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## About the Author

Rose Butterworth has good news for you.

Rose says, "As your age increases, your opportunities don't have to be as restricted as you may have [thought!](#)"

"There are some limitations which we have that cannot be avoided, but too many people are restricting their enjoyment of [life](#) far more than they need to!"

"We don't have to slow down or accept lower levels of energy and accomplishment!"

Rose wants to share her research and experience which will help you keep alert and enjoy every day more.

Rose says the tips and strategies she shares through this [book](#) will help you in your social and [business activities](#).

She said, "If, like me, you are into the second half of your century here, you will find the book particularly useful, but I wrote it as a wake-up for all ages to start taking more advantage of the potential within us and the benefits of living in the 21st Century!"

"Whatever our age and circumstances, we can make things better for us and everyone we share our days with."

Rose wrote this book like she was sharing the contents with a good friend.

She said, "I am not an expert, just someone that has found this information very helpful and expect that my readers will too."

"Not everything will be equally useful for all readers because we have different circumstances, [goals](#) and aptitudes."

"But, it will help [readers](#) explore possibilities which may take them far past what their current expectations are to a happier and more fulfilling future."

## Introduction

This book shows how people like us from varied backgrounds and circumstances now have found ways to expand their personal horizons, find opportunities to become more engaged with those around them and achieve goals which had seemed beyond their grasp.

There are no guarantees that anyone will succeed with everything you want to do after just reading this [book](#). But, everything you try will help you with future [projects](#) and the more you try, the more you achieve.

Some of the material will probably be familiar to you. If you tried some of the ideas earlier, but were less successful than you hoped, the information and inspiration here could help you achieve what you could not then!

This book is intended to help you achieve more by overcoming barriers that hold you back from success in areas which are important to you.

Some limitations are the result of accepting other people's views without good reason. This book may clear your thinking and improve your [confidence](#) in yourself and your [abilities](#).

When we overcome false barriers we improve our lives and inspire others in big or small ways.

That's a great way which we can all contribute to our society and a better world.

Rose Butterworth

## We Can Improve Use of Our Brain

People have believed for many years that most of us only use 10% of the capacity of our [brains](#).

That [belief](#) has been a support used for selling many learning systems, [books](#) etc., for many years.

Well, the current view of most researchers is that we use almost all the capacity but not all of that all the time.

Does that mean we can't improve our learning ability substantially?

The [answer](#) is probably not.



People are not all using their cranial capacity that well anyway even though they are sending signals through most of their [brain](#) because of the quality of some of the information.

And, there are some studies which suggest that we can add more neurons like canaries and rats have demonstrated. The best part is that some of the researchers think this can even happen with people over 60 years of [age](#).

Now, I'll mention here that these studies are not supported by everyone and there could be another change of [scientific](#) popular opinion if conflicting information appears and gets some positive peer reviews.

If you hear a scientist say they don't know why this 10% idea is still so widely supported by the public, mention that many scientists were [publishing](#) that as fact just a couple of years ago!



## Where to Learn?

Many people were unable to obtain qualifications and training in some of their favorite subjects earlier in life.

Some have been able to follow up later in [life](#) when time and funds permitted.

Now, they don't have to wait!

You may know already about some of the vast array of private and public organizations and the variety of instruction they offer which you can access locally or by mail or Internet.

There has been a further development which could only be done because of the power of the Internet and the enthusiasm of some enlightened and talented educators.

In the last few years, higher level courses have become available from MOOCs, Massive [online](#) open Courses providers. Yes, many are free and a lot are recognized by educational authorities!

These organizations have made older people and those who could not take a normal residential course welcome.

The students are enthusiastic, recognizing the opportunity to improve their chances of better [employment](#) or learning subjects which they have been unable to do in the past for various reasons.

Many of these institutions are in the U.S.A. but their [courses](#) are available much more widely

## Exploring Possibilities



One thing which is evident from the research is that the people who maintain their curiosity and [exercise](#) it (in a nice way) are likely to be more interesting as well as more interested for the rest of their lives.

