

**Mack Newton on. . .**

**4 SUCCESS FACTORS + 1**

*Editor's Note: Mack Newton recently discussed these success factors on his COX9 Power Hour. Just in case you forgot to turn on your VCR, we're presenting them here for your enjoyment and future success!*

**1 Purpose**

A dancer in her twenties became "tired of living" and jumped from a bridge in a suicide attempt. A man saw her jump and was so anxious to save her that he leaped in to the water, forgetting he couldn't swim. When the young woman saw him flailing in the water, she momentarily forgot her despair and paddled over to save him. In that critical moment, her life gained something it had previously lacked — *purpose*. This story dramatically demonstrates the need for purpose in our lives. Aimlessness is the mortal enemy of success. You need to feel that your thoughts and efforts are taking you somewhere. Goal setting once again becomes a prime indicator that you have purpose in your life.

**2 Sacrifice**

You may want something but have you asked yourself this: *What am I willing to give up in order to get it?* Are you willing to suffer short-term pain for long-term gain? Many people with great potential achieve far less than their capabilities, because they're not willing to make the hard sacrifices that will put them on the fast track to success. You might be able to have your cake and eat it too, but not early in the game. That pleasure is reserved for those who have sacrificed earlier on.

**3 Effort**

One of the most mystical aspects of our lives is our innate inability to enjoy what we haven't gained by our own efforts. We rarely value or appreciate something for which we haven't paid, no matter what it may be worth. Surely there is a direct relationship between effort and joy. The joy of success springs largely from the effort it took to achieve it.

**4 Satisfaction**

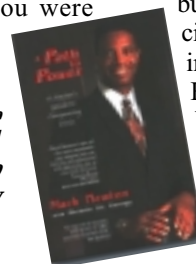
Success must be *enjoyed!* It may be won with lots of blood, sweat and tears, but it must be crowned with laughter. Even when the effort is great, without inner satisfaction, you will not have the full experience of success. In this unprecedented time in human history, when so many are achieving material success, the paradox is that so many lack the inner trappings of success—they don't *feel* successful! Satisfaction arises from your attitude towards what you do—and how well you do it. Pride results from a sense of mastery, much as a master carpenter or silversmiths experiences a wealth of satisfaction in their craft.

**Plus.... Spirituality**

How could you possibly feel successful without somehow being connected to the real purposes in life and the Creator of those purposes? In other words, I can't imagine feeling successful while being out of tune with God! Of course, this is a very personal matter....feeling the pulse and presence of God's existence and being in harmony with it. Everyone experiences this very individually, through unique paths and perspectives.

So, there is no mold for success. It's as individual as a fingerprint or voice print. You simply need the commitment and courage to be yourself. It's what Abraham Maslow called self-actualization—truly being everything you were born to be.

*Learn how to be the best you can be in **The Path to Power: A Master's Guide to Conquering Crisis** by Mack Newton with Michele St. George*



The popular POWER HOUR on cable channel Cox 9 has just been renewed for a new season. More and more people are tuning in at 8 pm on Wednesdays or for the repeat show at 12 noon on Saturday. The POWER HOUR features valuable information on life issues from Mack, a self-defense segment, success stories and much more. E-mail your questions to Mack Newton at [power.hour@cox.com](mailto:power.hour@cox.com).

Plans are being made for the Newton Fitness Christmas party. Santa, Mrs. Claus and the elves will be attending again, as well as an adopted family. Please call with ideas and suggestions.

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The next I Will Fight Back self-defense course is happening Saturday, September 16, from 10am to 4pm. Call the studio to sign up before the class fills up!

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Mack Newton is still busy on the speaker's circuit. He spoke twice in August to HOBY, Hugh O'Brian's Youth Organization, which provides leadership training for high school students.

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The changes at Newton Fitness continue....two new murals by Doug Brewer and a wall of Mack Newton's jerseys.

# WOW! What a Success Story

Jean Rice knew what she wanted. Overweight since childhood, she was desperate to pare off the pounds. Every diet she tried resulted in yo-yo weight losses, with pounds quickly regained. She participated in a clinical trial for a fat-blocking medication. After 18 months on the drug and a 1200 calorie-a-day diet, Jean had not lost a single pound. Finally she heard about Mack Newton from a friend.

As a Registered Nurse and owner of Action Health Care Management, Jean is familiar with the principles of good health. "I knew with exercise and Mack's eating program I would lose weight," says Jean. "From a medical viewpoint,



Mack's program is entirely sound. It's what we need to get healthy."

Since joining Mack's class in April, Jean has lost 47 pounds and over 22 inches. The downward trend continues with not a single pound regained. "I feel great," she beams. "It's had multiple levels of effect on my life, including reducing my stress level tremendously."

Take a close look at these pictures, because the old Jean is disappearing fast.



## You Can Have Your 3-2 and Eat Out Too

Now you can feast on these Mack Daddy-approved meals at Keegan's Grill and Taproom

### *Grilled Salmon Salad*

*romaine, sugar peas, marinated cucumbers, sliced tomatoes, salmon, lemon and choice of 3-2 dressing.*

### *Grilled Filet Mignon*

*garlic and black pepper seasoned and served with fresh fruit cup and choice of vegetables such as olive oil saute of zucchini, tomatoes, sugar snap peas, finished with homemade salsa and cilantro*

### *Roasted Half Rosemary Chicken*

*olive oil, garlic, and rosemary marinated fresh chicken, roasted to a crisp finish and served with fresh fruit cup and choice of vegetables such as olive oil saute of zucchini and broccoli finished with marinara sauce and fresh basil*

If your mouth isn't watering yet, there are two more salads, including a Pacific Rim and Pan Am Salad, and three more entrees: Spice Roasted St. Louis Ribs, Grilled Norwegian Salmon, and Alaskan Grilled Halibut.

Keegan's is located at 3114 E. Camelback Road. Soon to feature official 3-2 meals will be the Fish Market on Camelback, the Wrigley Mansion and Dan Ryan's. Can't wait to see what they cook up!

### POWER HOURS

COX TV Channel 9  
8 PM Wednesday  
Repeats Sat 12 Noon

Wednesday mornings  
KMVP 860 AM  
10 to 11 am  
with Kevin Ray

*We are born  
to succeed,  
not to fail.  
—Thoreau*



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

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