

HOROSCOPES

Monthly Forecast for August 2010

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BY DR. PREM KUMAR SHARMA



ARIES: Things don't promise much joy at professional front this month. However this is only an indication to suggest that you will need putting-in extra efforts to succeed. Therefore don't hesitate to use expertise and work in close cooperation with subordinates to achieve your goals. Professionals engaged in the fields of PR and banking in particular will have to make special efforts to achieve desired results.



TAURUS: At work discouraging results especially at the beginning of the month might disappoint. However things would change for better in the later half when expected success comes your way without much efforts. It would be in your interest not to assign an important work to an unreliable person. Admitting your mistakes will also go in your favor.



GEMINI: You are likely to have a very smooth sailing in professional life. To begin with, sudden development at workplace would inspire. Success is strongly indicated on using professional expertise to solve stumbling blocks in your path. Businessmen need to respond positively and quickly to new ideas in business. Professional engaged in architecture, IT and social services would find later half of the month in particular very rewarding.



CANCER: A promising start at work heightens your spirits. Things are likely to remain under control throughout the month. However there is a need control negative emotions in big business dealings. A simple restrain on your part would augur well for future. Efforts to enhance career prospects are likely to succeed. Working in close cooperation with others would highly benefit.



LEO: Professional life tests mettle, as results are likely to come only after putting-in increased efforts. You will need adopting a dynamic approach to pursue career ambition. In this your positive thinking coupled with dedication will come to your rescue. Professionals engaged in PR, banking and sales & marketing in particular are likely to have hectic schedule to achieve goals.



VIRGO: At professional front, your creative energy and past experience would enable achieving set targets. A special assignment in mid of the month is likely to bring in the limelight besides enhancing career prospects. For some changing job would relieve from big tension. However this requires working hard to prove your mettle. Colleagues' will also be very supportive.



LIBRA: Things are likely to remain discouraging at professional front in first half of the month. However this is only an indication to make you cautious that you need adopting a careful approach to succeed. Making new contacts with high profile personalities would also help. Computer professionals, looking for an overseas career are likely to get an opportunity to realise their dream at month end.



SCORPIO: You are likely to have a very smooth ride, as your confidence enables making an impact at work. Assigning important responsibilities to subordinates, who can deliver the successful results would enable achieving set targets on time. Don't get surprised if some of you get an opportunity to go on a professional trip. Businessmen are likely to join hands with new partners to expand their work horizons.



SAGITTARIUS: Your ability to shoulder additional responsibilities and solve intricate problems brings professional success. Things are likely to move very smoothly at the beginning, but later half requires remaining alert to save personal professional interests. Better to be cautious as wasting time in useless activities might go against you by slipping many promising opportunities. For some change in workstation brings positive results.



CAPRICORN: At work you are likely to have a very smooth ride especially in first half of the month on getting an excellent opportunity to achieve goals. However there are chances that human-made problems could make you a sufferer in later half. A busy schedule coupled with lack of colleagues' support could make is somewhat difficult to complete work on time. Therefore following a cautious approach would be highly important.



AQUARIUS: Let some discouraging results not dishearten at work because the month in general holds promising results. However it will be in your interest to maintain a distance from a greedy colleague, as chances that he/she might misguide you. Using your intuition to take quick decision would highly benefit. Those planning to change the job are likely to receive positive results.



PISCES: A sound health and spirited love life give desired energy to work to your full potentials. There are indications that new work assignments bring an important responsibility, giving an opportunity to prove your mettle. The heartening news is that your incredible efforts would bring successful results, besides the style & unique way of doing things catching others' attention.

Overcoming Group Presentation Fear

Dear Deep Essence,

I am scared of presenting in front of large groups. Whenever I have to present in front of two or more people, I freeze. I get through the presentation but do a really bad job. Because of this I am not able to make an impact on my colleagues. What should I do?

Sincerely,
Tongue-Tied

Dear Tongue-Tied,

Speaking in front of people is listed as the number one fear that people have across the board. Below you will find three simple ways to let go of the fear of speaking in front of a large group.

If you know that you are presenting the next day, prepare for it. Avoid caffeinated drinks (which tend to increase anxiety), get plenty of rest and drink lots of water. Nourishing the body naturally neutralizes the anxiety.

Next, five to ten minutes before the presentation, take a time out. Walk away, and sit in silence (with your eyes closed) for five minutes in a quiet place. Preferably next to a tree or grass, but any quiet spot will do the trick. This activity will clear

your mind of unnecessary activity (negative thoughts and emotions) and you will experience a deep calm.

Last but not least, stay aware of your body language and tone of voice during the presentation.

If you find yourself at a loss for words, pause for twenty seconds, take a couple of conscious, deep breaths and continue. Also, stay mindful of your volume and tone of voice, your facial expressions and your whole body movement. Just observe yourself gently (no pressure/force) while you speak. The more you practice the easier it will be for you to adapt and not feel overwhelmed by the fear. Remember, the fear is not bigger than who you are (unless you allow it to be).

Best of luck with your next presentation.



AQSA ZAREEN FAROOQUI

Dear Deep Essence

*The advice may be helpful but is not intended as a substitute for professional care. **Aqsa Zareen Farooqui, MS, LPC is a relationship counselor and author. She provides individual and couples counseling for relationship/marital issues. She accepts most insurance including BCBS, Humana, Aetna and Kaiser. Send her an email at info@deepessence.com or call her at (404) 312-4950 for a free phone consultation.*

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SuDoku Challenge

Rules: 1.The 3 x 3 sub grids are called **regions**
2.Numbers already filled in the grid are called **givens**
3.The goal of the player is to fill the blank grids of

- Every row
- Every column and
- Every 3 x 3 box
- With the numbers 1,2,3,4,5,6,7,8,9

However: All rows and columns and regions (3 x 3) should contain numbers 1 to 9 without being repeated.

SuDoku Solutions

4	1	5	9	7	6	2	8	3
3	7	8	1	2	4	9	6	5
2	6	9	3	5	8	7	1	4
5	9	7	4	8	3	1	6	2
1	4	2	5	6	7	8	3	9
6	8	3	2	9	1	5	4	7
8	7	4	7	1	9	3	5	6
9	5	1	6	3	2	4	7	8
7	3	6	8	4	5	9	2	1

1	2			8	9			
8			2	3				6
				7	4			
		5		6				9
	3						4	
2				8		7		
		7	8					
5				2	1			3
		2	9				1	4

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