



TAKE BACK CONTROL !

So I haven't written a note in quite a while! Sure, I've been busy, but I can't use that as an excuse. After all, if we truly want to do something bad enough we will make time for it, somehow. I have a prime example in how I wrote the majority of **RISE ABOVE THE SH**! Down-to-earth thinking from Wisconsin** in the middle of the night. So I reminded myself today that something wasn't quite right; something was stifling my writing inspiration.

With everything I've been doing the last couple of months, my energy levels aren't exactly stellar right now, though I can't complain because everything on my schedule is very fun, and completely my choice. I just realized that the gloomy weather and lack of energy that everybody's probably feeling right now seems to expose us more to negativity--negativity that I could nip and kick to the curb quite easily on a good day. There's probably more grumbling and more less-than-helpful comments floating around right now too, because most everybody's in the same boat. The pile tends to grow, when we keep adding to it!

So I know where it's coming from, and even though I know how to keep the SH** from sticking to me, there it is, plastered all around me and keeping me from one of my most fulfilling activities. Come to think of it, it's keeping me from a few of my favorite activities, including just laughing with people I love to hang out with. And if it's keeping me from some of the things I love doing the most, what toll is it having on my day-to-day routine stuff? **Are we all being choked to death sometimes, when we can't keep our heads above the seeping pool of negativity that's been quietly rising around us?** That's what negativity does, after all. Negativity sucks you away from what you really want, and makes you miserable and tired, in mind, body, and soul.

It's not right, you know...having negativity from other people, events, and things suffocate our day and our life! Think about it. **When we're too occupied with all that negative crap, including people that aggravate us and painful past memories, we are NOT taking the time to be the person we REALLY want to be and to be living the kind of life we REALLY want to be living.** We are letting it rob us blind! So we have to stop and remember, that no matter what is going on around us, we are STILL THE BOSS of ourselves and our lives. I, for one, am ready to resume control!

The biggest, baddest defenses you can throw at negativity are your feelings. Use them! Stop and think for a minute after the people contact, the event, the activity, the thought, whatever it may be...stop and think! How do you feel? How do you feel an hour later about it? A day later? Does it make you smile? Does it make your heart feel warm? If not, it's likely stifling you and your life, so why waste your time on it? Wouldn't you rather be spending your time on what you deserve...being happy and reaching for your dreams?

Any time you spend on something that leaves you less than joyous robs you of the time that happiness should be there! Any people contact that leaves you feeling uncomfortable in any way is telling you they're not allowing you to be the real you! **Discomfort and discontent are there to scream at you, "This isn't for you! This isn't who you are!"** Pay attention! There are only so many hours in the day. There are only so many hours in your life! So ask yourself, what kind of life do I want? A miserable life? A so-so life? Or do I truly want the life I was born for—to live my dreams and to be incredibly happy?

I recommend you try something a little different today and be amazed at how easy it is, how great you feel, and how it was always right there, at your fingertips! You call the shots with what you spend your time on. Don't

allow negative anything to consume you! Choose wisely. **Replace any negative thought, person, or activity with something that makes you feel good and positive.** Pray for people, pray for what you need, appreciate what you learned from it and what you have and how you have grown. Think only about your ideal life and what you want in it, and how the ideal you (the REAL YOU) would act and feel.

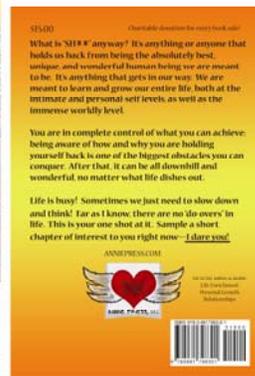
TAKE BACK YOUR DAY! TAKE BACK YOUR LIFE! Not only are you impacting your life with every move you make, but everyone around you as well. You are not alone in this world, so there's no way around it. Do it for you...do it for the world. It IS that big. **YOU ARE THAT BIG!** Find happy. It's sitting right there, patiently waiting for you! *Overjoyed to be writing again!*
~Mary Anne

RISE ABOVE THE SH**!

Down-to-earth thinking from Wisconsin

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