

Work / Life

Ambitiously Pursuing Your Own Self-Direction.

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NAVIGATOR

What is the origin of true ambition? There exists only one place to find true ambition, and that is within you—in every thought, in every movement, in every motivation. Your ambition is an expression of who you truly are, your own self-expression.

Self-expression. Isn't self-expression really self-direction? How you think, how you move, how you motivate yourself. Ambition is a result of self-direction, and self-direction is one of the six key principles necessary for building ambition.

Positive self-direction says, "I know who I am, and I know where I want to go. I'm accumulating knowledge, experiences, feelings, and philosophies that will help prepare me for opportunities that I know will show up without notice or any help on my part." Because you know where you want to go, you have already been working on the parts of your personality that will make you better. Working on your attitude, working on your health, working on your time-management skills. Putting it all down on paper. And you constantly see yourself in the place you want to be, going in the direction you want to go.

Direction determines destination. So here is a question you must ask yourself, "Are all the disciplines that I'm currently engaged in taking me where I want to go?" What an

important question to ask yourself at the beginning of the month, the beginning of the week, the beginning of the day. Because here is what you don't ever want to do—kid yourself. Kid your neighbor, kid me, and kid the marketplace, but don't kid yourself—fingers crossed—hoping you will arrive at a good destination when you're not even headed that way. You have to ask yourself often, AM I? Am I doing the disciplines that are taking me in the direction I want to go? Don't neglect to ask these important questions, questions that help determine your direction, the set of your sail, your destination.

Is this the direction I want for my life?
Is this someone else's direction?
Is this a goal I have been ingrained with since my childhood?
Is this goal my parent's, my spouse's, my boss', my children's, or is it MINE?

Ask yourself these questions and then debate them. After you have answered these questions within yourself, then take it one step further and ask, "What am I doing that is working or not working?" Debate it all. Work with your mind to figure out the best possible direction for you—your self-direction. And then ambitiously pursue your own self-direction. Let the power of your

own ambition take you where you want to go, to do what you want to do, to create the life you want to live!

(Source: Excerpted from *The Power of Ambition* series by Jim Rohn. Reproduced with permission from the *Jim Rohn Weekly E-zine*. Subscribe at: www.jimrohn.com)

HOLIDAY HINTS

An old hint revisited: If you are driving this holiday season and you are subject to motion sickness, take some ginger or other decongestants to help alleviate the problem.

For those who will be airborne: If you are flying and suffer from middle-ear trauma, which occurs during take-off and landing, ginger will help here too. And if you pack a special treat (either fruit or your favorite energy bar), you will not feel deprived when you refuse the allergenic salted peanuts or chemical-laced pretzels.

Before heading for the holiday cocktail party, eat one egg and take some extra vitamin C, B6, and calcium. The egg provides quality protein and fat, which will delay the absorption of alcohol into your bloodstream. That's why Russian politicians drink large amounts of milk before vodka-drenched banquets. The additional nutrient supplements help to prevent the desperate-

ly hungry feeling that makes the drinks and hors d'oeuvres irresistible. It may even give you enough resistance to nibble only on the crudités (raw vegetables) and avoid the more damaging snacks and beverages.

Bring your host a bag of mixed nuts in the shell, and a couple of nutcrackers as your house gift. It's fun to sit around and crack nuts open. Kids love this, too. The higher the oil content of any food, the more quickly it will become rancid, so cracking the nuts open at the time of consumption avoids the free radical problem and also helps limit the amount you will consume.

(Source: Betty Kamen, Ph.D. Nutrition Expert)

and speaking of nuts . . .

Nut allergy? Avoid kissing!

People with a nut allergy can have an anaphylactic reaction if they kiss someone who has recently eaten nuts to which they are allergic. (An anaphylactic reaction is a serious, often life-threatening allergic reaction characterized by low blood pressure, shock, and difficulty breathing.)

People can have reactions up to six hours after the kisser has eaten the food. In most cases, the kisser is a spouse, although some children say that they have been kissed by a relative. One grandparent was kissed by a grandchild who had eaten peanut butter. Some respondents are single people who have a reaction in a dating situation.

