

50 Habits of "Naturally Thin" People

Continued from February 2009...

35. **Ease into evening** sitting with feet uncrossed, grab your wrist and raise your hands above your head to lengthen the spine.

Take a deep breath in as you reach and hold the position, breathing slowly in and out for 20 seconds, taking longer on the exhale. Instant relaxation. **Burns 5**

36. **Get your chocolate fix** Instead of a candy bar, try a sugar-free, reduced-calorie Jell-O chocolate pudding snack with a squirt of nonfat whipped cream topping. Eat it with a baby spoon to savor it longer. **Saves 185**

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It's Time For Another Great Joke... *You're Drinking Too Much Coffee When:*

You ski uphill.

You speed walk in your sleep.

You answer the door before people knock.

You sleep with your eyes open.

You just completed your third sweater today, and you don't know how to knit.

You grind your coffee beans in your mouth.

You have to watch videos in fast-forward.

The only time you're standing still is in an earthquake.

You lick your coffee pot clean.

Thank You For Telling Your Family And Friends About Us!

The highest complement you could give our law firm is the referral of your loved ones and friends. Over the years our practice has been built upon the trust you place in our ability to take care of those you care the most about. Our mission is to provide outstanding legal service to everyone who comes to us in need of help. We would like to thank you in advance for all your support and trust you place in our firm. Thank YOU - **Franks & Rechenberg, P.C.**

Five Easy Steps For Increasing Your Luck!

Does it seem like some people have all the luck? They lead happy successful lives filled with abundance, vitality, and rewarding relationships. Are these people just born lucky? Maybe, but what matters most is knowing if we have the ability to change our own luck and improve our lives.

People seem to think that "luck" is simply a matter of chance. I want you to imagine if all you had to do was learn a new set of skills, and then allow yourself the time and patience to practice them. Consider what you could "create" if you knew luck was on your side. Here are some basic skills needed to help you increase your luck:

1. Affirmations, Visualization, and Mediation:

Luck is a matter of knowing exactly what you *want*, combined with strong inner beliefs that allow the right opportunities to present themselves. Your responsibility is to fill yourself with exciting possibilities. Take the time typically spent on disruptions, inner criticism, negative self-talk, worry and distractions then find a few exciting ideas of how you would wish your life to look like.

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David N. Rechenberg recently settled a products liability case for \$200,000.00 against an out-of-state corporation! If you were injured by a defective product, or machine, call today to schedule an appointment for a free audit of your case!

New Community Speaker Program Sponsored By Franks & Rechenberg, P.C.

If you *or someone you know* belongs to a civic organization, community program, or religious group that needs a public speaker to present an interesting topic to its members then why not give us a call today.

As part of our new 2009 Community Outreach Program we are committed to positively impacting our local community and would love to help your organization. For more information or to book one of our lawyers at your next meeting, please call our office at **(847) 854-7700**

We have many exciting and interesting legal topics we can present to your group for FREE!

50 Habits Of "Naturally Thin" People

37. Crunch for your clicker The average half-hour TV show has eight minutes of commercials. Make reaching for the remote control worth it: Place it out of reach on the coffee table or, if you're lying down, on the opposite arm of the couch. Every time an ad comes on and you reach for the remote, crunch until the show comes back on; you should reach 100-150 or so. Tones abs. **Burns 24**

38. Lift those hips Before you tuck yourself in, lie on your back on the floor with your legs up on the edge of the bed or a chair. Slowly bend your knees, lifting your hips off the floor. Hold for five seconds, relax and repeat 10 to 12 times. Firms up hamstrings and core. **Burns 10**

The Weekend

39. Sing a song Spend Sunday morning belting it out in the church choir. **Burns 70** per service

40. Make it bacon At the diner, order three slices of crisp bacon instead of two sausage links, and pat off the extra grease. **Saves 90**

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Five Easy Steps For Increasing Your Luck!

See yourself in your ideal home, decorated exactly the way you want it look and most importantly feel. Visualize joyful partnerships, a rewarding career, or a life filled with extreme abundance. Picture yourself being recognized and appreciated by other people.

