. No problem.
- Do this twice per day (morning and late afternoon) until you have the

results you want... and then repeat as needed. I find that sometimes I need it and sometimes not (and I have pretty consistent nasal issues... ugh.)

There are many, many different remedies (non-invasive, non-pharmaceutical) available. One of my absolute favorite places to find new information in this realm is (no big surprise...)... YouTube.

Just search for (and filter for this year) stiff neck natural remedies, sore feet remedies... try looking for meridian pressure points to relieve back ache or to relieve Vertigo.

All of this information is available... you just have to set a little television or tablet time aside to take a positive, concrete action step in the direction of improving yourself. Imagine that...

DRUGS AND ALCOHOL

One last point I'd like to make on "Health" concerns Drugs and Alcohol. When you take drugs or drink alcohol (to excess) you take yourself out of the game of life.

When you're out of the game you can't win. In fact, you can't even try to win. You just put your life on hold for that whole period of time.

I've heard all the excuses why people take drugs or have drinking problems. Have you heard some of these before:?

- It relieves my stress.
- I can study my homework better and faster.
- It gives me a break from reality – what's the harm?
- I can bring work home from the office and finish it faster when I'm high.
- I can type all night long.
- Blah, Blah, Blah... Excuse, Excuse, Excuse.

So, OK, maybe sometimes you can do some of those things but look at the rest of the picture. Look at the big picture. You can't handle your day to day normal responsibilities when you're under the influence of drugs or alcohol. You miss meetings, ignore phone calls, you just aren't the best you can be. The damage is endless. And, the stress is only masked/postponed not relieved.

This section doesn't apply to everyone but if you are close to some of this then either get some help or give some help.

Addiction is a disease not a personality trait.

You know it and I know it! Drugs and Alcohol are not necessary.

Oh yeah, Ask "Super-Me" because he/she definitely knows to:

“JUST SAY NO TO DRUGS AND ALCOHOL”

Thank you for reading through all of these lists.

I know there is a lot of information for you to absorb. Take your time.

Read this (and all) Manual(s) again and get your “Health” on the same path to “Success” that the rest of you is on.

Good Luck and Bon Appetite!

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