

Mack Newton on. . . . MATURITY

Mature behavior is the hallmark of a self-actualized person, someone who is responsible for their own success, happiness and well being. An immature person can find dozens of excuses for their own failures or even blame others. The mature person is defined by these attributes:

Patience. The willingness to pass up immediate gratification for the long-term gain.

The ability to **control anger** and settle differences without violence or destruction. If you listen rather than assuming your opinion is correct, you open up the possibility that you will learn something.

Perseverance. The ability to sweat out a project or situation even in the face of stiff opposition, even when things don't go your way, even when there doesn't appear to be any light at the end of the tunnel, even when you have setback after setback. A willingness to press on is the sign of a mature individual.

Unselfishness. Being willing to respond to the needs of others, even at the expense of your own desires or wishes, allows you to see beyond a narrow world into a broader perspective.

Capacity to **face unpleasant realities**, frustration, discomfort, even pain or defeat without complaining or making excuses, without giving in and collapsing.

Humility. Being big enough to say "I was wrong, I made a mistake." And when right, the mature person does not need to say "I told you so!" It's not important being right, merely whether what you are doing is effective and works.

Ability to **make a decision** and stand by it, to not change your mind in the face of criticism or someone else's opinion. The mature person is confident in themselves. The immature spend their lives exploring endless possibilities and doing nothing in the end.

Dependability means keeping your word and coming through in a crisis. Immature people are masters of the alibi, of disorganization, and good intentions that never materialize.

Living in peace with what we cannot change. This is a true art within the mature individual. The immature are always freaking out over things that are going to be that way no matter what. If it rains on the day you plan a picnic, focus on what you can do instead of what you can't.



MUSIC MOVES HIM

I've always loved music and the guitar in particular," says Mack. "I'm fascinated with the psychology of music and it's effect on us."

In November 2000, Mack had an epiphany as he was driving down the 51 freeway and listening to jazz guitar on the radio. "As I exited on 20th street, I saw Guitar and Keyboard City . I went in and bought a guitar, amplifier, stand, picks, and a guitar how-to book. I went home that night and got started."

He began taking lessons from Thano Sahnas, the lead guitarist of "Turning Point", who then referred him to Carole Pellatt, a professional musician who also teaches. She is amazed and pleased with his startling progress in just over a year.

"I call Mack my gift," she says. "I always look forward to his lessons because I always get energy from teaching Mack. He loves music and it's obvious when he plays. Only someone who loves music the way he does can learn as quickly as he does."

Carole believes Mack's rapid progression is due not only to his love of music, but also his desire to learn, his commitment, and the amount of practice time he puts in. "His high level of excellence in the martial arts has also helped him because he already understands the need for constant repetition, and he has a great intuitive process into the mechanics of the body and the physics of motion. He understands form and technique and what it is to be centered at his instrument. It's been pretty amazing watching him. There's many things I don't have to explain to him."

Mack practices one to three hours a day and sometimes just loses track of time and may play until 3 in the morning. He's even received a lesson from jazz legend, guitarist and friend George Benson who dropped in one evening and played his guitar for 4 hours in Mack's kitchen.

Mack has acquired some world class guitars which he believes also helps accelerate learning.

"A good guitar with a good sound trains your ears better and raises your level of practice."

Mack now plays three guitars — An Ibanez GB10 (a guitar designed by George Benson), a vintage Gibson 1970 ES175 (a rare guitar he found locally after an around-the-world search on the Internet) and a knockoff of a Gibson 335 (the guitar that BB King plays). "The Benson Ibanez GB10 is light years ahead of most other jazz guitars on the market," says Mack. "The 1970 Gibson is like butter. It just melted into my hands."



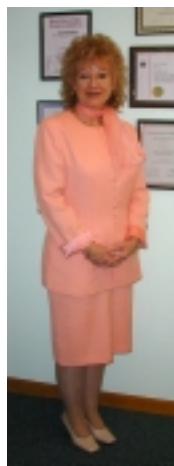
SHE NEVER QUILTS



This is Jean Rice's third appearance as a success story. "Very few people who have trained with me have needed to lose over 100 pounds," says Mack. "Jean is the first person who needed to lose more than 100 pounds who has not only met but surpassed her goal."

She began in April 2000 weighing over 265 pounds and over 50% body fat. As a Registered Nurse and

President of Action Health Care Management, she knew she needed to lose weight for her health, but no diet had yet succeeded. After almost two years with Mack, she weighs 135 pounds with an astounding 19.7% body fat. "It took longer than we thought," says Jean, "but I told Mack I would not quit until I met my goal."



Mack sings her praises frequently. "She has been relentless from the very beginning in her search for total health. She has not taken one backward step. She just keeps improving."

"Mack has been so inspiring and motivating," says Jean. "He's says he's got my back covered and he does because he truly cares. I don't know which one of us wanted most for me to reach my goals. He gets so much joy out of people meeting their goals."

Jean, who says she has been overweight all her life, weighs less now than she did in fifth grade. "I have a life now," she says delightedly. "I go into a clothing store and don't have to look for the plus sizes. I'm now a size 4-6. I have so much energy, I'm so healthy and this is now a way of life for me. My head is so straight on my shoulders now about working out, eating healthy and staying fit."



Inside Edition

Mack received a standing ovation for a speech to directors and management of the United Dominion Realty Trust in Dallas. The

topic was gearing up for success in an economic slowdown.

A speech to over 400 people at High Achievers in Los Angeles garnered another standing ovation. Jeff Liesener, the L.A. director of High Achievers, said he enjoyed Mack's speeches "knowing that hundreds of people will be changed thanks to Mack and they in turn will affect thousands of others."

Most everyone is familiar with the basic 3-2 shake. On a recent radio Power Hour, Mack introduced the delicious Mack Shake Ultra. Here are both recipes.

MACK SHAKE

16oz Orange Juice
1 Whole Banana
1 Half Apple
1 Half Pear

Pour 16oz of Orange Juice in the blender, add whole Banana. Cut half Apple into smaller slices and add to blender. Repeat this step with the Pear. Add Ice Cubes if desired. This is also good with frozen banana slices.



MACK SHAKE ULTRA

2 ripe bananas in slices
4 cups peeled fresh pineapple
1/2 cup fresh orange juice
1/2 cup cold water
1 Tbsp fresh lemon juice
2 cups ice cubes

Liquify all ingredients in a blender. Serve in a glass over ice. This will keep in the refrigerator for several days if you keep it in a tightly covered container. This is also perfect in the evenings if you are having a little sugar craving. Strict 3-2 can enjoy this once once a week. Those on the platform can enjoy twice a week.



If you would like to receive this newsletter by e-mail, please register at www.macknewton.com

3243-A E. Indian School Rd.
Phoenix AZ 85018
Tel: (602) 957-6492