See the look of validation and respect on their faces. Everyday, spend some quality time sitting quietly and bring your dreams to mind. See as much detail as possible. Hear how wonderful it would all be. I want you to "feel" the experience. Write it down. Use a vision board by put together a simple picture collage of your dreams. Imagine the benefits that you are able to bring about in the lives of others with your newly created dreams.

2. Expect Miracles To Happen Daily:

Have hopeful intentions about exciting new opportunities opening up to you daily. Begin each day expecting good things to happen to you. Be receptive and open to good things happening for you. Expect good fortune. It may not happen overnight, but decide to hold onto your expectations for as long as it takes.

Eventually your thoughts become your beliefs, which ultimately becomes a "self-fulfilling prophesy." When you are willing to believe, really believe in miracles, they will begin to take place in your life.

This willingness to believe is what takes time, persistence and effort. Change your inner language to reinforce optimism and seeing the glass as half-full rather than half-empty. Replace words like; "Just my luck" when something undesired happens with a more balanced outlook; "Sometimes undesired events happen, but more often desired outcomes come my way." Every time you notice something wonderful happening, tell yourself, "I'm such a lucky person!!" Or, "I'm on a roll!"

3. Identify When Good Things Happen:

Begin searching for luck. What you focus your attention and thoughts upon tends to increase.

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Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David Franks at (847) 854-7700 NOW! Learn about the Monitoring Device Drivers Permit (MDDP). www.McHenryCountyDUILawyer.com

50 Habits of "Naturally Thin" People

41. **Move it, Soccer Parents!** After every quarter of the game, get up from the bleachers and take a lap around the gym or field. Four or five times around a typical one is about a mile. **Burns 75**

42. **Movie time** Most people eat 45% more popcorn from large-size containers, so make sure you get only a small and skip the butter, which adds more calories than the popcorn itself. Bring your own seasoned salt or Parmesan cheese for more flavor. **Saves 350**

43. **Orient yourself** At Chinese restaurants, be sure to avoid anything named General Tso or Crispy, which means fried. Eat only the filling of the egg roll and not the shell. **Saves 400-500**

44. **Catch this!** Spend a half-hour tossing a ball or Frisbee with your kid. **Burns 90**

45. **Cut the cheese** Order your pizza with half the cheese or even cheese-less, and then sprinkle with a few tablespoons of Parmesan. **Saves 100**

46. **Have a hot dog!** Pile on the pickles, onions and sauerkraut -- these fiber-packed condiments will fill you up and prevent you from eating a second dog. Skip the cheese and chili. **Saves 250**

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Thank You! Thank You! Thank You!

Special thanks go out to all of our clients and friends who graciously referred their friends and neighbors to our law firm to last month! Our practice is built based on positive comments and referrals from people just like you. We just couldn't do it without you.

www.TheIllinoisPersonalInjuryLawyer.com

Five Easy Steps For Increasing Your Luck!

By deliberately deciding to notice luck more often, you "see" or recognize it more often. Be observant and make a big deal about even the smallest lucky situations that happen. Find a penny on the ground and excitedly say, "Wow, I am a money magnet!!!"

It often takes effort and retraining your brain to notice what is right in your life instead of focusing y on what's wrong or what's missing. Notice the little (or BIG) lucky occurrences that happen daily. Make sure to write them down.

Read over them and allow yourself to feel good inside. A great ideal to train yourself to pay more attention to luck is to keep a running prosperity journal. Throughout the day, take notice of what's going well in your life and write down the wonderful events and synchronicities in each of these areas.

Like attracts like, and success builds on success. By focusing on the lucky events, and deliberately feeling good about them, it becomes much easier to attract more of these wonderful experiences.

4. Listen to Your Inner Hunches

Listen to the still peaceful voice that comes from within -- often referred to as a gut feeling, hunch, intuition, or sixth sense. The next big step is to take action on that hunch about people or circumstances. If you fail to follow your gut intuition, no need for self-criticism or beat yourself up. Instead, have an overly friendly conversation with your intuition. Enthusiastically tell it that you heard the hunch and that next time you will take action.

Validate that you heard the hunch and this time you just didn't follow through. Say that your hunch was amazing! And exciting! Then let it know that you are willing to allow more intuitive hunches to come into your world. Share your love and appreciation with your intuition and just watch what opens up next!

