

The Corporate Ninja

“What if You Could Dramatically Improve Your Effectiveness in Two Days?”



“Thank you for continuing to read NINJA NEWS. We hope you gain some enjoyment and useful information from this issue.”

Ron Lee

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Greetings

In this issue, you will find ways to measurably improve your business, lifestyle and efficiency.

Why Should I Laugh? (Part 1)

Laugh your way to better blood vessel function by watching a funny movie.

Laughter relaxes the blood vessels and increases blood flow, the exact opposite of what your blood vessels do when you're stressed. In a study of healthy men and women with normal blood pressure, watching a comedy **increased blood flow by 22%**.

Spend time with people who amuse you. Blood vessels are lined with a layer of cells called endothelium which regulate blood flow by helping blood vessels expand and contract. In a study, healthy men and women watched either a funny movie or an intense, violent one while researchers measured blood flow through an artery in their upper arm.

The action movie caused mental stress and blood vessel constriction, decreasing blood flow by 35%. Relaxed blood vessels reduce the strain on the heart.

Different mood states may alter levels of hormones, such as cortisol, that affect blood vessel function or nitric oxide function. Nitric oxide is a

chemical messenger that promotes blood vessel relaxation. Proper diet and regular exercise also improve blood vessel health, but laughing often is a great adjunct.

Empower Yourself, Absolutely

Over the past couple of years we have had numerous requests to stage **Personal Empowerment Master Classes** that are open to both corporate and non-corporate clients. Following the one we conducted last month, we will be doing another on July 23 & 24.

The number is limited to 15, and all registrants will receive special bonus gifts that retail for \$497.

Want to increase your sales?

Brendan Russell, three weeks after the Master Class, experienced an amazing change in his selling attitude and results. [Click here.](#)

Want to improve your confidence? [Click here.](#)

Want to improve your business, your health, your income? [Click here.](#)

What would it be worth to you to be able to present better than most professional speakers? [Click here.](#)



Previous graduates are welcome to participate for half of the registration investment and **affiliate programs are available.**

Want to Make Your Emails More Compelling?

We found a great system for email communication.

- ✦ **Creates an email campaign.**
- ✦ It measures effectiveness.
- ✦ **Increases the likelihood of your email being opened.**
- ✦ Builds and maintains better relationships by personalizing your customer and client contacts with VIDEO.
- ✦ **Makes business or organizational presentations with slides and guest speakers using live or recorded broadcasts.**
- ✦ Manages and publishes your pictures and videos.
- ✦ **Creates your own web pages without using a hosting service.**
- ✦ Collaborate with associates with shared contact lists, calendars and documents.
- ✦ **Capture leads with web forms or with text messaging, follow up with campaigns and auto-responders.**
- ✦ **This is a GREAT system for very little investment.**

Quotes from Friedrich Nietzsche

"The higher we soar, the smaller we appear to those who cannot fly."

"Become who you are."

"There are no facts, only interpretations."

"That which doesn't break me, makes me stronger."

"You carry heaven and hell within you."

"Growth in wisdom can be measured precisely by decline in bile."

"He who has a Why to live for, can bear almost any How."



"The Corporate Ninja helps you to empower yourself to become what you need to become so you can do what you're meant to do."

Stay focused!

Ron Lee, CSP

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