

Mack Newton on The Power of Love

We celebrate Christmas as a season of Peace and Love. Yet many do not understand that Peace on Earth begins with Peace in your own heart. We cannot give to others what we do not already possess. I recently did a Power Hour radio show on self-esteem that touched a flashpoint and brought an outpouring of responses. It's amazing how many people are at war with themselves with enough self-dislike or even self-loathing that it expresses itself in a negative attitude, depression, or even destructive behaviors. People are desperate to learn more about self-esteem and how to like themselves more.

Some people are confused about the meaning of self-esteem, equating it with arrogance or deceit. *You don't want to like yourself too much*, they say. But, in fact, it is a very old and true adage that you cannot give someone else unconditional love until you already possess the self-acceptance and self-esteem that allows you to feel that love for yourself.

People ask me: *What does self esteem look like? What does it feel like?*

There are some observable ways in which self-esteem shows itself to the outer world. None of the following traits, taken individually, are proof of self-esteem. But when all these traits

are present in yourself or another individual, you can be certain that self-esteem is present.

* Someone with high self-esteem projects the pleasure that person takes in just being *alive*. People with low levels of self-esteem mull over things that happened in the past that didn't work out, or worry about things that may not work out in the future. A person with high self-esteem is always in the *now*, grateful and happy for the present moment of life.

* People with high levels of self-esteem talk about their accomplishments and their shortcomings with ease. Since that person is in a friendly relationship with him or herself they can discuss both their accomplishments and their shortcomings with honesty, directness and objectivity.

* Self-esteem also expresses itself in the ease with which a person gives and receives compliments. One sign of self-dislike is a person who has a hard time giving compliments and finds it almost impossible to accept them.

* Self-esteem also manifests itself in the easy expression of affection. It's a sad commentary on our self-dislike as a culture that we criticize or are uncomfortable with public displays of affection. Wanting others to know how much you like them is a natural by-product of liking yourself.

* People who have high levels of self-esteem are also open to criticism, because they have a high comfort level in acknowledging mistakes. You do not have to think of yourself

as perfect in order to like yourself. People who are obsessed with seeing themselves as perfect are hypersensitive to any type of criticism because if you disrupt their self-image of perfection, they now have even more reason not to like themselves.

* Having high levels of self-esteem doesn't mean you don't have shortcomings, it just means you are more willing to face them, accept them, and begin to progressively eradicate

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Health Heroes : Robert Kiyosaki



Robert Kiyosaki in August. As of December, he's lost another 10 pounds.

"Mack Newton is a Fountain of Youth!"

Robert Kiyosaki, the financial expert and bestselling author of books such as *Rich Dad, Poor Dad* and *Cashflow Quadrant* first heard Mack Newton's name in 2002. He saw an acquaintance at a Christmas party "and I couldn't believe the change in him," says Robert. "He looked twenty years younger. I asked them what he had been doing and he said he was working out with Mack Newton. So in January 2003 I went to Mack's place and there was a sign on the door that said *if you're not serious, don't come in here*. So I left."

Two years later he decided to get serious about his health and joined Newton Fitness in April of this year. "I just felt like I was getting old," he says. "I was on four heart medications. I knew that I was overweight but I lied to myself that I wasn't really because I always saw people fatter than me."

Kiyosaki played competitive rugby until he was 35, "and then one day my body just couldn't take the pounding anymore. After 35, I just never pushed myself that hard again and that's when my health started going downhill." Although he was up at 5:00 a.m. every morning to workout at the Biltmore gym, as well as hiking and watching his food intake, he didn't see much improvement. "I went to Mack because he takes me beyond my comfort zones. When I went to the gym I was pushing myself at maybe a 30% level, and when I go to Mack it's 120%. There's a big difference in the quality and the intensity of the workout."

He began at 249 pounds in April and has now lost 51 pounds and reduced his body fat from 35.2% to 19.6%. "But it's not just about weight loss," he says. At 58 years old, he says he feels 35 again. "I'm actually stronger and fitter now than I was at 35."