Many colleges and other higher learning establishments have a [group](#), often funded by endowments or other donations from past students which support [classes](#) and study groups where ex-students and often some who are not, can learn about subjects from retired teachers and some of the retired students who attend the sessions.

The Harvard Institute for Learning in [Retirement](#) (HILR) is a branch of Harvard's Division of Continuing Education, which has developed a range of groups within the membership who socialize and share activities like [hiking](#), overseas trips, and even volunteer [work](#).

But the educational program is the core and wide-ranging.

The members find plenty to do in return for the annual fee. But, many are also inspired by the enthusiasm for the various activities of members who are in their 80's and 90's.

Similar organizations exist within educational establishments in various countries.

There are also many more modest groups in local [schools](#) or operated by state or local authorities which provide courses on widely ranging subjects in a casual atmosphere.

I've taught some groups like these and find that people who stick with the course do well.

Often, other teachers told me they felt as much satisfaction by teaching willing learners as those who gained new knowledge and [skills](#).

## We Can Keep Learning



It was commonly believed for years that we were born with all the neurons which we would ever develop.

So, if we lost some or they became inactive for reason, we would always have a reduced capacity.

But, later findings from experiments with [rats](#) and others with canaries showed development of neurons developed when needed.

I'm not sure why the rats needed more neurons but male canaries developed some in their preparation for each mating season. It is believed that they assist the [birds](#) to learn and remember new mating calls.

No use using last year's tunes.

There is more experimenting going on but it's not likely that we are bound by our original serving.

There is a lot of support for this view given from results of many people who have continued and expanded their learning in later years.

A side benefit of this example is the realization that there could be many other things which we "know" we can't do which might also be false.

## Sleep Learning?

Sleep Learning was highly promoted for several years.

There were many who reported good, even spectacular results and some programs were selling well for years.

The technique was reportedly used by the American armed force in the Second World War to speed up learning of the Japanese language and other subjects.

But, as our knowledge of how the [brain](#) works has advanced, the traditional form of [sleep](#) learning has lost support.

Some studies showed that supplying a particular smell or the [sound](#) of a tune (which the subjects had learned the day before) during particular parts of the sleep [cycle](#) reinforced their retention of the information and their playing was also more [confident](#).

But, this type of learning may cause unintended problems.

The most widely accepted view among scientists is that our [brains](#) use part of the individual's sleep cycle to process and store information which was acquired in the period since the last sleep session.

This is believed to be a very important part of learning and helping our memories to be worked at a good level.

The risk is that this sleep learning [technique](#) may have a negative [effect](#) on the brain's automatic processing of the information it collected during the day before.

## When to Start



One of my teachers used to advise, "The best time to start using what you know is today. If you don't start until tomorrow, those who started today will be ahead of you!"

That's good advice. Whatever area of activity you are in, leaving a good [idea](#) or special skills idle is wasting your

assets and potential.

If you wait unnecessarily, your [skills](#) will degrade while you don't use them. You will have to invest time and effort to just keep them ready for use and maintain your ability and knowledge in that area.

Someone else may take the initiative from you.

You may want to start later but not be able to do so for any number of reasons.

The biggest disappointment reported from people near the end of their lives is the things they could have done and never took the next step to do.

Save yourself from that feeling by investing at least enough time to review the advantages and disadvantages of that action for you.

Do this on paper or in your [computer](#) so you will have access to the notes you make later on if you want to have another look at that project when your [goals](#) or circumstances change.

If you have a lot of ideas which you think have potential, choose a couple in the area you feel excitement for and put related ideas on file.

Then, choose a project and start to invest time and enthusiasm to get the best from it.

The other projects may have potential too, but holding on to them will cause you to diminish your [focus](#) on the current area.

If you continue to think about the other, undeveloped ideas, you reduce the ability to make the best of your project.

