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Iyengar's Home Business & On-Line Marketing Reviews

Volume.I, Issue 5, October,2016

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IN THIS ISSUE : [4 PAGES OF MINE OF INFORMATION]

**A SIMPLE HOME BUSINESS REVIEW, HOW TO QUIT SMOKING,
LAUGHTER - THE BEST MEDICINE TO YOUR HEALTH, REVIEW ON BLOGGING,
RECOMMENDED BOOKS. HAIR LOSS TIPS.**

HOW TO QUIT SMOKING :



Smoking Still Remains To Be The Primary Preventable Cause Of Many Fatalities All Over The United States. But If You Are A Smoker, You Know That Kicking This Habit Is Easier Said Than Done. You Can Put The Blame Of Nicotine, Which Is A Highly Addictive Tobacco Component That Can Lead To Emotional Dependency And Physical Withdrawal.

You Don't Need A New Year To Make A Resolution. Any Time Is As Good, To Get Rid Of This Habit.

Before Anything Else, You Need To Deal With Your Addiction As Well As The Habits That Go With This. Start With Creating A Realistic Plan That Will Help You Get Through This Particular Challenge.

Create A Support Group

Things Will Be Difficult For The First Several Weeks Since You Will Need To Deal With Withdrawal Symptoms. You Can Enlist The Assistance Of Your Family, Friends As Well As Coworkers. These People Can Be The Best Source Of Encouragement And Strength During This Challenging Time. Also, You Can Join A Support Group.

Eliminate The Temptations

You Have To Determine The Things Which Trigger You To Smoke. Avoid Situations That Might Make You Grab A Cigarette And Lessen The Time That You Spend Hanging Out With People Who Also Smoke. Clear Your Surroundings Of Cigarettes As Well As Other Smoking Paraphernalia And Tools.

Be Active

Physical Activities Will Help For You To Stay Busy Each Time You Get The Urge Of Smoking A Cigarette. Visit The Gym Or Take A Stroll In The Park When You Have A Lot Of Free Time.

See An Expert

You Might Also Consult A Behavioral Therapist Who Can Assist You In Quitting Smoking Or You Can Also Visit Your Doctor Who Can Suggest Prescription Medications That Can Help Ease The Nicotine Withdrawal.

Never Give Up

Just Like The Rest Of Addictions, It Is Never Easy To Quit Smoking. Perseverance Is Needed And You Have To Stop Looking For Excuses To Get Your Hands On A Cigarette Again. Although There Might Be Relapses, Take This As A Chance For Making Your Commitment Stronger And Try Much Harder.

Learn From Past Attempts

As The Old Saying Goes, Experience Is Always The Best Teacher. If You Find Cigarette Smoking As Simply Irresistible, Think Of Your Previous Attempts To Quit And You Will Surely Be Urged To Be Pushed Harder Than Before.

No One Said That Quitting Is Easy

It Can Be A Very Challenging To Quit Smoking, A Lot Of People Even Try Making Multiple Attempts And It Is Primarily Because Nicotine Is One Drug That Can Be Highly Addictive And Difficult To Resist. However, You Should Never Give Up Trying Only Because You Failed To Succeed In The Past.

Make A Commitment To Yourself And Others

Full Commitment Is The Most Important Thing That You Need To Have In Order To Successfully Get Rid Of Your Smoking Habit. This Commitment Must Be Both For Yourself And Those People Around You.

Positive Words For A Positive Outcome

I Love Myself And My Family More Than I Love Smoking.

I Choose Life Over Death.

I Am Now Breathing Better Than Ever.

Another Way To Get Through Is Meditation. Learn “ **Pranayamam** “ And “ **Guided Meditation**” Like Listening To Your Favorite Music, Which Might Help You To Slowly Reduce Your Dependence On Smoking.

YOU DON'T
HAVE TO BE
BALD



PROFOLLICA CAN HELP!
PROFOLLICA
HAIR RECOVERY SYSTEM FOR MEN
A safe natural remedy for hair loss.

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Show Off Your Locks.

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LAUGHTER IS THE BEST MEDICINE - LEARN HOW TO LAUGH

**There is nothing in the world so irresistibly contagious as laughter and good humor.” -
Charles Dickens,**

A day without laughter is a day wasted. Charlie Chaplin

Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.

More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun.

Watch a funny movie or TV show. Go to a comedy club.

Read the funny pages. Seek out funny people. Share a good joke or a funny story.

Check out your bookstore's humor section. Go to a “laughter yoga” class.

Goof around with children. Do something silly.

Laugh at yourself. Share your embarrassing moments with others. It's a good way to start. Attempt to laugh at situations, rather than bemoan them. This will help improve the mood of you & those with you. Watch children, they are the best teachers. They know how to take every moment and enjoy them.

Laughter yoga (Hasya yoga) is a practice involving prolonged voluntary laughter. Laughter yoga is done in groups, with eye contact and playfulness between participants. Forced laughter soon turns into real and contagious laughter.

