

Mack Newton on... **SELF-ACCEPTANCE**

Without self-acceptance, self-esteem is impossible. People often confuse these two terms, but they are completely different in meaning. *Self-esteem* is something you experience. *Self-acceptance* is something you do. Self-acceptance means you refuse to be in an adversarial relationship with yourself. You are your own best friend.

Some people become self-rejecting or self-loathing. They may actually hate themselves because of their weight or age or job status or color of skin. If you don't choose to value yourself and treat yourself with respect, who will?

No new learning, growth, or significant changes in character can take place without self-acceptance.

Self-acceptance can make you fight for your life even when you are filled with despair. Self-acceptance can propel you to keep moving when you feel like laying down and dying. It is selfishness in the most noble meaning of the word. If your self-acceptance falls silent, your self-esteem is the first casualty.

There are three levels of self-acceptance:

1

The first level is the primitive feeling that you have the right to be here and you are going to be *for* yourself in the most fundamental sense. It is the primal shout *I am alive and I am here*. This basic level of self-acceptance affirms your value simply because you are a part of creation. You are valuable and worthwhile just because you exist.

2

The second level of self-acceptance is to acknowledge without denial or evasion that you think what you think, you feel what you feel, you desire what you desire, and you have done what you have done. You refuse to accept any part of yourself, your body, your emotions, your thoughts or your dreams as alien or "not me."

You are willing to accept rather than disown any part of what you are. You accept the full reality of your experience, even if it contains fear or pain or anger. You do not rationalize or try to explain anything away. What is—is. Acknowledging and accepting your present reality does not mean that it will become your future reality. It also doesn't have to mean liking or condoning or enjoying. You can accept what is and still be determined to change.

It is denial rather than acceptance that will keep you a slave to the past.

When you recognize your negative emotions and give them center stage, it is then easier to release them. Give them their moment in the light, and they will retreat soon.

You cannot learn from any mistake that you can't admit making in the first place. If I refuse to accept the fact that I am impatient, how will I ever learn to become more patient? I cannot change traits that I insist I do not have.

3

The third level of self-acceptance requires compassion. Once you have taken responsibility for what you have done, you can probe deeper into the reasons and the context. Suppose you have done something of which you are ashamed. Self-acceptance does not deny the reality of this behavior or condone it, but it does demand that you investigate the context in which the action was taken. There is always some context in which even the most offensive behavior can make some kind of sense. I can condemn some action I have taken and still have some compassion about the motives. This does not mean to alibi, rationalize or avoid responsibility for your behavior. However, you should show yourself the same compassion that you would to a trusted friend.

This accepting, compassionate benevolence does not encourage you to continue with the bad behavior, it actually reduces the likelihood of it occurring again. St. Francis de Sales said to have patience with all things, but first with yourself. Don't confuse your mistakes with your value as a human being.

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MORE STEPS ON PATH TO POWER

This month's *Mack Newton on...Self-Acceptance* was excerpted from the exciting new talks available on the **43 Days on a Path to Power** series.

Not only are these talks great gift items for friends and family, they are also great to listen to when exercising or on those long commutes. Just a few of the audio tapes and CDs that are available now:

- Attitude is Everything
- Big Rocks, WIT & WIN
- 4 Success Factors + 1
- Anger
- Conscious Language
- I Will Not Quit
- 7 Major Causes Of Stress
- Goal Setting
- You MUST Fail First
- Ask for What You Want
- Mental Programming
- The Dirty Dozen

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POWER HOUR IS BACK!



The Power Hour hits the airwaves again! May 10 will begin a weekly radio program airing every Saturday at noon on KXAM 1310 AM radio.

A serendipitous sequence of events coaxed Mack back onto the air. First a telephone repairman approached Mack after completing work on some telephone lines. "He came to my office and asked when I was planning to do the Power Hour again," says Mack. "He and his son always listened to my

show together. The next day another person approached me to tell me they missed the show. Then Michelle Corr, who has her own talk show, asked me if I was ready to go back on the air yet."

Convinced it was time to air the Power Hour again, Mack talked to Don Sandler, the General Manager for KXAM and they began planning the show. "I'm looking forward to this because I love to write the essays that I prepare for the show," says Mack. "I like to communicate with people and I like the impact that it has. I felt it was time to go back on."

Mack will welcome call-in questions and guests who will discuss a wide variety of topics, including the 3-2 eating plan and health issues.

The new Power Hour will be styled after National Public Radio in that shows will be commercial-free. Sponsors will receive two mentions on the show at each half hour break. "As always," says Mack, "the sponsors are people who I know and believe in, and whose products or services I personally use."

