

MACK NEWTON ON...

IMMUNE SYSTEM OF THE MIND

My Great-Grandma always used to say; she could smile carrying loads that would make me cry. I wasn't always sure what that meant. Maybe it meant I was soft and what I thought was hard, really wasn't. Maybe it meant I expected things to always go smoothly, and when they didn't...I pouted. Whatever it meant, I guess there was a perspective on hard that I was missing out on.

My assistant, Lisa has a 5- year old son with an extreme form of autism. In addition to working with me, she also works a second full-time job, takes care of her husband, deals with every autistic flare-up with her son, and smiles all the time. Oh, did I mention she's also nine months pregnant? Maybe that's what Great-Grandma meant when she said she could smile carrying loads that would make me cry. So can Lisa.

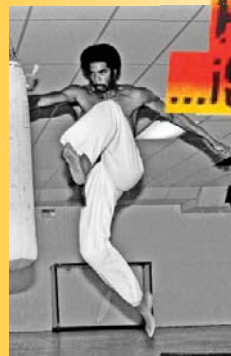
Great-Grandma and Lisa have two major character traits in common. They believe in themselves and they are extremely resilient in the face of life's adversities. In addition, they see themselves as valuable, worthwhile and well-equipped to cope with the challenges and troubles that arise in our personal lives or in our careers. In short, they are both positive examples of

people with genuine high levels of self-esteem. Great-Grandma liked herself a lot... and Lisa thinks she's fabulous.

People with low self-esteem crumble in the face of negative events and problems that people with high self-esteem would tackle head-on and wipe out. Let me emphasize that people with low self-esteem want to avoid pain far more than they want to experience joy. Why is that? I think I know the answer. They haven't learned that the pain is unavoidable, but the suffering is optional...to be sure...the suffering is optional.

To believe in yourself means that you can deal with short-term pain in order to get long-term gain. By trying to avoid the pain, sometimes you can set up a short-term gain, but eventually you will experience long-term pain. Are you old enough to remember the black and white movie in which an old beaten fighter played by Marlon Brando wailed, "I coulda been a contenda!!"? He was suffering. The feeling that he

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RETURN OF THE POWER HOUR!

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The Mack Newton Power Hour is back by popular demand!

The Power Hour is a show that encourages you to chase your possibilities. It's a show that inspires you to challenge your limitations — a show that gives you permission to be the very best you.

The *Power Hour* is recorded live once a week directly from Newton Fitness and available on www.macknewton.com on Thursdays.

Mack received numerous requests to return to the Power Hour. "People get addicted to listening to the broadcasts," he says. "People want to be inspired and this is something that helps all members of the family learn and grow."

"The *Power Hour* has always inspired me to write more, to be more creative and be more of the person I want to be" says Mack. "It again proves something I've always known—the teacher learns as much or more than the student. The more that I write and teach and speak, the more I learn what I need to know."

"We're beginning a major update to macknewton.com," he continues, "and it will continue to be a true adventure to tour the site. The *Power Hour* will become the cornerstone of my internet presence.

"The beauty and the advantage of hosting the *Power Hour* on the internet rather than the radio is that the audience is so much bigger—it can now be accessed and heard from Phoenix to Paris to Beijing."

What you will find at macknewton.com

**Mack Newton on....essays
Ideas for healthy and inspired living
3-2 eating info and recipes
Books and CDs
An archive of newsletters
Workout & casual apparel
and now...the *Power Hour!***

could have been something that he now knew he never would be. And, that is optional. If you don't believe in yourself or your own self-reliance...your neighborhood, the world, the universe is a very scary place.

Ralph Waldo Emerson, the great American philosopher and poet, wrote "It is easy in the world to live after the world's opinion; it is easy in solitude to live after our own."

For these reasons I have come to think about high levels of self-esteem as the immune system of the mind. Just as a highly conditioned body leads to a healthy physical immune system...high self-esteem leads to a feeling of personal power, a feeling that you're simply better equipped to cope with adversity...a 'can do' attitude. Even if you have a healthy physical immune system, it doesn't mean that you're never going to get sick, but it does help you not to get sick as often and when you do get sick, you get over it and bounce back very quickly.

It's the same with people with high self-esteem... this immune system of the mind...it allows them to overcome anxiety, transcend depression and stay positive in the midst of the most challenging circumstances. In other words, high self-esteem people can certainly be knocked down by a multitude of negative stuff, but they are quicker to pick themselves up again.

So, to my way of thinking, the fact that high self-esteem has more to do with resilience than it does with being impervious to adversity and hard times, needs to be understood better.

