

Total Beauty

T H E T O T A L M A K E O V E R C O M P A N Y , L L C

Contributing Writers

- Kenya Johnson
- Joyce Hogan
- Hope Taylor
- Shirley Williams

Welcome

Hello, my name is Kenya Johnson and I am a Certified Master Personal Growth Coach and president of The Total Makeover Company, LLC. I want to welcome all of you back to my monthly newsletter "Total Beauty". Just like my company the "Total Beauty" is dedicated to teaching women how to restore their natural beauty from the inside out. All of the articles you will read will cater to dealing with the inside, outside and everything that makes up our self-image or how we feel about ourselves.

Last month's issue contained information that gave you some things to think about. This issue should give the motivation you need to start striving to be your best. Featured in this issue are articles on exercise, loving yourself, goal setting, stress management and much more. Women deal with some or all of these areas on a daily basis. Our endeavor is to heighten your awareness and move you to a point of recognizing your potential.

I pray that you enjoy this issue and all that we have to offer.

May God bless you,

Kenya J. Johnson

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



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If you would like to receive more information regarding "The Total Makeover Company" or would like to submit an article to the "Total Beauty" please call me at (313) 272-0415 or email me at:

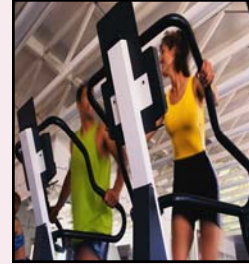
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Have Time, Will Exercise

By: Hope C. Taylor

As women we wear so many hats that at times it may seem hard to balance our roles as well as trying to find time to exercise, but exercise we must. Exercise gives the body energy and strength to take on the daily tasks of life. Exercise also brings emotional well being. In Dr. Lori Mosca's book Heart to Heart, she expounds on women and heart disease. Mosca describes how stress can be a contributing factor to heart disease in women. She is an advocate of exercise and believes that it is an important key to decreasing stress and preventing heart disease. Running, walking, or taking an aerobics class is a good start to healthy living. It is not about the quantity of exercise but the quality of exercise. Every woman's body is different so find the exercise regiment that is right for you. Exercise not only benefits us but it benefits the people we love. We as women want to live to enjoy the relationships God has blessed us to have. Just five minutes of exercise a day can enrich your life.

Go ahead you have time!



Pampering Secrets

"It is a totally relaxing experience that you will never forget"

Pampering yourself can come in many different forms. Last month we talked about a relaxing bubble bath with all of the fancy trimmings. This month we are going to explore some other ways of pampering. Another one of my favorite things is getting a massage. Talk about ways to relieve stress. If you are under a tremendous amount of stress working over 40 hours a week or if you just need a break from the children this is the way to go. It is the ultimate way to be pampered. Attending a day spa that is filled with so many ways to pamper is an experience that every woman must try. It is a totally relaxing experience that you will never forget. Search around for day spas in your area, ask a friend to recommend a place, but whatever you do make sure that it is money well spent.

If you know of a day spa that you would like to recommend please let me know we may want to feature it in our next newsletter along with your experience there. You can email me at: kjohnson@thetotalmakeover.com please put pampering secrets in the subject area.

Loving Myself from the eyes of Jesus

By: Joyce M. Hogan

Loving ourselves; that is so hard for many of us because of the media and how the enemy speaks to us everyday by what we see and hear in the media. We are told that we are too fat, too skinny, too short, too tall, too dark, too light and the list goes on and on. Some of us come from abusive situations, or have a spouse who never says, "I love you". In **Psalm 139:13-14** (NIV) God's word tells us: (13) **For you created my inmost being; you knit me together in my mother's womb.**

Before you were born God knit you in your mother's womb, He formed you. You are God's creation, He created you. God's character goes into the creation of every person. When you feel worthless or even begin to hate yourself, remember that God's Spirit is ready and willing to work within you.

(14) **I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.** You have been made a beautiful woman or young lady of God. It is not what the media says, because they have not looked into the treasure that is on the inside of you. There has been so much deposited in us. Continue to see yourself as God sees you, made in His image and in His likeness. How can you not love yourself?

Stress Management

By: Kenya J. Johnson

Women encounter stress daily. In our do it now and do it fast world, it is impossible to live without stress. We encounter difficult people and challenging situations that stretch our emotions to the limit everyday. The aggressive driver who tailgates, the perfectionist boss who makes unreasonable demands on our time, the sudden loss of a family member or friend can be a contributor to our growing stress levels. All of these are the things that are out of our control but, learning how to manage our responses and change our reactions can help reduce our stress levels. When we practice ways of expressing our emotions, then we can reduce the negative impact stress can have on our lives.

Stress can be a powerful motivator. It will energize us for a task or challenge. We have heard many stories about ordinary people who demonstrated superhuman strength in a crisis. In ordinary circumstances, a certain amount of stress keeps us alert and powers us to achieve our goals.



“When we practice ways of expressing our emotions, then we can reduce the negative impact stress can have on our lives.”

Goal Setting

Goal setting is very important to ensure success. Have you ever heard the saying “write the vision and make it plain”? That’s what a goal is; it is the vision or a vision for your life. When you put the vision or goal on paper it will give you a better perspective on where you are headed. When you see it on paper it helps guide you to the expected outcome. In the Bible it says that “without a vision the people perish” Proverbs. 29:18. If you do not set goals for your life you are headed no where.

If you would like to know more about setting achievable goals please call me for a complimentary coaching session today!

Schedule Groups & Upcoming Events

Group Sessions

4/3/06— Self-Esteem Group @6pm

4/10/06—Self-Esteem Group @6pm

4/17/06—Self-Esteem Group @6pm

4/24/06—Self-Esteem Group @6pm

Speaking Engagements

4/22–4/23/06— Speaking Engagement LBC

Women’s Conference

All group Sessions are held at:

LBC—14152 Telegraph Rd. — Redford MI



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"Restoring Beauty from the Inside Out"

My Confession

I am fearfully and wonderfully made. God made me in His own image. I will not believe the things that friends, family members, employers, my spouse or the world tell me I am. I will not listen to the distorted views of the world's idea of a healthy self-image. I will not give in to the things that they say. I will look into the mirror and love what I see. I see a woman of God full of power and authority. Devil I serve you notice. You will no longer make me think that I am less than beautiful. In the name of Jesus I bind and rebuke every hindrance, obstruction and blockage that will not allow me to see myself in God's eyes. From this day forward I will see my self in the image of God. AMEN

Domestic Violence

By: Shirley Williams

Though it may be shocking, it is estimated that some form of violence occurs in one third of all relationships and in two thirds of all marriages. While domestic violence does not always start out physical, it usually occurs in long term relationships. These relationships may include but are not limited to husband and wife, live in couples, boyfriend and girlfriend and lastly parent and child. It is true that men are 90% more abusive than women. Every NINE seconds a woman is beaten in this country. In 2003 the government reported that 1 million Christian women visited emergency rooms across the nation due to family violence. This violence appears across all age groups, races, and economic classes. Domestic violence is about POWER AND CONTROL. With that understanding there are eight areas of abuse that can occur in a violent relationship, they are: emotional, economic, sexual, isolation, intimidation, abusing male privileges, threats and using children.

Jesus came to heal the broken hearted and to set us free. We need to take a look and see if we exhibit any of the above named abusive behaviors. There are times when we can take things out on the ones we love, however, we must keep in mind as children of the living God we must be honest, trustworthy, loyal and understanding. We all come from different walks of life and Christ can CHANGE US FROM THE INSIDE OUT.

If you have any questions please send them to The Total Makeover at : kjohnson@thetotalmakeover.com