SELF-ACCEPTANCE

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Here are two simple exercises that will increase your level of self-acceptance. Stand naked in front of a full-length mirror and look at your body and your face. If you are like most people, you will find some parts of yourself difficult or uncomfortable to look at for very long. What are the parts of yourself that you don't like, that you find your eyes sliding away from? Perhaps you have bulges of fat or you are too thin, or perhaps you may have scars, an injury, or sagging skin. Your impulse will be to turn away and reject these aspects of yourself rather than gaze at them for very long. Yet how can you love yourself while despising what you see in the mirror?

Stay focused just a little longer. Say out loud: *Whatever my imperfections or defects may be, I accept myself unconditionally and without reservation.* Breathe deeply and repeat this phrase several times.

If you surrender completely to the process, you may notice that you have begun to relax just a little bit and start to feel more real. You'll be able to say *right now, that's me.* This is respect for reality and acceptance of your current condition. Self-acceptance gives you a more harmonious relationship with yourself, as well as the motivation to change what you can and to accept what cannot be changed.

Here's another experiment to get in touch with your denied or rejected feelings. Sit quietly and contemplate some emotion, feeling, sorrow or insecurity on your part. Maybe it's fear or envy, or self-pity. Bring it into clear focus, perhaps by imagining the situation that typically creates the feeling.

Breathe deeply and relax your muscles. Allow the feeling to sink deeply into you. Some psychologists call it "owning the feeling." Focus on the thought or feeling and accept it fully. Do not resist it. Take your time. You may find your body tensing in protest, but persevere. Concentrate on your breathing. Give your muscles permission to let go of the tension. If the feeling exists, it exists. Just allow the feeling to be there rather than trying to wish or will it out of existence.

If you find yourself fully resisting and you cannot relax your muscles, then at least accept your resistance. You will discover a paradox – the resistance will begin to evaporate. When you fight a block it grows stronger. When you accept it, it begins to melt.

Nothing does so much to increase a person's self-esteem as the self-acceptance that comes from owning the undesirable aspects of oneself. That is the cornerstone for personal development.

Everything changes, particularly here at Newton Fitness. Come by and see some of the latest additions, including more workout equipment, an expanded women's dressing room and the new T-shirt design.



3-2 GOURMET IS AN INSTANT SUCCESS



"I decided to write this book because I loved the 3-2 eating plan so much," says Rachell Hall. "People would tell me they were bored eating the same things. You should come to my house. We are so far from bored. It's wonderful to be able to have creative, lavish dinners and still host my dinner parties."

The dynamic color photographs in the book were all taken by Rachell with her digital camera. They highlight just how eye-pleasing as well as luscious a 3-2 meal can be.

"I set up a photo studio in my kitchen for six months," says Rachell. My husband Doug waited at the dinner table, pleading 'Can't I eat that yet?' But I would make him wait until I got the perfect picture.

"People are really using the book and trying lots of different recipes and liking the flavors. The recipes are easy enough that they aren't intimidating. It gives them ideas to spin off on their own."

The *3-2 Gourmet* also contains helpful hints and ideas for staying on the 3-2 plan with style. The cookbook is available at Newton Fitness and soon will be on the website.



Stuffed Papaya Shrimp and Kiwi Couli Delight

You will be proud to serve this at your fanciest luncheon or as an appetizer for a formal dinner. This recipe is another example that 3-2 eating can be as luxurious as the finest restaurant dining.

Half and seed the papaya and place each half on a plate. Rinse shrimp in a colander and toss in a bowl with a liberal amount of the citrus vinaigrette dressing. Then fill papaya halves.

To make the citrus vinaigrette, combine soy oil, orange juice and vinegar in blender or use immersion blender to emulsify

Stuffed Papaya

- 1 pound small salad shrimp
- 2 large ripe papaya

Citrus Vinaigrette

- 1/2 cup soy oil
- 1/2 cup orange juice
- juice of 1/2 lemon
- 1/4 cup red wine vinegar

Optional Kiwi Couli

- 3 kiwi, peeled and quartered
- 1 lime

If you haven't had your optional fruit, place kiwi and lime juice in a mason jar and use the chopping blade of your immersion blender to puree or use your food processor. Artistically drizzle on papaya and around the plate.

ASK MACK NEWTON



How can I fulfill my dream of becoming an entrepreneur? I've got a good job now and earn a comfortable income. I'm supporting a family. I'm really afraid of failing at my own business. I could end up broke and a lot worse off than I am now.

You are telling me the number one reason why the vast majority of people who want to work for themselves never do it. Entrepreneurship can give you independence, pride in what you do, and the potential to earn an unlimited amount of money. You will not be dictated to by some

corporate entity, you have a sense of freedom, you're in charge of your own destiny and you feel you are part of the American dream.

So what's the one thing that stops most people? The fear of failure. *What if I earn less money? My standard of living will change.* You're absolutely right. There is absolutely no way you can have your cake and eat it too that early in the game. Understand that there is no way that you will not experience any failure because you can't have all your answers laid out before you start.