As technology is fast improving these days, you would be at a disadvantage if you tried to develop your ideas some time in the future.

## **It's the Best Time Ever!**

I want to help you make the best of the opportunities and abilities you have.

I also hope you will find some new ones through the tips and strategies shared in this [book](#).

Whatever your current situation, there are always some opportunities available to you.

If you can't see anything now, because of the pressures you already have, I hope this chapter will help you.

There are many challenges facing us but we also have possibilities which most people could not even [dream](#) of just a few years ago.

Our national life expectancy is still rising.

Some older people view that with alarm because they cannot see past the potential problems with [health](#), alertness and social opportunities which affect some elderly people.

But, the numbers affected by these problems are mostly due to the increased numbers living to those higher ages. The percentage of older people getting these problems is much lower than we might think from the media!

And, many of those people have good help available from either government or volunteer organizations to relieve some of their distress.

We also have more knowledge about how to protect ourselves from the problems and better ways to reduce their effects in most cases.

This book will suggest some simple ways to help our [body](#) and [brain](#) be more protected from the risks. Some are low-cost and many are free.

I hope this journey through the book gives you a lot of [confidence](#) that you can stay alert and age less.

## **Failure is not the End**

A serious setback in any significant part of our lives can threaten our [confidence](#) and lead to similar problems in other areas.

We have no magic cure for these [events](#) but can reduce the negative effects and improve your rate of [recovery](#).

The wound is deep but it's not the end unless you let the wound fester.

People tend to think of these events as the final act and proof they are likely to get similar results into the future.

As part of your preparation for the occasion, you should consider how you will deal with [disappointment](#).

That will give you a chance to check what might cause rejection of your approach. That simple step makes you better prepared.

And, it also improves your ability to examine the event without automatically thinking the end result is something you caused.

When you are in charge of your responses, you can absorb the hurt and use the details to prepare you to do better at similar future occasions.

Being rejected is never fun, and many people respond harshly in the event.

That will probably destroy any possibility of trying again another time with that person or company.

If we think the situation through beforehand, we can [plan](#) a response which will make another approach possible and also improve the impression which the other person will have of us.



## Check Your Health



If we're not looking after our [health](#), we're reducing our ability to be effective and enjoy opportunities which come our way.

We'll also reduce the amount and quality of those opportunities.

The cost of health [care](#) is spiraling ever-upward but the cost of not looking after yourself is always much higher and less enjoyable.

I will show you that there are many inexpensive ways to improve your health and most won't require any serious changes to your current routines.

First step for improving your health is to get a full check-up from your [doctor](#).

Before you go there, give yourself an hour or so to go through your health-related experiences.

If you have a partner, ask them to review the [list](#) and add anything you may have overlooked.

Some people don't have these checks because they are fearful that something they have seen or felt on their [body](#) may be a serious problem.

The truth may be uncomfortable but it will give you answers which are the only way forward.

The fear those people have been hiding from their [family](#) and sometimes even themselves can be almost as destructive as a major disease.

It often badly affects their [relationships](#) because those close to them may sense they are not sharing something important. Their imaginings can lead to more strain and deeper, even permanent rifts

## Walk to Health

Some people say they don't have the time to exercise or cannot afford the cost and time for a [gym](#) pass.

I hope you will think about revaluing your [health](#)?

It's worth whatever it costs on time and [money](#). But, there are many ways to reduce those factors and increase your enjoyment of exercise at the same time.

Ask your partner to share your [exercise](#) routine, even just a brisk walk around the neighborhood. They'll be better company than a iPod and safer to listen to while you walk or run!

If you have a [dog](#), take them along. Even the inconvenience of collecting their droppings and avoiding areas where they are restricted will be less than the extra enjoyment from sharing that part of your day.

A dog is a great way to get at least a cheery "Hello" from other walkers who probably would pass you by without a word if you had no four-legged ambassador.

In many areas there are [walking](#) groups that welcome people of all ages and interests to join them.

