

# THE POWER OF SELF HELP

## Magazine

Premiere Issue! May / June 2011

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LIGHT UP YOUR LIFE!

# THE POWER OF SELF HELP MAGAZINE

Premiere Issue

May / June 2011 Issue

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## A New Kind of Magazine! View It or Print It!

Inside The Power of Self Help Magazine, you will discover a variety of articles and information all geared toward inspiring, motivating, and filling your life with joy.

In this Premiere Issue, the Cinco de Mayo is the spotlight topic with an article on how various people celebrate, what it means, where it originated, and special Mexican flare recipes right from my own family's kitchen.

Each issue will present a new spotlight topic and bring you informative and fun articles you can use and stories to uplift your spirit.

Another aspect that is unique with The Power of Self Help Magazine is you can either view it as a pdf file on your computer or you can choose to print it and read it at your leisure whenever you get a spare few minutes.

I hope you really enjoy this first issue and pass it along to your friends as well.

Smiles to you! *Jane*

## Who is Jane Elizabeth Saylor?

A Certified Life Coach focusing on stress relief both in the workplace and at home. See the article in this issue, "Got Stress?" for more information.

Jane has also successfully changed habits of people to help them get motivated, lose weight, quit smoking, and much more.

Call Jane at 734 546 3260 to make your coaching appointment today!

LIGHT UP  
YOUR  
LIFE! ♥

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*Thank you!*

for reading the premiere issue of "The Power of Self Help Magazine." The next issue will include links to areas where you will be able to post your thoughts about a variety of different sections of this magazine.

[Register here](#) to get future copies of this new magazine delivered right to your inbox!

## SPOTLIGHT ON **Cinco De Mayo**



Cinco De Mayo, Mexican for the 5<sup>th</sup> of May, is primarily a holiday established in the United States, although it does mark the anniversary of the 1862 Battle of Puebla, a small town in the heart of Mexico. During the Battle of Puebla, the Mexican army of 4000 overcame the French army of 8000 in an unlikely victory. Shortly after the French took over the area and ruled there for another 3 years until the United States provided assistance with larger armies in 1865.

The holiday was officially established in the U.S. in 2007 but its early roots began in the 1980's when some very savvy beer marketers began using the 1862 victory to enhance sales.

Today, Cinco de Mayo gives us the opportunity to highlight and experience a touch of Mexican culture, much like St. Patrick's Day and Irish culture, Oktoberfest and German culture, and the Chinese New Year and the Chinese culture.

The above photo was taken in 2007 at the Whitehouse Cinco de Mayo celebration. This year, the celebration in Washington DC will be held on May 1<sup>st</sup> and is sponsored by the Montero Dance Company. Try doing a Google search in your area for a celebration near you. ♥

To listen to some fun mariachi music, go to <http://www.mariachimusic.com/>

To read more about Mexican culture, go to <http://www.facts-about-mexico.com/mexican-culture.html>

### **Jane's Cinco de Mayo Pork Enchilada Recipe:**

Boneless pork loin  
14 oz. can of diced tomatoes  
32 oz. V8 Juice  
2 cloves of garlic, minced  
Small can of diced green chiles  
½ teaspoon Black pepper  
1 medium onion, thinly sliced  
1 each red, yellow, and orange pepper, thinly sliced  
Garlic powder  
Olive oil  
Large flour tortillas  
8 oz. Grated Cheddar cheese

Using a large pot, place loin in pot and add can of diced tomatoes, then pour V8 juice over it to cover the roast. Add ½ the onion, garlic, chiles, and black pepper. Cook over low to medium heat. It may be necessary to add more V8. Cook until roast pulls apart with a fork then remove roast and using 2 forks pull it apart into shreds and add it back to pot. Begin to preheat oven to 350. (continued)

Using a frying pan, lightly cover the bottom of the pan with olive oil, when oil is hot add the rest of the onions and as many peppers as you like (use the rest for a salad with your meal) and sprinkle with garlic powder. Using medium to high heat fry the vegetables until browned.