Brushing teeth and using mouthwash are ineffective measures for preventing this serious reaction. [One trick is to place a few grams of vitamin C—dissolved in a small amount of water—under the tongue as soon as possible after the allergic reaction. This curtails the reaction almost immediately for many people.]

(Source: 59th annual meeting of the American College of Allergy, Asthma, and Immunology, Orlando, Florida, November 2001)

WEB SITE PICKS

<http://www.findyourspot.com/>

Discover perfect hometowns rated to match YOUR unique interests.

Compare the best cities and small towns with free colorful reports.

They'll even help you find a new job. It's fun and FREE.

INSPIRATION

This being human . . .

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

—Rumi from *The Essential Rumi*

TIPS FOR THE CALORIE CONSCIOUS

Avoid Eating Distractions

If you are trying to control the amount of food you eat, then you may want to consider reducing distractions during your meal. A French study published in the August 2001 issue of the *American Journal of Clinical Nutrition* reported that women who ate lunch while listening to a tape of a detective story consumed significantly more calories than when eating without distractions, even though their hunger level was the same. So, next time you're ready for dinner, shut down the television and turn off the phone!

Tips to Avoid Overeating

1. Slow down, chew with purpose: Take at least 20 minutes to consume a meal. Taking longer to eat will make you feel as though you are eating more. Enjoy the conversation and companionship.
2. Eat only while sitting down. Much extra food is consumed on the run. Making it a point to sit down while eating will help you think about how much you are consuming.

3. Eat off smaller plates!

4. Drink a 12-ounce glass of water before eating. It will take up room in your stomach and make you feel less hungry.

5. Wait 10 minutes before snacking. Between-meal snacks are usually impulsive acts. A wait before eating them will often make you realize you aren't hungry after all.

6. Keep the right stuff up front. Make such foods as fruits and vegetables readily available by keeping them in the front of the refrigerator shelves.

HUMOR

"Your food stamps will be stopped effective March 1992 because we received notice that you passed away. May God bless you. You may reapply if there is a change in your circumstances."

—Department of Social Services,
Greenville, South Carolina

The Washington Post published a contest for readers in which they were asked to supply alternate meanings for various words. The following were some of the winning entries:

1. Coffee (n.), a person who is coughed upon.
2. Flabbergasted (adj.), appalled over how much weight you have gained.
3. Abdicate (v.), to give up all hope of ever having a flat stomach.
4. Esplanade (v.), to attempt an explanation while drunk.
5. Willy-nilly (adj.), impotent.
6. Negligent (adj.), describes a condition in which you absentmindedly answer the door in your nightie.
7. Lymph (v.), to walk with a lisp.
8. Gargoyle (n.), an olive-flavored mouthwash.
9. Flatulence (n.), the emergency vehicle that picks you up after you are run over by a steamroller.
10. Balderdash (n.), a rapidly receding hairline.
11. Testicle (n.), a humorous question on an exam.
12. Rectitude (n.), the formal, dignified demeanor assumed by a proctologist immediately before he examines you.

13. Oyster (n.), a person who sprinkles his conversation with Yiddish expressions.
14. Circumvent (n.), the opening in the front of boxer shorts.
15. Frisbeetarianism (n.), the belief that, when you die, your soul goes up on the roof and gets stuck there.
16. Pokemon (n.), a Jamaican proctologist.

TRAVEL

For Discounted Rooms at Well-Known Hotels: 13 Top "Hotel Brokers" (or "Hotel Consolidators")

These are the newest of the "consolidators." For many years, the American hotel industry watched the emergence of discount companies in air transportation and cruises, and sternly resisted the trend. Then, about two years ago, the industry succumbed. Faced with a growing glut of rooms resulting from the over-building of hotels in the 1980s, they slowly began assigning a portion of their space to independent companies for resale to the public—quietly, without advertising, covertly—at discounts ranging up to 50 percent.

Accommodations Express (800/444-7666)

Began as a booking service for Atlantic City; now works with over 1,000 hotels in 16 cities. Average savings are 20 to 25 percent, though they can go as high as 40 percent. Its excellent Web site is www.roomconnection.com

Central Reservations Service (800/950-0232)

This veteran books hotels in Miami, Orlando, New York, San Francisco, Boston, Atlanta, and Chicago, regularly offering discounts of at least 15 percent and frequently as much as 30 percent.