And he has begun to understand what Mack has taught him — dieting actually makes you fat. "That was a difficult concept for me to grasp. People think I have lost weight because I'm eating a lot of salads, but I tell them no, I'm eating

twice as much as I used to. I've actually added an extra meal. People don't understand how you can eat so much and still lose weight. And I'm eating what I really like to eat, so it's not difficult at all."

Kiyosaki has been able to discontinue all heart medications and a recent MRI shows he went from a 10% artery blockage to 0%.

"I feel younger. I feel more vital. Mack is a fountain of youth for me."



4-6 pound standing rib roast, prime
2 tablespoons thyme
2 teaspoons fresh cracked pepper
2 tablespoons dry mustard
2 tablespoons olive oil
1 large red onion in wedges

Prime Rib of Beef: Herb Crusted

Many people are intimidated by the prospect of cooking a large roast. No one wants to waste an expensive piece of meat on experimentation. Let me assure you that with the proper tools, a roast is one of the easiest and most satisfying meals you can prepare. I like to prepare a roast that is a little on the large size so there will be plenty of leftovers.

Preheat oven to 475 degrees. In a small bowl combine thyme, pepper, mustard and oil. Blend well to make a paste and then rub on entire roast. Place meat in lightly oiled baking dish with fat side up. Surround with red onion wedges.

Cook uncovered for twenty minutes then reduce temperature to 255 and cook for about 2- 1/2 hours or until internal temperature reaches 125 - 130 for rare, 140 for medium rare, 160 for medium and 170 for well done. Remove roast from pan, cover loosely with foil and let rest for ten minutes. Use onions and pan juices for a simple au jus.

(Recipe excerpted from *3-2 Gourmet* with Mack Newton and Rachell Hall)

To De-Glaze your Pan:

To de-glaze a pan, remove meat or poultry, leaving drippings and browned bits. Place pan over medium high heat and add chicken stock or water. Use wooden spoon to scrape browned bits from bottom of pan and take advantage of the superb flavors of pan juices. Let liquid boil a little to reduce and you will be left with a small but tasty bit of au jus to drizzle over your meat or poultry.

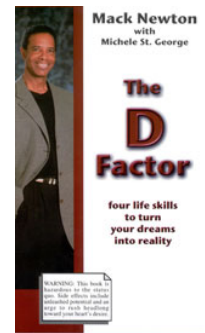
Website store opens with apparel, books, and more

“Opening the store on the web site has been one of our major goals since January 1,” says Mack Newton. “This is a major step for Newton fitness because e-commerce is no longer the wave of the future, it’s *now*. If you are not able to fulfill orders on the Internet, you’re missing out on a great opportunity, including the ability to participate in the global economy.”

Apparel on the website store is of the highest quality in construction and design. The locally owned firm Femme Athletic and the California firm Otomix are the manufacturers. Books, CDs, and tapes are also available in the store.

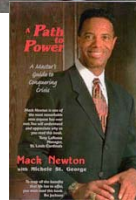
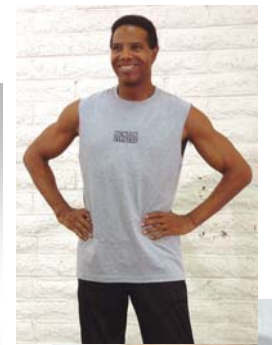
“Mack Newton’s long-term goal for the store is to make it more of a destination for both his clients and people that are interested in what Mack Newton is doing,” says website designer Andy Bergen. “This is the first step putting up the store, and I think he’s going to look at some more interesting features down the road.”

“We expect to see a tremendous increase in sales,” says Mack Newton. “We know that because we’re tracking all the hits on our web site and the store was getting the greatest number of hits even before it opened.”



Just a few reasons to visit macknewton.com:

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- ! A weekly *Mack Newton* essay
- ! 3-2 Eating Plan info and recipes
- ! Newton Taekwon-Do
- ! A newsletter archive
- ! More *Mack Newton* on...
- ! A brand new store!



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