



# ONE CHOICE CAN CHANGE A LIFE™

NEWSLETTER  
DECEMBER 2008

## AUTHORS' NOTE



The holiday season delivers such a range of emotions. Happiness at giving gifts and cooking for family and friends stands in stark contrast to the sadness over the memory of those who passed away this year, like my mother. A wise Japanese friend of mine explained things in a unique way. He said that we carry those we've lost in our hearts, and if we feel sadness in our hearts, then they experience it also. Keeping happy thoughts about those who have passed away helps to keep the heart uplifted, and they are comforted that we are not so sad. I appreciate this reminder, for I am sure our loved ones do not want to ever feel they have brought us sadness, especially during the holidays.

Until next month.....Lin

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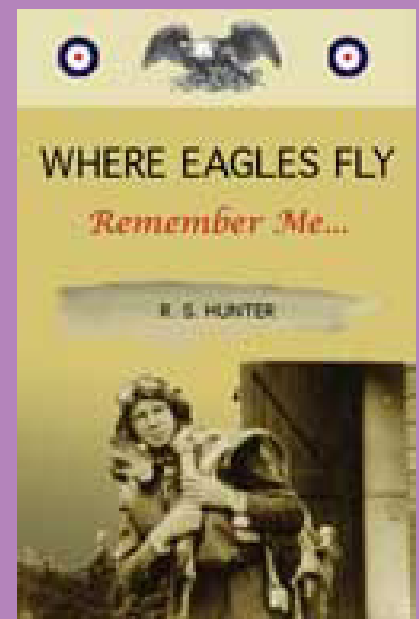
## ***Amethyst Moon Publishing is excited to release***

**Where Eagles Fly** *Remember Me...* by R.S. Hunter

This is the unique story of Red Campbell – the story of a man who would stop at nothing to live his dream. In the autumn of 1940 when he was eighteen, John A. Campbell III (Red) tried to enlist with the US Army Air Force. He was turned away. His high school education and youth were working against him. Red was desperate to get into the fight. Even the Royal Air Force (RAF) turned him down, telling him to return when he was nineteen. Red's birthday was only one month away. He returned. He was accepted. He became an Eagle.

In the words of John A. Campbell III (Red):

*"Over the years, friends and relatives have asked me why I have not written a book about my WWII experiences. My answer has been that there are several books already published in which the writer has said*





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*some very flattering things about me (not always accurate). So why should I ruin the image already established by telling the truth?*

*Now, as I surrender to the evening of my life, I finally realize that I have much to tell. Where Eagles Fly is my story, as I remember it.*

*The most important thing to me is to know that my kids and their kids and all of the generations to follow, know exactly who I am and from where I came . . . This is my story . . .*

**Where Eagles Fly is my Legacy . . . Remember Me . . .**

To order, visit [www.onechoicecanchangealife.com](http://www.onechoicecanchangealife.com) or send \$24.58 (includes shipping/handling -- Arizona residents please add \$1.03 tax) to Amethyst Moon Publishing, P.O. Box 87885, Tucson, AZ 85754.

The following excerpt from *THE POWER OF CHOICE: CREATING THE LIFE YOU WANT* by Lin Conklin explores the power of doubt in our lives and focusses on how our beliefs play a big role in our experiences.

### ***The Effects of Doubt***

The ability to overcome feelings of doubt is hard to teach or explain. The success at doing so is as varied as the individual. Basically, it boils down to a variety of factors: the support the individual receives, the level of commitment to overcoming fear, the ability to persevere, the amount of self-confidence, the intensity or depth of a belief that is being challenged, the desire to succeed, and the knowledge the individual possesses about how to successfully make change(s). When someone has difficulty overcoming and conquering their fears and doubts, it is not because they are bad or wrong. It is because of the level of capability in all of the areas listed above, which is a product of the person's experiences and deeply held beliefs. If a shy person who has been sheltered from change and/or other experiences requiring them to conquer doubt begins to question their belief, they may not have the same tools to handle the situation as would a person who has been exposed to numerous, varied experiences that have forced them to learn how to succeed even when uncertainty arose.

DOUBT IS THE  
MANIFESTATION OF OUR  
FEARS

*Fear can paralyze us and keep us from ever attaining our dreams or living life as we want -- sometimes without us even realizing that it is happening. If you experience any type of doubt, then you can be sure it is attached to some fear you have.*

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Order *THE POWER OF CHOICE: CREATING THE LIFE YOU WANT* at [www.onechoicecanchangealife.com](http://www.onechoicecanchangealife.com) or send your check or money order for \$20.30 (includes shipping & handling -- Arizona residents please add an additional \$0.85 tax) payable to Amethyst Moon. Our mailing address is: Amethyst Moon, P.O. Box 87885, Tucson, AZ 85754.



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