Lay tortilla on a plate (this part gets messy,) scoop some of the pork mixture into the middle, add some of the pepper mixture, then roll it up and place it in a very lightly greased baking dish, folded side down. Continue with the rest of the tortillas to fill up the pan. Spoon tomato mixture over top to cover tortillas and sprinkle with grated cheese. Bake about 30 minutes.♥

## CHEERS AND BEERS

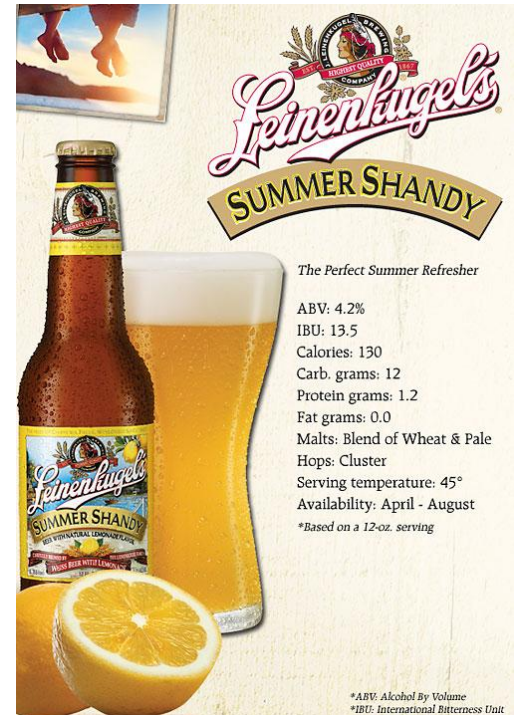
### *Leinenkugel Summer Shandy*

Shandy means a mixture of beer and lemonade. Leinenkugel's mixture of the two is perfect on a summer day. It's a pleasing combination of wheat, malted barley, and a hint of honey then splashed with real lemonade and other citrus flavors.

According to John Najduch, an adult beverage consultant, Summer Shandy is great paired with anything off the barbeque! "And it's also good with many summertime shrimp dishes," says John, who also pairs it with a nice cheddar cheese.

Leinenkugels Summer Shandy is only available April through August and once you try it, you'll agree that summertime and Summer Shandy make the perfect combination!♥

[http://leinie.com/summer\\_shandy.html](http://leinie.com/summer_shandy.html)



## Coming in the next issue of The Power of Self Help Magazine

July and August 2011 Issue

**The next issue will contain articles, information, and recipes as well!**

**Article:** Parenting Tips from a Certified Life Coach

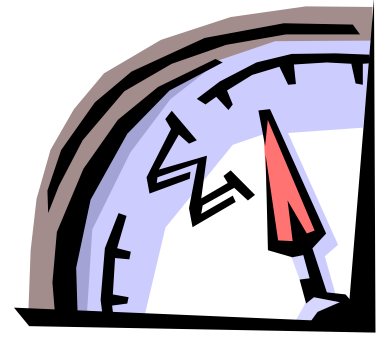
**Write Brained Minds:** More Writing Information and More Writing Prompts

**Cheers and Beers:** See what beer is featured in the next issue!

**Life Points:** More tips toward living better and loving deeper!

# Planning a Trip... or Your Life?

Often there is a large gray area between what we say we want and what we really want! If you're not moving toward what you want to accomplish in your life, it's time to identify if what you say you want is REALLY what you want! When you plan your vacation you are able to answer most all of these questions:



1. When will you leave?
2. When will you arrive?
3. What roads do you take?
4. Do you have a map for each state you're traveling through?
5. How much will it cost?
6. Where will you stay?
7. What sites will you see along the way?
8. What sites will you see when you arrive?
9. How will you feel while you're there?
10. After this vacation, where will you travel next?

