



Shared Content Print Newsletter Past Issue Article Titles—Life Coaching Content

If you're not doing a regular newsletter at all, this is a good place to start. Below, you'll see back issues of all our shared content print newsletters, with Life Coaching Content, This will give you an idea of what you can expect every other month in terms of content.

Our clients who use the shared content print newsletter LOVE it. You don't have to do a thing and your readers and prospects get quality content and a regular, consistent "touch" by you, reminding them that you're available whenever they're ready. These newsletters keep you visible in your community, even when you don't have time to write it. And we teach our clients how to use their print newsletters for extreme effectiveness. (To get a better feel for our article content and writing style, go to www.ArticlesForSale.net and peruse the excerpts.)

For content-related questions, contact Claire Communications Managing Editor, Cynthia Lamb, 866-200-6945.

March/April 2008

Page 1: The Health of the Human Spirit
Top 10: Ways to Get a Good Night's Sleep
Quiz: How Well Do You Practice Empathy?
Page 3: Life Stages: Changes, Choices and Challenges
Page 4: Respect for Others and Self

January/February 2008

Page 1: Optimizing Your Life Energy
Top 10: Ways to Chase the Winter Blues
Quiz: How Well Do You Fulfill Your Basic Needs?
Page 3: Give Your Relationship a Tune-Up
Page 4: "Normal" Is a Very Big Playing Field

November/December 2007

Page 1: The Holidays: Here They Come, Ready or Not
Top 10: Ways to Stay Accountable
Quiz: How Controlling Are You?
Page 3: Loving Yourself: If Not Now, When?
Page 4: Time Chunking

September/October 2007

Page 1: Curiosity
Top 10: Ideas for Journaling
Quiz: How Defensive Are You?
Page 3: Living From Gratitude vs. Grievance
Page 4: Asking for What You Want

July/August 2007

Page 1: Overcoming the Obstacles to Midlife Career Change
Top 10: Powerful Questions to Ask
Quiz: Are You Sabotaging Yourself?
Page 3: Listening Practices: Tips and Traps
Page 4: Don't Miss a Step—Take Time to Celebrate!

May/June 2007

Page 1: How Avoiding Things Keeps Us Small

Top 10: Daily Relationship Practices

Quiz: How Healthy Are Your Boundaries?

Page 3: The Power of Forgiveness: Moving Forward in Our Lives by Letting Go of What's Past

Page 4: Resentments & What to Do with Them

March/April 2007

Page 1: Giving an A: Possibility, Not Measurement

Top 10: Warning Signs of Stress

Quiz: Test Your Temper

Page 3: Creative Conflict

Page 4: Make Your Worrying Work for You

January/February 2007

Page 1: Designing the Alliance

Top 10: Ways to Keep Your New Year's Resolutions

Quiz: Do You Have the People-Pleasing Syndrome?

Page 3: Accepting the Gift of Criticism

Page 4: Paying Attention to Red Flags

November/December 2006

Page 1: How I See It: A Look at Perspectives

Top 10: Questions for Your Year-End Review

Quiz: How (Well) Do You Handle Workplace Conflict?

Page 3: Competing Devotions

Page 4: Life's Choice Aren't All Easy, But They Are All Yours

September/October 2006

Page 1: "Scare" Yourself Into the Life You Want

Top 10: Barriers to Connection

Quiz: How Well Do You Handle Overwhelm?

Page 3: Developing Emotional Resilience

Page 4: Changing "Yes, But" Thinking

July/August 2006

Page 1: Is It Time for a Productivity Tune-Up?

Top 10 Ways to Handle Difficult Conversations

Quiz: How Well Do You Love Your Body?

Page 3: Gifts of the Shadow

Page 4: Maintaining Balance is an Inside and Outside Job

May/June 2006

Page 1: Attraction—Getting What You Want to Come to You

Top 10: Routine Maintenance Points

Quiz: Are You Living with a Victim Mentality?

Page 3: Organize Yourself for *Life!*

Page 4: Money Talks, But People Don't

March/April 2006

Page 1: Rewards of Really Listening

Top 10: Ways to Take Care of Yourself at Work

Quiz: How Well Do You Handle Anxiety?

Page 3: Commitment: It's Not Just About Relationships

Page 4: Listening to Our Bodies

January/February 2006

Page 1: Lifestyle: Choice Not Chance

Top 10: Ways to Start (and Maintain) a Good New Year

Quiz: Are You Playing the Blame Game?