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INJURED ON THE JOB ? Need to get your Bills PAID? Want to Know what your Case is Worth? CALL David N. Rechenberg at (847) 854-7700 for answers to your questions and so he can start working on your case right away!!
www.IllinoisWorkInjuryLawyer.com

Five Easy Steps For Increasing Your Luck!

5. Lastly, Find Yourself Deserving of Success and Good Luck!

In order to allow good things to happen in your life, you must find yourself deserving. You don't have to earn luck, or prove yourself to be worthy to get more of what you want. To become deserving you simply must decide that you ARE worthy!

Sometimes we believe we don't deserve more success, happiness, wealth, love, blessings, miracles, etc. In this case, we owe ourselves the effort of inserting a new belief into worthiness bank.

Build new beliefs that state, "I am worthy! I deserve to have all my dreams come true. I deserve true love. I am worth it. I deserve to take the time that allows my luck to happen naturally."

Follow these five easy steps and get ready to surprise yourself as you turn into the luckiest person you know!

One Last Thing

(Here's another idea: Please pass this newsletter along to someone who needs some good luck to happen in there lives.)

50 Habits of "Naturally Thin" People

47. **Think about your drink** Consider beer or wine instead of a frozen drink: A glass of regular beer has 140 calories and a serving of wine has 126 calories, while a strawberry daiquiri has about 300 and a margarita 340. **Saves 150-200**

48. **Fix your fries** Rather than asking for medium fries, get an order of onion rings (8 to 9 rings). **Saves 60**

49. **Scream for sorbet** Indulge in chocolate sorbet instead of chocolate ice cream. **Saves 125**

50. **Make whoopee** Instead of a bowl of ice cream as a bedtime snack, have a robust tussle with your spouse. **Burns 300**

Inspirational Quotes For March 2009 To Jump Start Your Day!

"Your circumstances do not determine what your life will be; they reveal what kinds of images you have chosen up until now." - - Wayne Dyer

"Desperation is a necessary ingredient to learning anything, or creating anything. Period. If you ain't desperate at some point, you ain't interesting." - - Jim Carrey

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Now you can give a FREE subscription to a close friend, family member, or co-worker simply by calling our office at **(847) 854-7700** and providing our staff the person's name and mailing address.

We will send them a welcome letter along with the first issue letting them know that you gave them a free subscription to our monthly "**Tid-Bits for Today**" publication. This is a wonderful idea to help your friends and loved ones enjoy the most out of life. Thank YOU!

You're Drinking Too Much Coffee When:

Your eyes stay open when you sneeze.

The nurse needs a scientific calculator to take your pulse.

You can type sixty words a minute with your feet.

You don't sweat, you percolate.

People get dizzy just watching you.

People can test their batteries in your ears.

Your birthday is a national holiday in Brazil.

You can outlast the Energizer Bunny.

ARRESTED FOR A CRIME? Worried about what will happen? Need Answers? Call David Franks at (847) 854-7700.

3 Simple Steps For Finding Your Passion

Are you feeling stuck in a rut? Are you afraid of change? If you fit the "stuck in a rut" description, I want to reassure you that there is something better for you and for every person who feels they're missing out on life. You really can have so much more:

- Happiness
- Peace
- Love
- Success
- Self-satisfaction

It all starts by following these three simple steps to determine what you want and then living on purpose.

Step 1 - Define Your Goals

A lot of people don't have purpose, direction or even motivation to move toward what they want, because they haven't defined what "that" is. They don't have goals.

How many times have you heard someone say, "I don't know," when asked, "What do you want to do in life?" or, "Where do you see yourself five years from now?"

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Here's A Great Recipe...

Sausage-Cheese Balls

These little appetizers make a big hit with any crowd.

3 cups Original Bisquick mix
1 pound bulk pork sausage
4 cups shredded Cheddar cheese (16 ounces)
1/2 cup grated Parmesan cheese
1/2 cup milk
1/2 teaspoon dried rosemary leaves, crushed
1 1/2 teaspoons chopped fresh parsley or
1/2 teaspoon parsley flakes
Barbecue sauce or chili sauce, if desired

- 1) Heat oven to 350F. Lightly grease bottom and sides of jelly roll pan, 15 1/2x10 1/2x2x1 inch.
- 2) Stir together all ingredients, using hands or spoon. Shape mixture into 1-inch balls. Place in pan.
3. Bake 20 to 25 minutes or until brown. Immediately remove from pan. Serve warm with sauce for dripping.
- 4) Heat oven to 375F bake 25to 30 minutes.

