

## 卓越生命雙週刊

### Excel Your Life Newsletter: July 19 2008

讓你提升你自己的生命而發行的電郵週刊...

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#### I. From the eDesk of Keith To

**Hi and welcome again.**

1. [夢境工程即將開課了](#)：『夢境工程』是小弟的經典解夢課程，已修讀的同學自然知道她是如何的與別不同，還有不少畢業了的同學正在開班授徒呢！

我堅持每三年才舉辦一次，今年是第四屆，如有興趣學習這套小弟認為是與別不同的解夢系統(其實是三套才真!)，你可電郵[ask@keithto.com](mailto:ask@keithto.com)給小弟報名。

詳情：[www.excelcentre.net/dreamyoga.htm](http://www.excelcentre.net/dreamyoga.htm)

2. 今期 **Weekly Cut & Paste** 談的是正面思維，也是小弟極少談及的一個話題；正面思維不是不好，但太易被誤用，變成了自欺欺人。

什麼樣的正面思維才不是自欺欺人？

某些東西絕對適合正面思維，但另一些卻很易掉進自欺欺人的陷阱中而不覺，今期的文章－**油漆匠**，正是前者。

**Keith To**

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**[www.keithto.com](http://www.keithto.com)**

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## **II. Bi-Weekly Cut & Paste: 油漆匠**

文/不詳

有位太太請了一個油漆匠到家裡粉刷牆壁。油漆匠一走進門，看到她的丈夫雙目失明頓時流露出憐憫的眼光。可是男主人一向開朗樂觀，所以油漆匠在那裡工作的那幾天，他們談的很投機；油漆匠也從未提起男主人的缺憾。

工作完畢，油漆匠取出帳單，那位太太發現比原先談妥的價錢，打了一個很大的折扣。她問油漆匠：「怎麼少算這麼多呢？」油漆匠回答說：「我跟你先生在一起覺得很快樂，他對人生的態度，使我覺得自己的境況還不算最壞。所以減去的那一部分，算是我對他表示一點謝意，因為他使我不會把工作看的太苦！」

油漆匠對她丈夫的推崇，使她淌下眼淚。因為這位慷慨的油漆匠，自己只有一隻手。

態度就像磁鐵，不論我們的思想是正面抑或是負面的，我們都受到它的牽引。

### III. Keith's Point of View: 一個問題，一個答案

在以前的世界裡，一個問題，就只有一個答案；

所以，人們常說過去就是簡單得多；

其實，世界沒有什麼大變，只是人變了；

過去社會，制度明確，所有事情均有清楚路徑，不能踰越；

過去社會，人極其量也只是與同一社會中人交流；

當今社會，你在與全球競爭，不管你身在那處；

這裡是一種答案，那裡卻是另一種；

人眼界開了，同一社會中，不同環境，不同情境，答案也不同了。

強求一個問題，一個答案，那是一種愚昧。

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Ideas & Thoughts of Keith To: [www.keithto.ws](http://www.keithto.ws)

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### IV. You Can Attend: 國際認可－註冊企業教練資格課程

每年一度，[國際企業教練協會](#)唯一在中國及香港的認可課程！

你除了學懂如何以教練方式助人外，你還學會如何思維，因為真正的教練技術，就是助人思維的技術。

真正的教練課程，是一個思維技術的課程。

修讀這個課程，你更可以取得 **Registered Corporate Coach**  
**RCC 國際認可資格！**

已經是第 8 年舉辦，畢業同學比全港任何教練課程要多，我也  
無需在此硬銷課程，我只想誠心向你推薦，這一個本人十分滿意，亦真的能助人助己的課程！

詳情請參閱件。

日期：2008 年 8 月 12 日開課

訓練時數：44 小時

主辦/地點：香港生產力促進局

報名/查詢：2788-5026 李小姐

更多詳情：<http://www.Coachager.com>

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## V. My Thinking Tips: Top 5 Benefits of Being a Coach

by Keith To © 2008

I am not talking about the benefits of being a professional coach, those who charge to coach. I am talking about ordinary people, using coaching skill to help others to improve and develop. Here are the top 5 benefits of coaching others, to the coach, not the coachee.