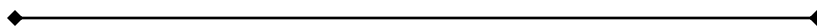
For some reason we are typically much more prepared for our vacation than we are for where we are going in life! Why is that? Isn't our life vastly more important than our vacation? Of course it is! If we were to plan our vacation the same way we travel through life this is what it might look like:



I know I want to travel from South East Michigan to Florida, I know Florida is south so I head south on any road. Eventually, I get to the Michigan state line, it is here that I realize I haven't got a map. I notice the State Line Convenience Store and Gas Station and am able to purchase a map of the state of Ohio. Woohoo! The map says I still travel south and look! There's a highway called I-75 that goes all the way through the state! I'll make my way to I-75, that will make the journey south easier! An hour down the road I realize my gas tank is on empty. Gee, if only I'd noticed that at the State Line Convenience Store and Gas Station. After gassing up and getting onto I-75 South, I'm well on my way! I can feel the anticipation of being in Florida building! Soon I'm at the Ohio / Kentucky state line. I pull over to review my map and realize the map I have

doesn't include the state of Kentucky. Now I need to find a new map. I pull off at the next exit and see a billboard for a local art exhibit featuring artists from the state of Florida. Wow! What are the odds? I'm heading to Florida and here in the state of Kentucky is an art exhibit featuring Florida artists! I have to go! So I travel for miles following the road signs, still feeling excitement about Florida so I must be doing the right thing... right?

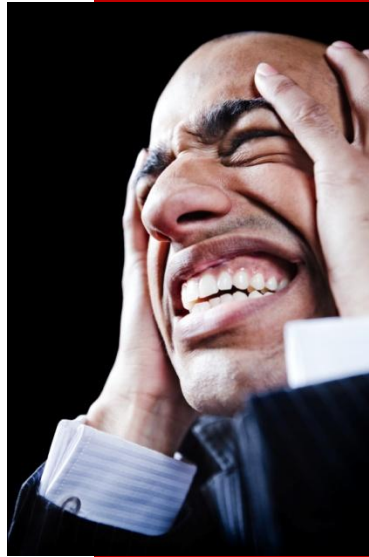
How long is this trip to Florida going to take me at this rate because I didn't plan in advance, I didn't have the necessary maps, I allowed myself to be easily distracted by something that reminded me of Florida yet it didn't move me any closer to my destination. This scenario sounds ridiculous yet many of us use this 'fly by the seat of my pants' mentality in our lives every day! ♥



# Got Stress?

Hate your job? Your boss? Always arguing with your spouse or children? Life doesn't have to be that way!

Learning to appreciate your life right where you are, in your current circumstances, is the best thing you can do for yourself. Getting a handle on your daily stress is necessary in order to really begin enjoying life.



When people aren't thinking clearly due to day to day stress, they will often act, react, and interact in a way that is not positive. This only serves to create even more stress in life.

Getting a handle on daily stress really can happen, if you know what you're doing.

Stress causes people to act, react, and interact in negative ways. You actually get into the habit of being crabby, you may argue with your spouse, or overreact at work... people begin to feel like they have to 'walk on egg shells' around you. Is that really what you want?

Every one of us have different reasons to do everything possible to alleviate stress aside from the fact that stress causes illness. One of the reasons is if what you are saying and what you are doing do not line up, people pay attention to what you doing and ignore what you are saying. In time, you will lose your integrity, what you have to say will have no value. Is that really what you want? Now think about your children... you have the opportunity to really make a difference in their lives. Your kids are learning more from you by observing what you are doing than what you are saying. For example, if you tell your children not to smoke, but you smoke, you are teaching them its okay to smoke. Your words become meaningless, not just in the subject of smoking, but in all subjects. If they cannot trust your words to line up with your actions, they will begin to discount all of your words. ♥

When people aren't thinking clearly due to day to day stress, they will often act, react, and interact in a way that is not positive. This only serves to create even more stress in life. Getting a handle on daily stress really can happen, if you know what you're doing.

1. **Change your focus.** There's a whole lot of negative energy with what you're currently thinking. Focus on something pleasant for awhile, then pay attention to the good feelings and where you're feeling it.
2. **Comfort yourself.** Pamper yourself, say nice things, and talk to yourself as if you were a parent talking to a hurt child. Then again pay attention to the good feelings and where you're feeling it.
3. **Create a plan.** Now that you're in a better feeling place, give yourself a pep talk. You may not be able to create a plan to alleviate your stressful situation today, but you will... as long as you come at your stress from a place of love instead of fear.