Of course, there are more formal organizations for all [cyclists](#) and almost every other form of transport.

The people are usually fairly happy and outgoing. The exercise helps keep everyone that way!

## Which Exercise?

All forms of exercise should be studied and used under direct supervision for the initial period to make sure there are no mistakes in preparation or performance which could cause damage or ineffective [practices](#). And only after checking with your own [doctor](#) or other medical advisor.

We all have personal preference when considering [exercise](#), but the usual choices selected in surveys indicate that we stick with old favorites unless our ability to use them fades so we have to find something else.

Some of the most popular are those machines promoted on late night TV programs.

Some of the most effective are things like Ta Chi, Yoga and swimming.

### *Ta Chi*

The benefits sometimes promoted for Ta Chi like [flexibility](#) and increased [joint](#) strength are believed by many people who use that form of exercise even though the research is not extensive enough to be considered scientifically proven.

That doesn't mean it doesn't work. It's just that there haven't been enough studies of enough groups of people over long enough periods.

### *Yoga*

[Yoga](#) is another form of [food](#) which appears to work for many people. It needs to be studied and used consistently for an extensive period.

### *Running*

This is a form of exercise which can be done by most people at some level. It can be a lot of fun and certainly improve your [fitness](#).

Make sure you talk with your doctor before starting and don't try to push yourself too fast until you have some experience.

### *Cycling*

This is a popular hobby which gets many people really interested, even

passionate.

It's a great way of covering miles sitting down, but still takes consistent effort and concentration.

### *Sleep*

Everyone needs about 7 hours of [sleep](#) per night. We cannot make up a deficit with power naps – the [body](#) needs to complete full 90 minute cycles for restoring our tissues and safely recording what we learned the previous day.

## Health Basics

These topics are vital.

Most people probably don't understand the difference to our [health](#) and our performance in all areas can be achieved just by getting better results with these basic techniques.

### *Sleeping*

We all know how to sleep.

Babies are champions at sleeping, clocking up many hours daily while their [brains](#) absorb the information and their bodies the [food](#) they've had.

As we grow and gain a lot of other activities and interests, we focus less on getting good sleep.

Some regard sleep as an awkward interruption to their busy lives. But, they don't realize or care that better quality sleep would improve their enjoyment of all their other activities.

And, more worrying, the sleep deficit they build could cost them dearly later in [life](#).

The functions which occur during sleep are still not fully understood.

But, there is plenty of evidence that many people are robbing themselves by fiddling with their sleep patterns.

Currently, the main view is that we [sleep](#) in cycles that last in total about 90 minutes.

This series repeats itself for as many rotations as your period of sleep allows. If your current series is interrupted by a toilet visit, snack or whatever else, you start a new [cycle](#) when you reach the sleep state again.

That may mean some processes didn't complete and some might be affected if it was being reviewed and stored before the break.

There is also the quality of the sleep to be considered.

If you eat and/or drink just before you go to sleep, that will probably cause a

break in the process for a toilet visit during the night.

If you drink [alcohol](#), coffee, hot chocolate, [tea](#) or some other liquids, the quality of your sleep overall and some of the processing may be affected.

Power naps during the day are recommended by some and a lot of successful people use them and believe they help.

Some researchers disagree.

There are many other factors which can affect the quality of your sleep.

A hot room reduces quality of [sleep](#).

The amount of light also is a factor as you would expect.

Reading, watching or listening to entertainment before sleep will reduce the quality and may affect the results.

## Get Off the Regret Roundabout

Many people carry the memories of past disappointments like wounds that they reopen from time to time which spoil their present as much as they did far in the past.

But, the damage gets worse, the more times they revisit the [memory](#).

Over time the repeated sessions of negativity cause more damage than the original upset.

There is no point to staying captive to a memory where someone upset you if you cannot do anything about it.

And, you may cause yourself more grief if you tried that anyway.

