



THE HEALTHY PET BUSINESS NEWS

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STRESS

Does your job have you stressed out? If so, you're not alone! Surveys confirm that stress is on the rise, but people talk as though it were some kind of new plague. There is legal stress for lawyers, medical stress for doctors, corporate stress for CEO's. Law enforcement officers develop crime stress and taxi drivers are traffic stressed. Just about every profession can chime in with its own unique brand of stress.

There is stress in bereavement, divorce, poverty, social isolation, moving, not moving, retirement, attending school, graduation from school, child rearing, children's leaving home, children's getting married, and grandchildren!

There is heightened attention because of the association of stress-induced heart disease, hypertension, sudden death, depression, anxiety, obesity, alcoholism, substance abuse, cancer, arthritis, and a host of infections and immune system disorders.

Stress on the job

There are unions and workers jumping on the stress bandwagon because of growing financial awards for stress-related injuries. Bosses are stressful! So are fellow employees. Layoffs are stressful. Even the threat of layoffs is stressful. Getting to work on time is stressful. Not showing up at all, due to injury or illness, can create job insecurity, thus stress. In other words, stress is an unavoidable consequence of life.

Stress in the workplace is growing by leaps and bounds. According to The Bureau of La-

bor Statistics, fully 80% of workers hate their jobs but don't have the courage (or is it the opportunity?) to quit or to change.

More than 64% of those polled indicated that, if they had a choice between getting cash or time off from work, they'd definitely choose the time. If you're too stressed to spend it, what good is the money?

Two out of five people, or 44% (half of those with annual incomes of \$50,000 or more) say they have less free time than they did five years ago. The number one culprit? Too much stressful work.

When asked how they would utilize *one additional hour* each day, the top answer was SLEEPING. Psychologists are quick to point out that this is what happens in the face of too much stress. The mind shuts down.

That same poll discovered that, on average, North Americans get approximately one less hour of sleep than they need each night, resulting in, of course, you guessed, additional stress in the workplace the next day.

Are you being held for ransom in the workplace because you think there are no other options? Most of us are happiest when we are able to exercise some measure of control over our lives. To some extent, we often think we do when, in fact, we don't! Your time really isn't your own when you have to buy every moment by sacrificing wealth. When we believe that we can positively influence our future, even for just a brief time, we enjoy freedom, confidence and peace of mind.



HealthyPetNet™ and Brilliant Compensation

A certain irony exists in all of this, for, without stress, there would be no life. It's like the stress on a violin. Not enough produces a dull, raspy sound. Too much makes a shrill, annoying noise or causes the strings to break. Just the right amount, however, can resonate in magnificent tones.

Brilliant Compensation

Why do so many people work so hard yet still never manage to accumulate wealth? The problem is that without leverage, whenever you're not working, you're not making any money. You lack two things that make it possible to turn work into wealth.

Number one is leverage. In the "traditional" way business is practiced, only one person the CEO, for example — is compensated from the efforts of an entire organization. However, from the perspective of Network Marketing, everyone throughout an entire organization can benefit *equally* from a leveraged opportunity. In other words, everyone is a CEO. That is because an individual's success and the success of those in his organization are forever intertwined. The concept is brilliant!

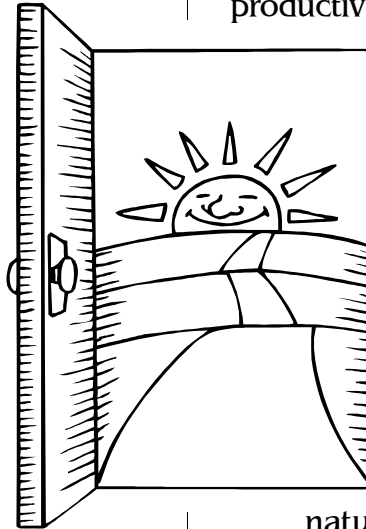
Authors, actors, musicians, inventors know what it means to receive a residual income long after they perform the work for which they're being paid. Most of us, however, seldom stop to consider the possibility that we, too, can create and enjoy royalties from our own efforts. More and more people are coming to the realization that, without special talents or skills, they can lead exciting, fulfilling lives fueled by time and money created through the accumulation of residual income.

Number two is attitude. A great attitude is critical. All successful business people have a genuine fascination for the truly astonishing impact

little things done well can have on the world.

Enter Network Marketing

Enter Network Marketing and residual income. Network Marketing is a form of distribution of products (and services) that, through word-of-mouth promotion, uses the power of duplication of effort, to build a residual income. A residual income is one that continues as long as your organization (with virtually, unlimited potential) is productive. In the "conventional" business world, your income usually stops when you leave the workplace.



Work, education, and an apprenticeship are parts of every business, and Network Marketing is no different. However, Network Marketing is significantly different in that training and duplication are the essence of business building and the development of a large, dynamic organization, accomplished by capitalizing on the

natural network that you have established over the years.

Consider your options

Everyone of us is in charge of his own personal and professional excellence, with countless options available. The choices you make are entirely within your control. It is simply a matter of prioritizing your goals in life, then taking the necessary steps to attain them. For further information on HealthyPetNet™ and the power of residual income, contact:

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