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## Your Free Monthly Shred News!

Mar 2016

### Your Monthly News & Updates

As the leader in information management and destruction, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

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### Leadership Lessons From Wildly Successful People

Every year Harvard Business Review asks 10 stars to offer wisdom on topics outside of business. Novelist Salman Rushdie had this to say about productivity, "I've always told myself to treat it like a 9-to-5 job...It doesn't matter whether you're feeling good that day. I don't



think writers or artists can afford to have a 'creative temperament' or to wait for inspiration to descend. You have to simply sit there and make yourself do it. Once your mind understands it has no excuses, it's remarkable how it begins to play along." Actress Goldie Hawn believes a strong sense of self will lead to success. And, tennis pro Andre Agassi weighs in on managing emotions that can distract you from the business at hand.

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## 5 Powerful Reasons to Start Saying "No!"

In order to say yes to great things, we must say no to some good things. Here are some great guidelines for when you should consider saying "no":



1. If it is not paid - Your time is extremely valuable. If you are not being paid for your time, seriously consider whether you should be saying yes.
2. It is too much work - Time is our greatest asset. Decide what amount of time you are willing to give while still keeping your relationships and your health a priority.
3. It is not worth what you're worth - Don't allow people to negotiate you down below what you think you are worth. It will lead to feelings of resentment.

[Click Here For Full List of 5 Powerful Reasons to Say No!](#)

## Top Apps to Enjoy a Healthy Lifestyle

Apps are a great way to monitor your

fitness and health. Often our lives get so busy that we neglect our bodies. The following are some great apps for people of all ages and fitness to help keep tabs on your health.



1. **Saga** - A free, health app that has factsheets on 800 medical conditions and health topics. It is also great for researching a variety of illnesses.
2. **Symple** - Great app if you suffer from headaches or shoulder pain that seems to come from nowhere. The app even helps you to track your symptoms
3. **Pact - Cash for Living Healthy** - This is a great app for those maintaining a healthy lifestyle. It allows those who keep up with healthy living to earn cash paid by other members who keep the pact.

### [Discover Apps To Help You Stay Fit & Healthy](#)

## **7 Qualities of People with High Emotional Intelligence**



When Daniel Goleman, Ph.D. studied what makes people successful, he concluded it comes down to emotional intelligence. In his best selling book *Emotional Intelligence: Why It Can Matter More Than IQ*, he reveals that no amount of smarts will make up for the all important emotional and social abilities, especially in the professional world. Here are 7 characteristics of emotionally intelligent people:

1. They are change agents
2. They are self aware
3. They are empathetic

[Click Here to Learn About All 7 Qualities](#)

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