Page 3: Befriending Anger

Page 4: A New Look at Selfishness

November/December 2005

Page 1: Self-Acceptance

Top 10: Things to be Grateful For

Quiz: How Well Do You Handle Failure?

Page 3: Power of Poetry

Page 4: Tending the Fences: Setting Healthy Boundaries

September/October 2005

Page 1: Optimism: A Positively Essential Life Skill

Top 10: Normal Everyday Retreats

Quiz: How Well Do You Manage Your Energy?

Page 3: Improving Personal Productivity

Page 4: Moving Sleep Up on the Priority List

July/August 2005

Page 1: Impossible Thinking

Top 10: Sources of Stress

Quiz: How Healthy Is Your Self-Esteem?

Page 3: Letting Go

Page 4: Truth About Lies

May/June 2005

Page 1: Power of Intention

Top 10: Ways to Cope with Change

Quiz: How Well Do You Take Responsibility for Yourself?

Page 3: Voice of the Inner Critic

Page 4: Speaking Up

March/April 2005

Page 1: Empowerment Through Self-Forgiveness

Top 10: Ways to Simplify Your Life

Quiz: Do You Have Workaholic Habits?

Page 3: Taking Feedback (to Heart)

Page 4: How to Say Yes to Yourself and No to Others

January/February 2005

Page 1: Tolerations

Top 10: Ways to Build & Keep a Positive Attitude

Quiz: How Well Do You Handle Fear?

Page 3: Grace in Action

Page 4: The Call to Create

November/December 2004

Page 1: Fear: A Little Word with a Big Voice

Top 10: Ten Signs of Strength

Quiz: How Well Do You Handle Worry?

Page 3: Succeeding with Failure

Page 4: Recognizing Victimhood

September/October 2004

Page 1: Self-Responsibility Starts with an "I"
Top 10: Ten Ways to Stay with Today
Quiz: How Well Do You Communicate?
Page 3: Oh, the Tales We Tell: Getting Beyond Our Stories
Page 4: Putting Childhood Play to Work for Us

July/August 2004

Page 1: Out of Judgment and Into Aliveness
Top 10: Ten "Top 10" Lists to Create
Quiz: How Healthy Is Your Relationship with Money?
Page 3: An "Exercise" in Vitality
Page 4: The Ultimate Act of Self-Care: Clearing Clutter

May/June 2004

Page 1: The Wise Teacher: Life Lessons from the Garden
Top 10: Ten Things We Can Control
Quiz: How Much Joy Can You Stand?
Page 3: Taming the Monster: When Envy Rears Its Ugly Head, Listen to What It Has to Say
Page 4: Enough Not Being Enough

March/April 2004

Page 1: Everyday Leadership: An Inside Job
Top 10: Ten Ways to Handle Adversity
Quiz: Are You a Perfectionist?
Page 3: Claiming the Empty Spaces: The Importance of Idle Time in a Fast-Forward World
Page 4: Move Your Body, Move Your Soul

January/February 2004

Page 1: Taking Stock of Our Lives
Top 10: Ten Ways to Have a Great Day
Quiz: How Well Do You Express Your Needs?
Page 3: Got a Hunch? Trust It. Intuition: A Pathway to Unlimited Possibilities
Page 4: What's (Self) Love Got to Do With It?

November/December 2003

Page 1: Reclaiming Our Lost Silence
Top 10: Ways to Sidestep Holiday Stress
Quiz: Are You Too Busy? How Can You Tell?
Page 3: Recognizing Burnout/How to Avoid Burnout
Page 4: Cultivating an Attitude of Gratitude

September/October 2003

Page 1: Enrich Your Life...Take Risks!
Top 10: Things to Say to Yourself
Quiz: How Well Do You Cope With Change?
Page 3: Procrastination—The Thief of Time
Page 4: A Merry Heart Doeth Good Like a Medicine (The Benefits of Laughter)

July/August 2003

Page 1: Taking Control of Your Life
Top 10: Questions to Ask Yourself
Quiz: How Well Do You Stay in the Present?
Page 3: Overcoming Overwhelm
Page 4: To Make Time, Take Time

May/June 2003

Page 1: Self-Care: Becoming Your Own Best Friend

Top 10: Fears That Keep Us From What We Want

Quiz: How Well Do You Handle Stress?

Page 3: Taking the “War” Out of Our Words

Page 4: The *Serious* Importance of Play in Our Lives