Prep Time: 20 min – **Total Time:** 45 min –
Makes: About 8 1/2 dozen cheese balls

Getting to Know the Lawyers

at

Franks & Rechenberg, P.C.

AMY RECHENBERG BEATS HER FIRST DETENTION EVEN WITHOUT THE SERVICES OF RENOWNED CRIMINAL DEFENSE ATTORNEY DAVID B. FRANKS !

Amy Rechenberg, a sophomore at Marian Central High School, received her first detention last month. She is as straight laced as they come, she is an "A" student and involved in 3 separate high school sports; thus, getting her first detention was quite a shock. Her detention was because she failed to obtain a note from her dentist stating why she missed part of the school day. The fiery red head would not go down without a fight! She explained to the school that she had a note from her mother which was given to the school prior to the dentist appointment, and if her detention was to be upheld, she would miss an away sophomore

Getting Kids To Exercise

One of the culprits responsible for the increase in the number of overweight children is a lack of exercise. Here are some great tips from fitness expert Dr. Kenneth Cooper and the National Association for Sports and Physical Education:

1. **OFFER** rewards for exercising, such as tokens they can save to attend a sporting event or theme park.
2. **HAVE** a "toy run" by hiding small, inexpensive toys along a neighborhood route. Walk or run with your child to pick up the prizes.
3. **WATCH** sporting events on TV or movies with a sports theme, such as "The Karate Kid" or "The Rookie," and then try to engage the kids in such an activity.
4. **WALK** or ride a bike with your kids while doing errands.

Involved in an automobile accident and the Insurance Adjuster is asking to take your recorded statement and requesting you to sign an authorization? Find out what to do by ordering our free Audio CD and learn the 7 questions you must ask the Claims Adjuster when he calls demanding answers from you. Call today (847) 854-7700.

3 Simple Steps to Finding Your Passion

Adults will shake their heads and smile knowingly; "Wait until you grow up and meet the real world." It's sad but true that way too many adults give up on their dreams because they let them get crushed by the realities of bills, mortgages, raising a family, and all the other pressures of being an adult.

If you reach into your deepest memories, I bet you'll still find those same dreams tucked away, just waiting for you to pull them out and dust them off. It all starts with deciding:

- 1) What you really want...
- 2) Where you want to go...
- 3) What you want to have, and
- 4) How you want to live.

In other words, it starts with deciding to live "On Purpose."

Step 2 - Find your inner passion, drive, and excitement

What do you want to be, do, and have? Author Zig Ziglar, says; "You've got to be before you can do, and do before you can have." In other words, having what you want is not as easy as snapping your fingers.

First you have to do the work (learn how to play the conga drums, or go through the necessary training to become a doctor, dancer, attorney, banker, singer, school teacher, etc.).

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We'd love to hear from our good friends and clients who enjoy reading our client newsletter. If you have a question regarding *Car Accidents, Work Injuries, Dog Bites, Construction Injuries, DUI Defense or Criminal Defense* please feel FREE to call us at (847) 854-7700. We have published several Special Reports that you can request at no obligation by calling our office **24 Hours A Day** and leaving a message on our voice mail. We'll send you or a friend our Special Report for FREE!

www.FnRlaw.com

We transform the "being" into "becoming" by turning our work into accomplishments. Questions to ask yourself:

- 1) What are you doing today to be that person you want to ultimately become?
- 2) Are the actions you're taking today leading you toward or away from your goals?
- 3) How much time are you spending reading about successful people versus watching television?

The fact that you are reading this article tells me that you want more for your life and you are willing to do what it takes to make it happen.

Step 3 - Go After Your Goals With Passion!

Remember to keep it simple!

- 1) Take an afternoon away from work or the kids, and spend some quality time alone really thinking about your life.
- 2) Look at where your life is today and where you ultimately want it to be.
- 3) Write down dreams for yourself with NO worry about whether they will come true or not. Just simply put them on paper.