Express Reservations (800/356-1123)

Books only good-quality New York and Los Angeles hotels at discounts that often approach 30 and 40 percent, depending on time of year. The hotel is paid directly—no prepaid vouchers. Web site: www.express-res.com

Hotel Reservations Network (800/96-HOTEL)

A big selection of U.S. cities—24, to be exact—distinguishes this large, 8-year-old company, as does its claim to obtain first-class accommodations for under \$100 a night per room. Average savings, it claims,

can run 20 to 30 percent. Web site: www.hoteldiscount.com

Hot Rooms (800/468-3500)

Chicago-only service, a pioneer in hotel discounting that books 30,000 rooms annually at savings of up to 40 to 50 percent off published prices. You pay the hotel directly. Web site: www.hotrooms.com

1-800-USA-HOTEL (800/872-4683)

Offers around-the-clock reservations service, as well as discounts of up to 40 and 50 percent, working with more than 11,000 domestic hotels, including most major chains. You pay the hotel directly. Web site: www.1800usahotels.com

Quikbook (800/789-9887)

Handles 200 or so hotels in Atlanta, Boston, Chicago, New York, Los Angeles, San Francisco, and Washington, DC. This service can often slash 25 to 30 percent off a property's quoted rates. Web site: www.quikbook.com

Travel Interlink (800/477-7172)

Represents thousands of hotels, primarily in Asia and Europe, and offers discounts off their published rates that can run as high as 30 to 50 percent. Also has significant discounts on many land packages.

Hotel ConXions (800/522-9991)

Discounts the rates of 200 hotels in eight U.S. cities—New York, Boston, Washington, DC, Philadelphia, Miami, Orlando, Los Angeles, and San Francisco. Claims its cuts an average 30 percent, and also states it has space in generally sold-out periods.

HotelsOnline.com (800/383-2270)

This 5-year-old company has enormous reach, offering 56,000 hotels (including most major chains) virtually everywhere in the United States. Claims it can save you between 40 and 65 percent, occasionally more, with biggest savings in shoulder seasons. Urges you to use its Web site: www.hotelsonline.com

Hotres.com (Internet only; no phone)

A brand-new service currently handling only New York City—with 30 midtown hotels in all price ranges—but soon to expand to Las Vegas, San Francisco, Orlando, Miami, and Los Angeles. Claims to save between \$20 and \$60 nightly on rooms. Web site: www.hotres.com

California Reservations (800/576-0003)

Represents 1,500 or so West Coast hotels in 100 locations that include not only California but also Washington, Oregon, and British Columbia. The San Francisco-based service claims it can cut 30 to 40 percent off published rates. Web address (its site is excellent): www.cal-res.com

Travelscape (888/335-0101)

Formerly known as Las Vegas Reservations Systems, this 10-year-old service is currently branching out to 800 hotels in 100 U.S. locations. Discounts average 25 to 30 percent. Its first-rate Web site helps you to create low-cost domestic air-hotel packages. Web site: www.travelscape.com

(Source: www.frommers.com)

STRESS RELIEF FOR THE HOLIDAYS

Our lives are busy all year long. How do we fit those things that we do once a year in an already overcrowded schedule? How do we fit in more time for shopping, wrapping, decorating, cooking, planning, partying, travelling? It's no wonder the holidays bring additional stress to many.

Here's a strategy that I've been using successfully for the last couple of years: From Thanksgiving to New Year's Day, I just say no to anything that doesn't directly produce money. I commit myself to creating the time and experience that allows me to express my holiday best. Here are some ways that you can put that strategy to work for you.

Say no to meetings that aren't holiday celebrations.

Say no to requests that could be done after the holidays.

Say no to the routines that don't add to or support your holiday experience.

Say no to the non-essentials.

Say no to the season's aspects that don't appeal to you.

Say no to inappropriate and unreasonable expectations.

Say yes to gratitude.

Say yes to allowing others their desired holiday experience.

Say yes to taking care of yourself.

Say yes to wider boundaries and higher standards.

Say yes to the parts of the season you enjoy the best.

Say yes to giving thoughtfully and accepting gifts with grace.