Laughter yoga bypasses the intellectual systems that normally act as a brake on natural laughter. Twenty minutes of laughter is sufficient to develop full physiological benefits.

A laughter yoga session may finish with "**Laughter Meditation**", a session of unstructured laughter whereby participants sit or lie down and allow natural laughter to flow from within "like a fountain".

Participants leave the session feeling up-lifted, energized yet calm and peaceful. You feel a difference from the first session.

Make light of the situations and ask yourself :

Is it really worth getting upset over?

Is it worth upsetting others?

Is it that important?

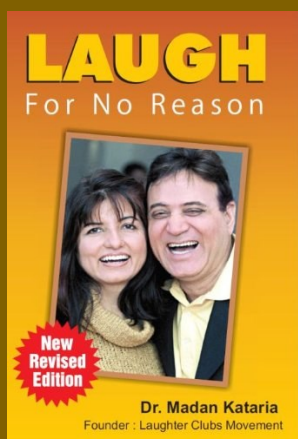
Is it that bad?

Is the situation irreparable?

Is it really your problem?

Laugh Your Way To Health :

This book is about the revolutionary concept of Laughter Yoga - a body- mind technique, which has spread across more than 70 countries.



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NEWS LETTER DESIGNING

CONTENT WRITING.

FACE BOOK AD. CREATION

GRAPHIC DESIGNING &
PRINTING.

FACEBOOK PAGES

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HAIR RECOVERY SYSTEM FOR MEN

A safe natural remedy for hair loss.

No More Hiding Behind !

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[Try It Today](#)

HAIR LOSS TIPS :

Most Men & Women Who Suffer From Hair Loss Are Extremely Unhappy With Their Situation And Would Do Anything To Change It.

Hair Loss Affects Every Aspect Of The Hair Loss Sufferer's Life. It Affects Interpersonal Relationships As Well As The Professional Lives Of Those Suffering.

Hair Loss Can Be Caused By A Wide Variety Of Factors That Include Poor Diet, Stress, Illness, Medications, Infections, And More.

However, The Vast Majority Of Hair Loss Is Genetically Based. That's Right, You Can Thank Your Parents.

1. **Disease Or Illness**
2. **Side Effects Of Medications**
3. **Zinc Deficiency**
4. **Hair Abuses**
5. **Hormones Deficiency**



Hormones Deficiency - Different Kinds Of Hormones Compromise The Human System And An Imbalanced Production Of Those Could Affect The Normal Growth Of Hair. An Example Of This Is Women's Menstrual Cycle. Hormonal Changes Take Place In The Ovulation Period That Could Cause Some Hair To Lose, So As Thyroid And Pituitary Disorders.

These And Some Other Factors Cause Hair Loss. There May Be A Lot, But The Good Thing Is, There Are Also Quite A Lot With Regard To Medical Options Of Treating This Condition.

Medicating Hair Loss Can Be Done By Undergoing Surgical Treatments Like Scalp Grafting, Taking Oral Medications Like Finasteride Pills, Or Using Topical Applications.

Perhaps, The Most Convenient Way To Address Hair Loss Treatment, For Both Men And Women, Is Through Applying Topical Products. Your Best Course Of Action

Is To Start Treatment With "**HAIR SURE**" EARLY And Keep Using The System.

HOW TO EARN THROUGH YOUR BLOG :



Blogging Today Is Probably One Of The Most Popular Platforms Used On The Net. Blogs Are A Way To Provide Fresh Information FAST To Users All Over The World. Most Major Business Houses, Affiliate Products Have Blogs On Their Web Sites.

Blogs Can Contain Anything From A Persons' Personal Musings, To Up To Date Hard Hitting News That Affects The World, From Recipes To Religion, From Handicrafts Or From Sports To Sarcasm In

Fact, If You Think Of Any Topic, There Will Be A Blog Out There Dedicated To It.

As A Start You Need To Come Up With An Idea For The Blog. Choose An Niche Topic Any Of The Topics Like Diet ,Time Management ,Internet Marketing ,Health & Fitness , Travel Or Any Other Topic That You Can Think Of.

Important Factors For You To Consider Before You Start Off –

The Content On Your Blog Is Important - And Even More Important Than Your Blog's Design. Your Content Should Be Able To Invite Visitors To Sit Down And Read A While. Without Decent Content, People Don't Have A Reason To Stick Around, Or To Come Back Again.

Choosing The Right Theme : It Is Nearly As Critical As Your Domain & Will Greatly Affect The Value And Desirability Of Your Blog.

Customizations : **Adding** Built-In Monetization Features Will Enhance The Blog's Value. You Can Do This With Plug In's Like Google AdSense, Or A Plugin That Will Show Related Clickbank Products Or Some Other Product Related Plgin's.

Google Analytics – This Will Allow You To Show How Many People Are Visiting Your Blog, Where They Are Coming From, Etc. It Can Provide Great Insight To Your Audience.

Share Buttons – This Plugin Will Add Social Sharing Buttons To The Bottom Of Your Posts To Make It Easier For Your Readers To Share Your Content.

