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HEALTH FEATURE

S.O.S. – Success Of Self This Month: Facing Your Fears

Have you ever watched the old movies from the depression era, World Wars or the Westerns? Have you wondered how they made it? Life was hard, disappointing, and many times devastating. Have you wondered how you're going to survive these economic times and the disappointments in your life?

In watching the characters of the movies, they often had to dig deep within, beyond what they had known before, to muster up fortitude and success. They had to find out what they were really made of and face the fears in front of them. Despite the fears they were feeling, they had to move forward and just do it, or else they would not live. They banded together with families, friends and community working together to create something new.

Today, we have the same opportunity. We are experiencing our own version of the depression. One can speculate why this has happened – there are various opinions with many fingers pointing blame. The bottom line is we, as a nation and as individuals, along with corporations and other nations, have not been living with integrity and balance within our lifestyles or our economic and business structures for a long time and it has finally caught up with us.

It's not a time to blame, it is a time to turn ourselves right-side up,

accept what is and do what is necessary to change our lives. It's the time to face whatever your fears are within this climate. How can you change your perception and reality to see this as an opportunity? What gifts can you find?

As the S.O.S. goes out to us to adjust our lives, how can you turn this S.O.S. into Success Of Self? How can you find the power within your Self to change your circumstances? No one else can do it for you. These economic times do not define who you are, but they can help you to find out who you are! How do you need to redefine and repurpose your life? Be honest with your Self about how you are feeling and what motivates you. Is it fear and survival due to conditioning and programming of the past or are you motivated by love and thrival?

I've been where many of you are today – in transition one way or another: economic, career, business, divorce. When I transitioned from 20 years as a corporate executive, I had no idea who I was any more, let alone what I wanted to do next. I had only identified myself as a VP, not as a person. I learned how to get in touch with who I am and what I really wanted to do, versus what I thought I 'should' do. I now teach this to others and my passion is to help individuals and businesses to achieve their

goals and success in all that they are and all that they do.

5 Tips to Face Your Fears

1. Identify your fears; how are you giving up your power to them and are they really true?
2. Acknowledge and embrace your fears; are you willing to love them, let them go and be fueled through a different energy?
3. Write about your fears; how do they show up in your life? List what decisions, behaviors and habits have been created based on fear.
4. Talk about your fears with your spouse, friends and/or family; you'll find that most have similar fears. Writing and talking about your fears helps to dissolve them.
5. Heal and let go of your fears of the past so you are now motivated by love; choose a different path – fear can only hold onto you if you allow it!

Article submitted by Amanda Butler, President of Keenawah & Associates. Butler is dedicated to helping individuals become empowered to create their Diamond Life™ Success. She currently teaches a Career & Life Transition Intro Package and other Diamond Life™ Services plus Diamond Power Within™ Workshops in Royal Oak, MI. For more information or to contact Butler, visit www.keenawah.com, call (248) 761-9568 or e-mail info@keenawah.com.

Shape Up at the Rochester Hills Public Library

People looking to shape up or drop a few pounds this summer can find help from what might be an unexpected source – the Rochester Hills Public Library. The library has tools to help people get and stay in shape, such as books about fitness topics like running or yoga, exercise DVDs, diet books and healthy cookbooks, and active video games like those for the Wii.

According to the International Health Racquet and Sportsclub Association, the health club industry generated \$19.1 billion in revenue in 2008. Additionally, according to a report by Datamonitor, per capita spending on diet products in 2009 is expected to increase to \$177.

The Rochester Hills Public Library offers materials to help with nutrition

and sensible eating, from more academic information about nutrition to popular diet books and cookbooks. Especially in the summer when fresh produce abounds, cookbooks featuring fast and fresh meals can be a great addition for families who want to eat healthfully, and by checking them out from the library, families can enjoy a greater variety of new meals.