Say yes to expressing your best to others.

Say yes to forgiveness.

Say yes to fun.

Handcraft the holiday experience of your choice. Here is a success formula for enjoying the holidays:

Let go of what's not absolutely necessary

And participate with your family, friends, and colleagues

And smile and laugh a lot

And practice extreme self-care

(Source: Yvonne Chiarelli, professional, personal, and business coach.

<http://www.creativepossibilities.com>)

WORDS OF WISDOM

Any fact facing us is not as important as our attitude toward it, for that determines our success or failure. The way you think about a fact may defeat you before you ever do anything about it. You are overcome by the fact because you think you are."

—Norman Vincent Peale

"A bit of fragrance always clings to the hand that gives you roses."

—Chinese proverb

"One of the greatest gifts you can give to anyone is the gift of attention."

—Jim Rohn

FITNESS

Running and Cardiac Risk

Inflammatory and blood markers of cardiac risk appear to increase the risk of acute ischemic events among marathon runners. Researchers observed significant risk increases in men (average age 47.6 years) within 4 hours after they completed marathon races.

Some factors return to normal by next morning, but coagulation factors remain high, and platelet aggregation increases. There is evidence that some clotting takes place, although the athletes do not experience any symptoms.

Researchers conclude: "For people who have cardiac risk factors—high blood

pressure, diabetes, high cholesterol, or early family history of heart disease—marathon running is probably compounding their risk."

Even healthy people can decrease their risk. For example, taking products to prevent platelets from getting "sticky" following a race is advisable. [Natural products would include ginkgo or fish oil.]



(Source: American Journal of Cardiology 2001; 88: 35–40)

Tip: Freshen Up that Water Bottle

After a workout, the last thing you want to do is to sip out of a stale-tasting water bottle. The remedy: Add a slice of lemon to your water. Not only will it add a dash of flavor to your H₂O, but the citrus juice helps keep a plastic bottle smelling and tasting fresher.

Take the Pain Out of Yard Work

To prevent straining your back, stretch before and after doing yard work, says Jerome F. McAndrews, chiropractor and spokesman for the American Chiropractic Association, in Arlington, Virginia. A good move to get you started: Stand up and, keeping your knees straight but not locked, bend over until you feel the stretch in your hamstrings. And remember to pick up leaves by bending at the knees (think squats), not at the waist, which will improve the look of your lawn—and your gluts.

FINANCES

Spread Your Bets

Rather than invest in a few well-known growth stocks (the ones touted on TV), you should diversify within the equity market.

By market capitalization. In addition to familiar names, buy small and medium-sized companies, focusing on those with solid earnings.

By investment style. Purchase value stocks that might be considered well-priced, at current levels, as well as higher priced growth stocks that are prized for outstanding future prospects.

By market sector. Instead of singling out technology companies, which had been the leaders, participate in many market sectors.

By holding a diversified mix of companies, you'll be able to profit as different styles come into favor. In the difficult market of 2001, for example, small-cap value funds had an impressive 13 percent gain, through August, while large-cap growth funds lost 25 percent, according to Morningstar.

Inc., Chicago. As recently as 1998, those same small-cap value funds suffered a 6 percent loss while large-cap growth funds returned over 33 percent.

(Source: Retirement & Financial Planning Report published by FEDweek)

TECH TIP

Call-Waiting Annoyances!

Have you ever been online and suddenly, without warning, you find yourself kicked off the Web site that you had waited forever to finally finish loading? Annoying to say the least! However, as with regular phone calls, you can now disable your call waiting with a special code.

You'll need to check with your phone company to find your particular code, but it's usually something that starts with either an * or # followed by two numbers. Let's say it's #70 for this example. To disable call waiting, have your Internet dialup begin with #70 then the phone number: #70555-1234.

Now you can safely surf the net knowing that all those telemarketers are being thwarted as you surf!

Switching Between Screens

While holding down the Alt Key, press the Esc button. Doing so allows you to toggle between screens quickly without having to do the usual Minimize/Maximize routine. The only exception is the desktop screen. You must minimize all applications to get there.

Questions/Comments to:

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An online version of this newsletter may be found at <http://www.hq.nasa.gov/office/codec/cc/navig-24.pdf>