- 1. You Understand Yourself Better.** Coaching is helping others to understand themselves. You know yourself better as you are coaching more people.
- 2. You Become a Better Friend of Your Friends, Family Members and Children.** Being a coach, you get used to listen and not to lead. These are the best quality of a friend.
- 3. You Become a Better Manager.** Today, the major role of management is getting more out of your people. Coaching

is just doing such job.

4. **You Become Smarter.** You are able to ask the best questions instead of always trying to search for the best answers. Let others do the job for you!

5. **You Save Time!** In the beginning of coaching others, you will find yourself spending more time in asking questions. In a longer run, when people know your new style, they will answer your questions before you ask them.

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This article is written by [Keith To](#), Authorized RCC Instructor of the [Worldwide Association of Business Coaches](#). Keith works with successful people and helps them to achieve even more in their lives, their careers and their businesses.

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## [VI. Free Quote for Your Soul - Kick-start Your Day with a Great Quote](#)

**Quote for Your Soul** is a great free service from [www.keithto.com](http://www.keithto.com). The service is absolutely Free. Everyday you receive a great quote of great people from me through email. The quotes are inspiring and energizing.

Subscribe simply by sending a blank email to [quote4soul-subscribe@yahogroups.com](mailto:quote4soul-subscribe@yahogroups.com). You will be glad to do so.

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## VII. My Free Resources for You:

[Ideas & Thoughts of Keith To](#)：如果你有興趣了解我的看法，或想每隔數天就能收到我的有關 NLP，催眠，專業教練，輔引學的文章，不妨到 [www.keithto.ws](http://www.keithto.ws) 一看，你更可發一空白電郵至 [keithto-subscribe@googlegroups.com](mailto:keithto-subscribe@googlegroups.com)，當我加進新文章時，你即可以電郵立即收到。

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## VIII. Recent Posting of Ideas & Thoughts of Keith To

### 偷現實的妖精 - 再看西遊記日本版

電視晚上重播 06 年的日版西遊記，當年上映時，曾遭到不少中國國內的朋友批評，皆因其偏離原著；但原著已拍過不下數十次，多來點創新，小弟也覺未嘗不可，還有點點驚喜。

這日版新西遊記，集搞笑、明星、靚女元素於一身，還有勵志，更有人生道理，平凡如小弟之流，其實覺得重看，也看得嘗心悅目！（當然，多位日本靚女輪流出場是個重點！）

劇中的人生道理，表達絕不高深，但意義也絕不膚淺；話說第三回，師徒一行四人，路經夢之國，遇上一妖，該妖有兩個版本，其一專偷取人的**夢想**，其二則偷取人之**現實**；前者令人**沒有夢想**，活在現實痛苦之中，但後者則更為恐怖，令人**失去現實**，只永遠活於夢幻。

原著西遊記也隱藏大量人生道理，但又有多少人如我等無知之輩，能領略作者心意一二呢？

此日版新西遊記，簡單直接，不故扮高深，好！

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Go to [www.keithto.ws](http://www.keithto.ws) to see all my other articles!  
Or you can send a blank email to [keithto-subscribe@googlegroups.com](mailto:keithto-subscribe@googlegroups.com) to receive my new articles whenever they are available.

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### IX. Tell a Friend

Please kindly help us by introducing your friends to our newsletter by a simple 3-steps procedure.

1. Tell your friend about this free newsletter. You can forward this email to them.
2. Ask him/her to register by sending a blank email to [excelcentre-subscribe@yahogroups.com](mailto:excelcentre-subscribe@yahogroups.com).
3. Then, please email me with his/her email address at [keithto@keithto.com](mailto:keithto@keithto.com).

To thank for your help, we have arranged a free gift for you. After you help us to refer a friend to our newsletter, you will get a **Free Ebook, As a Man Thinketh**. This is a fantastic book written by James Allen nearly 100 years ago.

The teachings in this book had influenced so many contemporary writers like **Norman Vincent Peale, Denis Waitley and Tony Robbins**. It is difficult to find this book in bookshops nowadays, You can get it free by just introducing one friend to our newsletter.

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