The best cure for impotent regret is to destroy the image and find someone who will help you create genuine, happy memories to place over that spot in your memory.

Until then, you will suffer alone and reduce the amount of new experiences and [memories](#) you can enjoy.

That roundabout is not going to take you anywhere which is better than you already have off it in real [life](#).

## Mental and Other Clutter

A lot of people have a lot of stuff they never use in their [house](#), their heads and their computers.

We might find it easier to relax if we stopped adding more USB sticks and external drives until we sorted through those we have but forgot to label.

The effect of television and other media is to feed intelligent people low quality entertainment.

We need to ration our media time and put more into [exercise](#) while we still can.

The next epidemic will be leg problems. Some are dangerous, others can cause early demise!

Set your [coffee](#) cup or [water](#) jug at the other end of the room from your computer. It's less dangerous that way and means you'll do some walking between sessions.

If you want a great but simple way to relax, try Ta Chi or just plain [meditation](#).

Clear your [mind](#) and you will improve your productivity almost immediately!



## Staying in Control

We live in a rapidly changing world.

Technology provides most of us with a mind-blowing variety of opportunities to learn and be amused.

The scope and potential is amazing.

It's not that long ago that the Founder of I.B.M. said that the world would only ever need less than a dozen computers.

He might be proved right yet as the power of the biggest machines increases almost faster than we can calculate.

Our ability to use this potential in even a modest way depends on our willingness to keep learning and adapting.

We can have a wonderfully rich life using just those services which we really need.

But, to maintain any sort of [control](#) of our own lives, we must try to understand and use the technology for our goals.

We can do it. I have helped people that never used a computer until they were well over 70 years of age to become comfortable with them and interested in what they could use them for.

Their spur was to show them programs which helped them improve their [writing](#) or other hobbies like collecting [movies](#).

Then, they were able to get more help from their grandchildren which everyone enjoyed and learned from.

Ignoring the technology is an option some older people choose.

But, they miss out on so much which is easily within their grasp.

And that includes programs and services to connect with family in other countries and also keep them and their families safer.



Live Now to Enjoy Every Day More!

It's important to plan for your needs and goals.

And, I like to think about the future and its possibilities.

But some people look on the future with fear and that spoils their quality of [life](#) right now.

They wonder if they will lose their [job](#), their [health](#) or their [mind](#) without any clear reason for focusing on that possibility.

Some of this is understandable but they often make assumptions without getting any facts which could make them feel better.

And, their negative attitude is reinforced by a lot of media concentrating on sensational stories of disasters and disappointment.

People who let these [fears](#) ride them cannot expect to improve their situation because they will continue to generate new fears when their old ones are proven false.

You can't help them by trying to persuade them that these things won't befall them because you don't know either.

All you can do is provide a positive outlook to reduce the negative level when they're around.

These people often gather together and that's when you should politely leave smiling.

## How Do You Learn Best?

Do you learn from [hearing](#) the information, seeing it or a combination of different inputs?

The probability is that you learn from each of these inputs but one or two are more effective for you.

That's behind the theory of visual, auditory or tactile learners and systems which focus on ways to connect to people through the styles which they appear to respond to most.

Also think about how you might learn better. Most people are mostly using electronic devices, tapping or swiping on a keyboard or screen.

But, these [methods](#) aren't as helpful for many people in storing the information for later recall in their own [minds](#).

A [writer](#) told me that he absorbed more about the lessons from her coach when she wrote them out from the transcript the coach provided.

If you are teaching your [kids](#), students or people you work with, think about providing material in the various forms so all the students are well catered for.

This doesn't require much expense and you'll soon find ways to cut the required time.

I think you will also find it helps you find errors and sections which are hard to follow while you are reviewing the old material and preparing the new.

It's good practice to watch them as they handle different materials and try to deduce what type each person is most helped by.

I know you will enjoy seeing the increased interest and participation which those you help respond with.

That's worth the effort and time.

