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ARE YOU AFRAID TO STOP?

by Marc Fisher

Do you feel overwhelmed as soon as you ... do nothing? As soon as you stop everything?

Like a Japanese koan asks: “What do you do when there is nothing left to do?”

Do you constantly strive, from morning to night, to feel important?

It wouldn't surprise me.

Because nine times out of ten, when we pass someone in the street whom we haven't seen for a long time, (too busy!) and we ask them “How are you?” they answer:

“It's going well —I'm working hard!”

And they say it with a broad smile, as if they had just won the Nobel Prize, or a huge lottery jackpot.

And in order to not cause them concern, or traumatize them, we answer: “Good. I'm working hard too.”

Yes, we feel important when we are busy, and one of the reasons is undoubtedly because society makes us feel that we aren't busy if we aren't running around in circles like a crazy dog.

When you do nothing, when you are alone with your thoughts, without the television, music, newspaper, or computer, are you overcome with a feeling of emptiness, or worse yet, by a feeling of unbearable existential angst?

If you work a certain number of hours, if you run constantly, is it not because you have a morbid fear (which, if it continues, may really end in morbidity) of finding yourself face to face with yourself? Face to face with your distresses, your fears, and your complexes, which you forget when you're constantly in the heat of the action. But if you never face your real problems, then how can you possibly hope to overcome them one day?

Are you afraid to stop?

Maybe you are afraid to take vacations, for a very basic reason:

For example, you are an executive employee at a small or large company, and you are afraid that if you are absent for too long, for instance longer than one week (don't even think about two weeks —that would be suicide!), people might start to think that you aren't indispensable, and that you are in fact “disposable”, as they say, and that they can just flush you, dismiss you, and thank you on your way out. That's it — if they realize that the firm could run for a whole week without you...

In order to make sure that this doesn't happen, you make sure you are available seven days per week, day and night, and even when you're on vacation, where your boss and your colleagues can reach you on your cell phone, by e-mail, at the cottage, on the beach —anywhere! But in

reality, work phobia is so widespread that it affects even those who are not afraid of losing their jobs.

A good friend of mine teaches at university, and in principle, has job security.

She teaches eleven hours of courses per week, has four months of vacation per year, and writes articles in order to stay visible in the intellectual community, but she works at least 65 hours per week, even though she has been teaching for ten years, and in principle, her lectures are already prepared...

In fact, this friend has less freedom than the President of the United States, and that's no exaggeration!

For example, she always turns down my invitations to play golf, while Mr. President appears to play every weekend. In fact, she never has a minute to herself: no time to do sports, and never takes a vacation, even when her students take them —long ones at that!

Is the world upside down, or what?

What's the point of studying for fifteen or twenty years if it's only to be a slave, or to have so little freedom?

Sometimes I tell myself that this good friend (who treats herself very badly, it would seem!) doesn't believe that she deserves to have a good time or to take a vacation, and that's

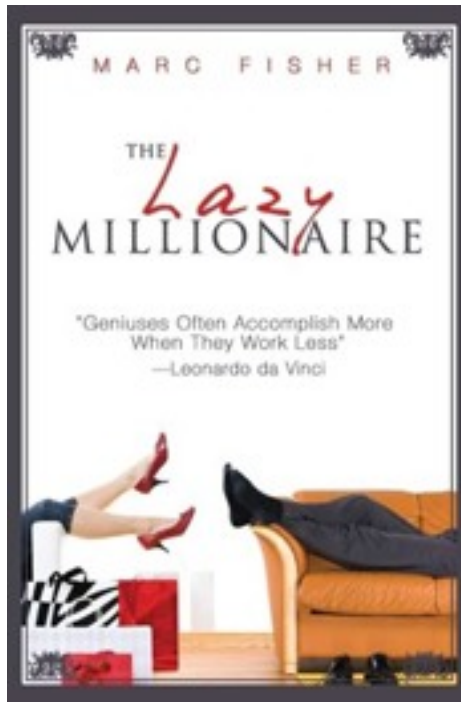
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where the real problem lies. Because if the President of the United States of America has the time to play golf, then in theory, everyone should have the time, because his is the most stressful and demanding job on the planet... Are you busier than the President of the United States of America? Are your tasks so important that you can never stop, that you never have the time to play golf or take a vacation? And if you work so much, isn't it because, deep down, you are afraid of losing your place?

But isn't that a symptom of a deeper, ancient psychological problem, a lack of confidence in yourself and in your value, that you need to resolve before you drop from exhaustion because you are always on the front lines?

Yes, are you afraid of relaxing, and enjoying your life? Because, for example, your father always worked hard until he got sick, and if you earn ten times, five times, or only twice as much money as him by working half as hard, you would feel uncomfortable... Would you feel like a thief, or an impostor? If you have an easy life, and fill your life with travel, vacations, and free time, would you feel guilty?

Are you afraid to stop? ###



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The Lazy Millionaire

by Marc Fisher

Work and work hard all of the time? Until you have no life...or, until you become ill! Unfortunately, many of us think that the fundamental building block towards financial freedom and success is hard labor! Perhaps it's because it is what we were taught by our parents or because that is what we learned in Economics class. But what if Leonardo was right? What if you could accomplish more—A LOT MORE—while doing less? Fisher validates Da Vinci's theory through logical example and recognized psychological laws. The author demonstrates that anyone can become a Lazy Millionaire in the 1 to 10 million-dollar range within a 10-year period. Free yourself of the burden of "work" and all the obligations, real or perceived, that interrupt our daily lives. Enlightening case-studies and inspiring anecdotes will reveal how YOU too can work less and make more money while fulfilling your dreams! Working hard and "paying the price"—... a price that could be your health, your family or even your sanity!—that is what most people think is the number one ingredient in order to achieve success. But what if the ultimate secret to financial freedom was to simply accomplish MORE—a lot more —while doing a lot less? What if the easiest way to double and triple your income— while having fun doing it—was to do it... the Lazy Millionaire way? That is exactly what Mark Fisher, bestselling author of The Instant Millionaire (2 million copies sold) is about to prove you in his exciting new book! First, he'll help you "diagnose": why you aren't ALREADY a lazy millionaire...



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