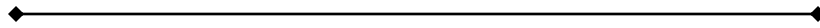
Breathing deep and drinking lots of clear water will help you to get your mind heading in the right place as well!♥



# Life Points

## Tips toward heading in the right direction

1. **Learn to love yourself.** Learn to fill yourself with love so you have it to give!
2. **Love your kids, no matter what.** This can be easier said than done.
3. **Do RAK.** Random acts of kindness. The quickest way to feel better about yourself is to help someone else to feel better.
4. **Take time to breathe.** You'll be amazed at the benefits if you can just get yourself into the habit of taking in a deep breath every few minutes.
5. **Drink enough clear water.** How much is enough? Take your body weight, divide it in half and that's how many ounces of water you should be drinking every day. Give yourself time to get up to that amount. You'll be surprised at the results in how you feel. (With some health issues it is dangerous to take in this amount, please check with your doctor.)♥



### Book Review: The Shack

by William P. Young

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

This story is beautifully written and difficult to put down. It's about a tragic incident in a young man's life and how, in the midst of his Great Sadness, the tragedy ended up leading him to a spiritual awakening.

Mack, the lead character gets an anonymous note which he feels has got to be someone's idea of a sick joke. Is it from his estranged father or even more unfathomable... is it from God?

The Shack is full of surprising twists as Mack sets out on a secret journey to the shack. Before his eyes, what he thought was real is quickly transposed into an unbelievable scene. Concerned he must be going crazy, The Shack brings an interesting perspective to the Holy Trinity as Mack finds spiritual serenity. ♥

*In the next issue, you'll be able to post your thoughts about this section and many more! ☺*

### Movie Night:

### Conversations with God

with Neale Donald Walsh

<http://www.cwg.org/>

Even if you read the book by the same name, the movie will captivate you from the very beginning. It is the story of how Neale Donald Walsh discovered the true meaning of God.

From Neale's tragic accident, his divorce, and the loss of his job and everything he owned, Neale faced odds that would completely cripple most human beings.

Conversations with God is an uplifting story of how one man prayed and then followed his inner guidance. He then begins journaling tablet after tablet of notes, the words of God, as it leads from questioning God's existence to his unshakable faith. ♥

*In the next issue, you'll be able to post your thoughts about this section and many more! ☺*



## Write Brained Minds

Writers write. That's what we do. It's in our blood. And every now and again, writers block occurs. How do you get past it? Here are some simple tips for you to try:

1. Set a timer for 15 minutes and do some free writing. Write down everything that comes to your mind. If it's self talk, write it. If it's a reminder to buy milk, write it. Every thought that comes through your mind... write it. Aside from emptying your brain, you may also get some great ideas to write about in a future session.
2. Keep a file of topics you want to eventually write about. As you go through the file add any ideas that pop into your head about them. It might be a name of a character, an experience you want a character to have, it might even be a solid description of what one of your characters looks like.
3. Stop thinking about the audience you're writing for. While it is important to keep your audience in mind when you are writing, when you are having writers block it's important to get that thought out of your head. Oftentimes you are creating a fear of what your audience might think. Fear closes your mind from creativity. Just enjoy the art of writing for your own pleasure for a while.♥



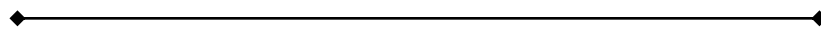
### Writing Prompts for Life Journaling:

How often has someone told you that you should write a book about your life? This section gives you a starting point of topics in order to begin.

1. Struggles and achievements in your career.
2. Your most embarrassing moment.
3. What kinds of books do you like to read?
4. What was your favorite book and why?
5. What was your favorite movie and why?

Each issue, the Write Brained Minds section will list at least 5 more writing prompts to get you started.

*I've been teaching people to write about their lives since 2001, my book "The Road You've Traveled" teaches you the process from beginning to end. You can go to Amazon.com and read excerpts, and if you would like a signed copy mailed to you for just \$16, let me know.♥*



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