

Rich London

From: Richard London [rlondon@ahandbookforlife.com@mail74.atl11.rsgsv.net] on behalf of Richard London [rlondon@ahandbookforlife.com]
Sent: Wednesday, August 13, 2014 4:30 PM
To: =?utf-8?Q??=
Subject: A message from Richard London - Finding Your Why

Bimonthly Newsletter from Richard London and A Handbook
for Life

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A HANDBOOK *for* LIFE

It's my pleasure to present you with this issue of my bimonthly newsletter. This complimentary electronic newsletter will provide you with hints and tips on how to deal with the obstacles and stressors in your life. I know that you will find it beneficial.

Richard London
www.AHandbookForLife.com

Finding Your Why



Finding the motivation to put in the extra effort to take care of yourself

on a regular basis can be hard. We all look for excuses to take the easy way out in life. I recently received an email from Dr. Rick Kattouf, CEO and founder of Team Kattouf Nutrition, LLC. Dr. Kattouf asked the question, "What is your 'why'?" He said, "The deeper and bigger the 'why', the more likely we are going to stay focused and stay on track to achieve the goals we have set."

You probably know that I have Parkinson's disease. I asked myself, "How much more of a 'why' does a person need to be motivated to take care of himself?" You may not have a disease like Parkinson's, but you have a 'why' somewhere in your life that you can use to motivate yourself towards your goals, whatever they are. Dr. Kattouf's email contained a link to a story of a man who had a very big 'why' that allowed him to lose 125 pounds and train for a triathlon.

The man was having a conversation with his doctor. Here's an excerpt from the article:

"Are you saving up for your daughter's wedding?" his doctor asked.

"No, she's only 5," Ramaley said.

"You don't even need to worry about it. Your life insurance will cover it," he replied.

Mr. Ramaley took that 'why' and used it to lose 125 pounds and earn a spot at the 2014 USA Triathlon Olympic-Distance National Championships.

You know that you have goals in your life that are sitting by the wayside. Perhaps there's something that you know you should do, or have wanted to accomplish or a long time, but haven't quite gotten around to yet. The time to stop making excuses is now. Find your 'why' and start your journey to fulfilling your dreams.

Warm Regards,

Richard London

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