



Total Beauty

The Total Makeover Company, LLC

Volume 2, Issue 3

May 2007

Welcome!

Hello and welcome everyone to another Total Makeover Newsletter. I pray that you will be blessed by the articles you read and find inside helpful resources.

My endeavor is to provide you with helpful information that will enhance your life in many different areas. If at any time you have a comment or you have a subject you would like covered in this newsletter feel free to email us at: info@thetotalmakeover.com and will be more than happy to cover that topic.

As always, I pray that you enjoy the newsletter and I look forward to next month.

Kenya Johnson
Kenya Johnson, M.P.G.C.



Contributing Writers:

- ☺ Brian Johnson
- ☺ Kenya Johnson

The Total Makeover Co.
(313) 272-0415
(313) 447-2092 Fax

www.thetotalmakeover.com

If you have a questions regarding **The Total Makeover**, please feel free to send an email to: info@thetotalmakeover.com

Inside this issue:

Upcoming Events	2
A Man's Perspective 'Counterfeit Brothers'	3
Self-Esteem	4
5 ways to change you how you feel about you.....	4



Upcoming Events

Start Date	Group Title	Time
May 7, 2007	Monday Self-Esteem Group via conference call 12 sessions *Price: \$25 per session = \$300 total	6pm - 7pm
May 7, 2007	Monday Stress Management Group via conference Call 9 sessions *Price: \$25 per session = \$225	7:15pm -8:15pm
May 10, 2007	Thursday Self-Esteem Group via conference Call 3 month class = 12 sessions *Price: \$25 per session = \$300 total	6pm -7pm
May 10, 2007	Thursday Stress Management Group via conference call 9 sessions *Price: \$25 per session = \$225 total	7:15pm - 8:15pm
TBA	Time Management Group 5 sessions *Price: \$25 per session = \$125 total	TBA

For a registration form please email me at: kjohnson@thetotalmakeover.com.

*All prices include material needed for each class.

Counterfeit Brothers—Part Three

By : Brian Johnson

Last month's article was the second of three on the subject of counterfeit brothers. We have given an overview of a counterfeit brother and talked about the "Saved Brother" counterfeit. In this month's article we will talk about two more kinds of counterfeit brothers "Mr. Leech" and "Mr. Hardcore".

How many women have been in a relationship with Mr. Leech? He is often appealing to the eye; however, his whole purpose is to suck the life out of you. He will suck you dry of time, money, relationships, and if you let him your identity. This brother is usually a smooth talker. He comes off as being polite and a true gentleman, but he is sneaky like a snake (hear the rattle of the tail). His lack of funds and other resources often leads him do depend on you. Before you know it you have depleted your funds and resources along with your time, and even relationships with family and friends can be affected. This kind of brother is easily spotted when he is either jobless, or always between jobs. Another sign is when he isolates you from others to be exclusively available to him. If you see you are the one always giving and never receiving you have probably met Mr. Leech. God meant for men to be givers, providers, and coverings and for women to receive and be covered.

The final counterfeit brother of discussion is Mr. Hardcore. This brother is the most obvious to identify, but still has the capability of ensnaring a woman, even a Christian woman. The question can be raised as to why any woman would want a man like this. To best answer this question from a Christian point of view is that some women really want a man so bad that they look past the devil seed in Mr. Hardcore and see what he can be in God and feels that they can somehow, work a miracle and change him. They are willing to take the risk at the expense of their own soul and peace of mind and life. The deception of the enemy is there are no men in the Church; therefore, you need to look outside the Church and find a project to work on. The truth of the matter is this; if Mr. Hardcore won't let God change him, know that you can't change him. God wants you to live in perfect peace, not on the edge.

Know my sisters God will not give you a man who is not one with Him first. It is not your responsibility to find a man; it is he that finds a wife find a good thing. Be anxious for nothing. Believe God and in his time and your season God will unveil and reveal you to the perfect man that he has prepared just for you.

Self-Esteem

Eight steps to positive change

#5 Acknowledge Others

People love recognition. It helps build their self-esteem when someone appreciates the work they have been doing. If you work in a upper level position with others working under you, take a moment and let them know how much you appreciate them. It will boost their self-esteem and you will feel good for knowing you did.

5 Ways to change how you feel about you...

#4 Start a Scrapbook/Keep a Journal

Collect evidence of your growing attractiveness. Include photos, pictures, you name it. Make a note of positive comments you receive. Update and refer to this often.

You can also take time to right down you thoughts and feelings through out the day. Make a point to always list a positive thought if you have a negative one. This will help you sort through your feelings and give you insight on what makes you tick. If you have any questions feel free to contact me at:

kjohnson@thetotalmakeover.com

The Total Makeover Co. -- (313) 272-0415 -- (313) 447-2092 Fax- www.thetotalmakeover.com

If you have a questions regarding **The Total Makeover**, please feel free to send an email to: info@thetotalmakeover.com