

How to say goodbye to insomnia within a week

How to cure insomnia even if you have a crazy schedule or haven't slept in months.

Brush teeth, pat the dog, feel satisfied about the day, put on the pajamas, and hit the hay. Off to slumber land. At least this is what happens to people who sleep normally and regularly and have a normal and vibrantly natural energy cycle every day.

If this is something you are looking to experience in your life, I want to help you with some tips that can quickly help you say goodbye to insomnia and have you getting your life and natural energy back within a week. For some this may take longer, but the main things that likely stand in your way are a lack of mental and physical relaxation.

There can be stimulants that stop mental and physical relaxation. Caffeine, too much food, too much exercise, lack of exercise, these can all be factors in insomnia.

One of the biggest problems with insomnia is that every night when you get into bed, you are expecting it to take a long time to fall asleep. After a while of trying techniques and everything you can find to make it work without getting results, you may start to lose hope. Sometimes it feels like it's better to stop trying because it's too painful to struggle with it. And yet you are reading this, so that is a good sign. There is hope! One of the first things we will do is trick your brain so that your old expectations get triggered. If you know that you are going to probably lose sleep anyways, you might as well stay up and do something that you enjoy with that time. And later when you are more tired, go through some physical and mental relaxation routines to help you relax into sleep.

Counting sheep is one technique that some people try to use. If that works for you, then good, but when I was struggling with sleep it didn't really work for me. What worked for me was taking Valerian Root in a tincture, a natural herb that induces drowsiness.

I also used binaural beats to learn to relax. Binaural beats help your brain go into more relaxed brain waves which helps you relax mentally and physically. I recommend checking out theta or delta binaural beats. Find something that relaxes you. If you don't have sleep apnea and you don't think your sleep problems are due to caffeine or watching too much tv before bed, then you probably just need more relaxation.

The first couple days that you use these new techniques, it's really important to break the old patterns and trick your brain into making new habits. Using Valerian Root in combination with binaural beats will help you relax and fall asleep. Things get a lot easier when you start falling asleep faster and then you start to expect that sleep is easy! Happy relaxation!

Bose AE2 audio headphones review

With good headphones and good music, you're in a whole new world. When I put on the Bose AE2 headphones, I'm amazed because it sounds like I'm in a sound room and the headphones are so comfy I forget they are on my head.

I bought my pair at Best Buy after talking to some of the electronic specialists. Apparently some people complain that the Bose sound is "artificial" and that while the lows are good, the highs are sometimes too clear or twangy. I was looking at a couple other models, especially one by Klipsch, but the Bose AE2 were way more comfy around my ears and they just sounded a lot better to me. If you go read reviews on Amazon, there are some people that don't like them. Out of a hundred and fifty reviews I think it only has four stars when I would have expected to see four and a half or five.

But honestly it doesn't make me feel any less happy with my headphones. When you get a pair of headphones, you want it to sound amazing, take you on an adventure, and let you stay on that adventure while you're lost in the music. If the headphones are uncomfortable for some reason, if they hurt your ears, you won't be able to enjoy the music after a while.

Whether you like jazz, hip-hop, or country music, these headphones are the best you can get for under \$150. That is my opinion after listening to most of the other models.

I can't really say anything negative about them. Sure they are \$150 which is a good chunk of change, but it just depends on how much value you want in a pair of headphones. Some people will complain about the way the Bose equalization system changes the frequency or something like that, but to me it's not an issue. Actually I prefer the way Bose handles the sounds and frequency ranges.

Like I said, I own a pair and I give them five stars. If you like headphones and you want to have some fun, go over to an electronic store that carries the Bose AE2 headphones and listen to them.

The fun way to lose weight everyday

Losing weight can be fun even if you've failed at dieting a hundred times!

Thinner, lighter, and easier are three words that may describe a feeling that you want to experience. You may have that number in your mind. Your ideal weight. Think quickly about the number in your mind that would feel great to see if you stepped on the scale and felt satisfied about yourself. This may be weeks or months or years in the future.

And then once you find your number, imagine what it would feel like to do the things you want to do with your life if you had that number. If you weighed less. Your ideal weight. See the clothes that you would wear and feel what it would feel like to wear them. Think about the new places you would go in your new clothes. Think about the new people you would meet.

But at some point you will have to come back to thinking about today and how things are right now. Maybe step on the scale without beating yourself up about your current weight. I don't believe that people get any closer to happiness when they beat themselves up when they make a mistake. But now ask yourself. What is stopping you from getting to that number? Now I'm not saying that losing weight is easy. I'm just asking you about what you believe has stopped you in the past and is currently stopping you with achieving this goal.

It may be that you enjoy the food that you eat right now, the desserts and the pizza and ice cream, and it feels like it won't be worth it to give it up to be thin. You may have tried exercising and eating healthy in the past, and it didn't seem to work. And that failure can hurt a little bit and make you not want to try to lose weight again. So we want to switch things up a little bit.

One thing that you want to do is to start to really enjoy your food. This can help with the emotional eating pattern. One common habit that people have is to gorge on food and then feel bad and try not to gorge but then the temptation builds up and then the gorging happens again. When you sit down with your food and allow yourself to really enjoy it, even if it isn't healthy, your relationship with that food starts to change. It is best to not judge yourself harshly while you are observing what you eat.

Here's another tip about people who have successfully lost weight and know how to keep track of their weight. They aren't too scared to step on the scale. They know that they need to be accountable to themselves and to check where they are at on the scale. The scale gives you feedback about what is working and what is not working.

We also want to look at the fun aspect. If you really want to succeed at losing weight, find fun activities that help make losing weight enjoyable.

3 important tips to learning the guitar in 15 minutes a day

You can have a blast learning the guitar even if you're an adult that is terrible at learning things.

The way your fingers touch the strings, the way you strum that acoustic guitar that makes each chord fill the room, and the way it makes the audience connect with you as a musician. Ok maybe you haven't even started learning the guitar yet, but is that something that you want to experience? What is stopping you? Do you want it?

What would it mean to you to soon be up on that stage, or singing or strumming in the cafe, or even just enjoying playing your favorite melodies on your guitar by yourself in your home? Whatever your goal is, it is possible to begin today with just fifteen minutes and soon with regular practice start to realize your goal.

The main commitment that I want you to make is to having fun and really enjoying the learning process. Learning the guitar is not as difficult as learning something like the violin. You don't even necessarily need a guitar teacher. You can start learning the guitar online by downloading chord charts of the songs you want to learn. If you're not good at reading chords or guitar tabs you can even watch videos about how to learn them, and there are also usually videos of average people teaching songs on youtube.

So let's get into the tips.

15 minutes. Every day. You can miss some days once in a while but the point is to make it a habit.

Play the way that you enjoy and play songs that are fun.

Let go and enjoy yourself and learn how to play without frustration even if you are making mistakes or you don't think you sound very good.

Now that may sound like a joke, but I'm not joking. Why does this work? Because you are focusing on what is fun. When you find your favorite ways of learning and playing, it will start to become something you will want to do even more. If you commit more time to it, you will probably get better faster.

But people who are learning musical instruments and who don't enjoy practicing usually won't become very skilled or even enjoy the music. Not enjoying music is a bad habit. When you zone into what you are doing, you can have fun playing only one note. And any person can play a single note on a guitar. I know you can probably play more than one note but I'm just saying that there are always deeper levels of the enjoyment of music. And that is fun to explore. That is part of the fun of music.

So if you will just let yourself have fun and learn the way that you enjoy and do it every day, you will learn some cool songs and you will enjoy yourself and maybe become a skilled guitar player. What more do you want?