Let The Search Engines Know You Have A New Post : Pings Help You Promote Your Blog By Automatically Notifying Online Services When You Publish A New Blog Post. Using <http://pingomatic.com> - To Send Your Blog Posts Will Help You To Notify When ever You Post A New Topic.

Now Comes The Profiting From Your Blog. Consider Blog Flipping, As An Income Source.

What Is Blog Flipping ?

Blog Flipping Is Much Like Flipping Houses. You Buy A House As An Investment & Sell It For A Profit After Sometime.

Blog Flipping Works The Same Way.

You Create A Website, Product, Or A Blog, Develop It A Bit, And Then Sell It For Profit, To Someone Else.

OR Much Like You Buy A Run-Down House, Put A Little Work Into It, And Sell It To Someone Else, The End Result Is The Same:

Money In Your Pocket.

The More Successful The Website Or Blog Is, And The Greater The Value It Has.

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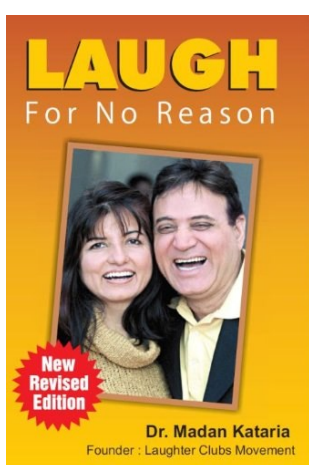
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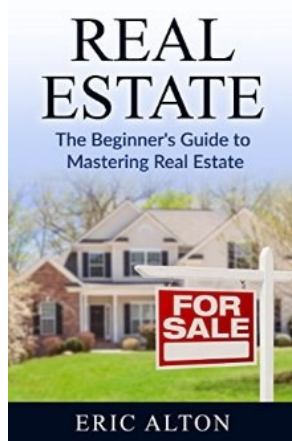
[Try It Today](#)

RECOMMENDED BOOKS:



Laugh Your Way To Your Health. As You Know " Laughter Is The Best Medicine "
- Learn All About The Benefits Of Laughter In This Book.

[Buy Now / Read More :](#)



[Real Estate: The Beginner's Guide](#)

Unlock the Secrets to Mastering Real Estate.



HARNESS THE UNTAPPED POWER OF NATURE AND HERBS FOR BEAUTY ENRICHMENT.

[READ MORE](#)

AN UNTAPPED MARKET IN HOME BUSINESS:

Start A Real Estate Agency Or Brokerage Firm:

For The Home Business Seekers, This Offers An Excellent Source Of Income. This Is An Almost Untapped Market In The Home Business Industry. While Most Prefer An On-Line Business, Affiliate Marketing Etc.



A Real Estate Agent Is A Medium Who Exists Between The Buyer And Seller Of A Land Or A Construction Site Or A Rental Property. They Work As A Mediator Who Knows What Kind Of Paperwork Goes Exactly Between The Dealings Involved In A Property. A Real Estate Broker/Real Estate Agent Is Considered To Be One Who Acts As An Intermediary Between Sellers And Buyers Of Properties And Makes An Attempt To Discover Sellers Who Wish To Sell And Buyers Who Wish To Buy.

Generally A Agent Gets Between 2% - 4% On The Sale Value Or A Month's Rental As A Brokerage If You Conclude A Deal For Rentals.

Starting A Real Estate Agency Or Brokerage Firm Needs Zero Investment, If You Are Looking To Operate From Your Home,OR A Small Investment, If You Want To Operate Out Of Your Home, You Need To Invest In Taking Up A Place On Hire Or Purchasing It.

OTHER REQUIREMENTS:

- Preferably A Web Site, To Put Up Deals And Other Information.
- A Google+ Page, For The Local Business. You Get It Verified And Your Contact Details Appear On The Google Search, When Someone From Your Area Searches For The Business. I Had Done The Same For My Catering Services.
- Local Publicity Campaign To Reach Out To The Buyers And The Sellers.

This Aspect Of Business In Real Estate Industry Involves/Engages On Letting Of Property, Sale And Purchase Of Real Estate Assets On Behalf Of Clients. They Are Involved In Listing Properties For Sale. Real Estate Agencies Hit Balance Satisfaction Between Buyers And Sellers, As They Approach Each Sales Opportunity With Victory-Victory.

The Principle Of Becoming An Estate Agent Is The Same All Over The World. What Will Be Different Are The Regulations And Requirements Of Each State, Country Or Region And The Economy Of The Said Region. So Whether You Want To Learn How To Become A Real Estate Agent In California, Texas, Illinois, NY, Nigeria, Canada, India, Etc;

[Certified Real Estate Professional : \[CREP\]](#)

Before Becoming A Recognized Real Estate Agent, You Would Require A License To Operate. To Obtain A Real Estate License, You Will Need To Take Your State's Real Estate Exam. Many Colleges And Universities Offer Night Or Evening Courses That Will Help You Prepare For This Exam. After Writing And Passing The Licensure Examination, You Will Be Issued A License.

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