



In other words, once you get moving it's easier to keep moving. And one of the easiest ways to get moving is to just get moving regardless of how you feel. Just do it and let motivation arise out of the momentum you create.

I've written a whole article about how to do this called "This Matter of Mood" but it's too long to reprint here. The key insight is that it's a mistake not





"Embracing Complexity, Creating Simplicity" has been published in the

Call or e-mail for details and fee, which includes text, workbook and all taxes. To register, e-mail [belkin@saltspring.com](mailto:belkin@saltspring.com) or call 250-537-1177  
Space is limited, so please register early!

- ATTEND FREE — ORGANIZE A WORKSHOP IN YOUR AREA  
Just get a group of 10 or more people together and I'd be happy to come and do a workshop on any of the topics listed at [www.BruceElkin.com/workshops.html](http://www.BruceElkin.com/workshops.html)  
Your friends get discounted fees. You attend for no charge!

## 7. COACHING SERVICES

=====

- Stuck? Stalled? Unsure of your direction? Thinking about simplifying but don't want to sacrifice success? IOURpt8helpyourdiscouvr awhatyourdear

Get the details on how this system can start working for you in less than five minutes. Go to: <http://www.subscriptionrocket.com/cgi-bin/r.cgi?r=3160>

• CATHY GOODWIN: THE WRITING LADY.

=====

Cathy's e-zine is a great resource for people trying to develop a winning website and for those of us wanting to become better writers. Check out her weekly ezine by contacting <mailto:cathy@writinglady.com>

9. THE SMALL PRINT: Copyright; Sponsors; On and Off the List

=====

\*\*\*\*\*