For your own learning needs, try [making](#) copies of the materials in other forms and see if that helps you learn more effectively.

Just the effort of making the copy will help reinforce the material you are learning for better recall later.

## Smile Power

If you want to understand the power of a smile, watch a child or a friendly dog.

They get attention as quickly with a smile as anyone could with a hundred dollar note and it costs them nothing!

### *Do you smile often enough?*

I believe that a smile will improve your day as well as that of the person you give one to.

Of course, some people only smile to get something from you. They often practiced that smile until it looked very real!

So, can we improve our smiles?

Most of us can and it's worth trying because it will improve how we feel ourselves while we're practicing even before we start giving more away.

If you haven't checked your smile for a while, it might have got a little stiff, uncertain or as good as ever.

A stiff smile will get you no good reaction and an uncertain one won't get much except maybe some sympathy.

Look at your [image](#) in the nearest mirror but not in front of a crowd.

Are the corners turned up, the teeth almost hidden or some lunch still stuck between them?

Tweak the corners up just a bit and take a second to try it again without looking at the mirror. It might take a few tries before the genuine feeling you have is seen on your face.

Now, you can extend the effect by bringing in the "big guns", your [eyes](#)!

That's right, imagine you're smiling with your eyes and the effect is almost electric in power, not shine.

When you have a smile you like, give them away at anyone that needs one.

## A Friend Makes Learning Easier for You!

This tip is great fun, can increase your motivation and cut your effort considerably at no cost!



All you need is to make a deal with another person studying that subject for you to contact each other daily to compare notes, tell each other your goal with your study and report on what you actually achieved the previous day.

You can also share things you learned about the subject and study tips which are helping you.

The idea works even if you're in different cities or states if you are using the same texts and use something low-cost like Skype to connect.

And, this doesn't just work for students. Some [writers](#) have a [writing](#) buddy to share their struggles successes and progress with on a regular basis.

But, it's particularly good for two people studying the same subject at the same level.

They should also be a fair match as to ability and accomplishment.

They need to agree that they remain positive and honest with each other and that either can end the arrangement any time they feel the arrangement is not working for them or because of changed circumstances, with no hard feelings.

The freedom of having support and a peer reviewer is great.

What usually happens is that each person feels an obligation to keep up with their participation, so the other person is not inconvenienced.

But, this [pressure](#) is not unwelcome and the independent review and input help almost everyone equally.

You are helping another person and know they appreciate your contribution.

## Resources

### National Health Service U.K.

<http://www.nhs.uk/livewell/fitness/pages>

Information on dealing with about 100 common [health](#) problems, [exercise](#) etc.

<http://www.nhs.uk/livewell/fitness/pages/taichi.aspx>

Basic information about Tai.chi.

### M.O.O.C's

Here are some of the most well-known Massive [Online](#) Open Courses Providers. Courses for all ages and interests, including certificated ones in many areas.

#### Coursera

<http://www.Coursera.org/>

Free and paid courses from wide variety of institutions. Certificates and credits available from institutions where appropriate.

#### Futurelearn

<https://www.futurelearn.com/>

A private company wholly owned by Open [University](#) which has 20 years experience with distance [learning](#). 2014 courses are pilots with many other topics expected to be released in the future!

#### Khan Academy

<https://www.khanacademy.org/>

Free courses on wide range of subjects. Started with quality maths instruction. many courses on their Youtube.com Channel but signing up on their [site](#) gives you access to information about creating your personal lesson [plan](#) and how to make it work.

They also use the experience of their staff and students to produce materials



and methods for programs which improve outcomes for students [online](#) and in [schools](#) where they have been tried!

## The Future is Yours!



I hope you found some inspiration and tips which will help you to expand your knowledge and achievements into the future.

There are many people who are looking at their future with alarm and their past with disappointment.

I know you can use the information here to make a better future for you and those you care about.

That's not just your [family](#), but your community and further afield!

*Rose Butterworth*

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