Jack Canfield the famous author of "Chicken Soup for the Soul" recommends that you write down 100 BIG dreams for your life. Here's how to do this:

1. Think only about what you want, and not about how you will get there.
2. Narrow those dreams down to your number one current dream.
3. Focus only on the steps you can take that will move you in the direction of achieving it.

Colossians 3:2, in the Bible, says, "*Set your mind on things above.*" If you focus your mindset on what you really want out of life, you'll move toward those desires.

Habakkuk 2:1-3, King James Bible "*Write the vision, and make it plain upon tables, that he may run that readeth it. For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.*"

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DIVORCE IN YOUR FUTURE? Need to protect your assets? Help is just a phone call away! Call Franks & Rechenberg, P.C. at (847) 854-7700.

“Warning Car Accident Victims”

If you or someone you know was seriously injured in a car accident, DON'T speak to anyone or sign any important legal document until you order your free copy of my special report.

This report exposes many secrets most insurance company adjusters don't want you to know and hope you NEVER find out! **To order your FREE copy, call 24-Hours A Day For A FREE Recorded Message at 1 (800) 968-0569.** Remember, both the call and the Report are free, so call right NOW!

What To Do If You're In An Accident

Here are 9 Important Safety Tips that can help you and your family survive a serious accident. Remember, “safety” FIRST!!!

1. Don't make any sudden moves to your head and neck. You may have sustained a serious injury that could be aggravated by sudden movements.
2. Turn the engine off **IMMEDIATELY!**
3. Make sure that everyone in your car is conscious and hasn't sustained any cuts or lacerations.
4. If you have small children in the car make sure that they're OK.
5. If you have a cell phone **call 911** for help.
6. If you smell gas fumes get out of your car at once.
7. Before getting out of your car make sure that no other car is coming.
8. If you're OK to get out of your car check on the other driver.
9. You should have an auto accident handbook in your glove box at all times. **(If you don't have an auto accident handbook, please contact our office and we'll send you one for FREE.)**

A Word of Thanks...And a Great BIG Welcome To Our Family Of Happy Clients!

I would like to welcome all of our new clients to our firm and say “*Thank You*” for being our client.

If you would like to receive a FREE Glove Compartment Accident Guide just call our office at **(847) 854-7700**. When you call for your booklet, make sure to get one for each car in your family. It's a great idea to have one in every car.

Congratulations To Our Client Of The Month!!!

Every month, we choose a very SPECIAL client. It's our way of acknowledging our great clients and saying thanks to those who support our firm by telling others about us.

This month's Client of the Month is **Robert Stevens**. We're treating Robert and his friend to the movies!

3 Simple Steps to Finding Your Passion

If you focus on what you don't want in life, that's exactly what you'll get (more of what you DON'T want!) It's all about deciding what you want and then living life “ON-purpose” to make that happen.

Have you ever heard someone describe a person who is walking really fast, "as if they're on a mission"? That's you!

Live like you're on a mission...

I want you to now live like you know exactly where you're going. Live the life you know you were born to live. Get started today by:

- 1) Writing down what you want in life
- 2) Deciding when you want to achieve each of these goals (place a deadline on them).
- 3) Believing that it's possible for you to achieve “everything” on your list!

Trust me, amazing things begin to happen as soon as you believe that it's possible for you to succeed. Have an awesome day and great life!!!

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It the mission of Franks & Rechenberg, P.C. to continuously earn our reputation as a pre-eminent local law firm by always providing our clients with responsive, zealous, cost-effective and highly competent legal service and representation, in a professional, courteous and respectful manner.

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Do you have a friend who was injured in a car crash, hurt at a construction site, or as a result of a defective product and they are wondering how to hire a personal injury attorney, and what questions to ask? Give that friend great advice. Ask them to order the FREE audio CD “How to Choose an Illinois Personal Injury Attorney” by calling **(847) 854-7700**. You can also order one for yourself to hand out to family and friends.

TidBits for Today...!

is a FREE monthly newsletter from your friends at :

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The *Answers* To These And Many Other
Questions Are Inside The **March 2009** Issue!