We fail in varying degrees. That doesn't mean you'll actually go out of business every time you fail. You'll probably have some minor failures, like making some bad decisions, losing some money, or maybe a valued client. Or you may even go broke totally and restart your business more intelligently.

The average age of the self-made millionaire in America is 54, and he or she on the average failed 18 times before finally succeeding. Sometimes it takes that many failures to learn what you need to know. I've failed six times—gone completely broke. The most dangerous failures are the first few, when it really tears you up and destroys your self-esteem, you worry about what other people think, and just want to give up. Once you have pressed on despite a few failures, you become immune to self-doubt because you know you are always getting closer to your dream.

If you understand that some failure is inevitable, that in fact you cannot succeed until you've failed and learned from the experience, you will begin to understand the process of success. You'll be prepared going in. You are only going to succeed after you have failed enough times to learn all the lessons that you are going to need to succeed.

Then when you do succeed, you will succeed big-time because you will have learned all your lessons. Now your failures will be smaller ones and every time you correct those, you will go to higher levels of success.

If your desire of becoming an entrepreneur is stronger than your fear of losing your money, you will go after it. If you are so tied into your material possessions that you don't dare risk them, you will live a life that is filled with possessions, but a hole in your heart from an unfulfilled dream.

.....excerpted from *The D Factor*



GETTING HEALTHY & LOVING IT



Beverly and Peter DeFalco have made astounding progress since joining Newton Fitness on January 20. Both had been aware of Mack Newton's program for some time, but were hesitant to begin the workouts. "I had listened to his Power Hour show on cable," says Peter, "but I thought the 3-2 eating plan would never work for me because I'm a meat, potatoes, and pasta kind of guy." Bev says she was "scared because I had so much to lose."

Peter just wanted to feel healthy again. Both were struggling with health problems as well as excess weight. Peter had a painful knee as well as back and hip problems. Bev had surgery for breast cancer in 1999 and was left with swelling and pain in one arm due to lymphodema. After the surgery she was depressed and says "I babied myself and just kept putting on more weight."

Peter says they have been on every known diet and weight loss program, but nothing had worked until Mack Newton. "Mack takes any health problems or difficulties in movement into account when he designs your workout," says Peter. "He knows when to back you off a little and when to push you. It's amazing how intuitive he is. He treats everyone with respect. The mutual respect and love that comes out of that class contributes to a healthy attitude and you pick up energy from everyone else."

In slightly over three months, Peter has lost 61 pounds and reduced his body fat from over 40% to less than 25%. Bev has lost 37 pounds and says she knows it will take her longer than Peter. As a result of the cancer, she needs to take Tamoxifen, a medication that inhibits weight loss. Yet despite the fact that people who take Tamoxifen usually gain weight, Bev is actually losing about 3 pounds a week.

Both have discovered significant benefits to their workouts besides the weight loss. Bev had been attending regular physical therapy sessions to reduce the swelling in her arm, but has not any recurrence of swelling since working out with Mack.

Peter, a software engineer, and Bev, a project manager for American Express, are both in their forties and work forty or more hours a week. "Our energy level is the highest it's ever been," says Peter. "We used to get tired from any activity, now we feel energized even at the end of the day."

"Health is not just losing weight or doing a certain number of pushups or rpms on the bike," continues Peter. "It starts inside your head. Mack's discussions after class are very thought provoking and inspirational. It's a total approach to getting healthy."

"Mack is a motivator and it's really helped me out a lot," says Bev. "Not just with weight loss, but with health and happiness. My first compliment at work was not actually about weight loss, but about how much my whole attitude has changed. Cancer is very depressing and you can start to feel like what's the difference, I'm not going to live." Bev says there's been no reoccurrence of cancer so far, and she's looking forward to seeing the results of her next blood tests. "Mack has helped me to know I'm going to make it. I'm going to live."



NEWTON FITNESS ON THE WEB

A completely redesigned website will debut in May at www.macknewton.com. It will include a shopping cart for purchasing all of your Newton Fitness needs, including t-shirts and workout gear, books, videos, tapes and CDs.

A new feature of the website will be the availability of the Associate Program online. Guest members will still be able to access everything that is now on the site for free. Those who sign up as an Associate Member for a small monthly fee will have access to a number of exciting new features:

- Virtual workouts that you can access on-line at home or on the road on your laptop
- Worksheets to determine your fitness level
- A variety of workout programs that are designed specifically for your current fitness level.
- Virtual exercises that show you specifically how to perform a certain exercise properly for maximum benefit
- A chat room where you can talk to others and ask questions
- Occasional live workout classes with Mack Newton

All current active clients of Newton Fitness will automatically receive an Associate Membership.



Check out Newton Fitness on the Web!
<http://www.macknewton.com>

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