That's the confusion here. The happiest people tend to be able to always see their hard times as valuable learning experiences. As I said, they pick themselves up, keep their chins up and keep a smile on their faces. They just KNOW things will improve and that they will emerge from this test a better person and probably better off.

As Brian Tracy said to me in 1988, a statement that changed my life forever, say "I Like Myself, I Like Myself, I Like Myself over and over and you will overcome all previous negative mental programming." Take my word for it...it works!! This is how you build high levels of self-esteem and, of course build the immune system of the mind. And...that's the truth!

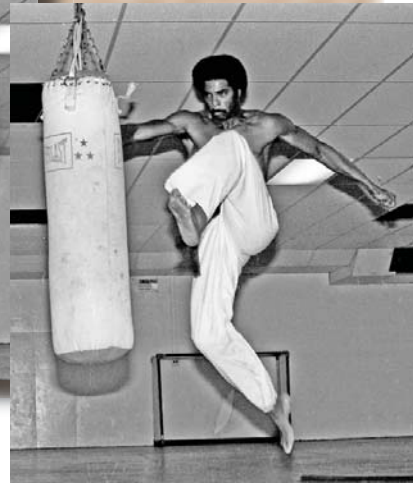
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A BLAST FROM THE PAST

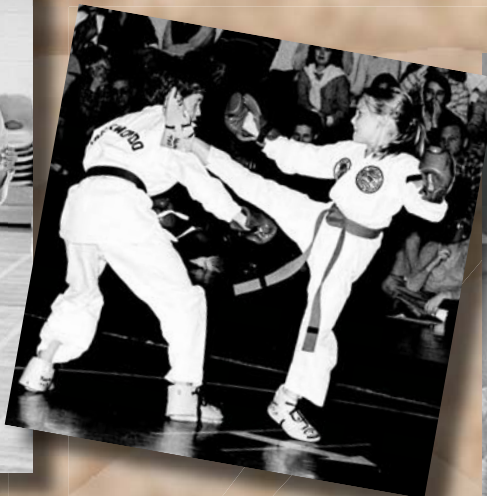
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Here's some more memories from my years teaching in the Mount Prospect Park District in Chicago. These photos were all taken in the late 70s..... *Right and center photos* are of me demonstrating a flying front kick. *Left photo*: I am working with Ann Granata. On the far left is Rick McCloskey, then a yellow belt, who trained with me to 3rd degree black belt. He is now living in Beijing, China.....



.....*Left photo*: I am teaching Mary Elias how to do a side kick. (Feel the power of the 'fro')....*Center photo*: Laura Harbaugh sparring against a much larger opponent. She became a 2nd degree black belt and was featured on "That's Incredible! Kids." She is now in her thirties and owns a restaurant in Carbondale, Illinois....*Right photo*: Chris Paul as a red belt.

HEALTH HERO

PAMELA PEACOCK

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Pam and daughter Pele c1998

Energy to burn

Pamela Peacock first joined Newton Fitness in May 2003 with a motivation to lose weight and gain health. She lost about fifty pounds and has kept it off, but says now it's about much more than weight loss.

A realtor for 28 years, Pam says the positive attitude and energy at Newton Fitness are what keeps her coming back. "I work really hard for my clients and need to have a lot of energy."

Well-known and respected in her industry, Pam has been voted Realtor of the Year by her peers. "I plan to work for a long time so that's why it's very important for me to stay really strong and healthy."

Mack's talks to the class are "absolutely inspirational," enthuses Pam. "I've learned commitment, control and consistency from him. My job is stressful and he talks about

the seven major causes of stress and how to relieve stress. He talks about how to simplify your life: rethink it, re-evaluate it, reorganize it, reinvent it, regain control, restructure it, re-engineer it.

"And I love when he talks about the ten uncommon denominators to success – believe in yourself, set goals, develop self-discipline, believe in hard work, learn to be patient, eliminate the word impossible, smile at adversity, live in the present, take action—don't put it off, and cooperate with life."

Energy is a natural by-product of the way Pam lives her life—with an appetite for healthy food, workouts at Newton Fitness and positive inspiration. In addition to her job at RE/MAX Achievers, she also plays tennis, hikes, skis, and does water aerobics. And, at 57, she says "I just love being able to buy size 4 and 6 clothes."

Pam's daughter Pele also joined Newton Fitness one summer and then again for seven months after she graduated law school. After passing the bar exam, she had a fortuitous meeting at Newton Fitness. Pele met Don Alvarez of the law firm Alvarez and Gilbert, PLLC and was hired by his firm.

"She's so happy working there," says Pam. "It never would have happened if it wasn't for going to Mack's. That's part of what's so wonderful about being at Mack's — the connections and all the positive people you meet. I tell Mack he's my coach for life."



Pam & Pele in 2008



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