



Copia July 2009 Newsletter

... Irresistibly Feminine ...

Irresistible content

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Irresistible Book Recommendation

LIVING BETWEEN

Download it here for [FREE!!](#)

What would you do if you knew you only had one day left to live in? Every day we make so many choices thinking that we have years ahead of us. Living Between is a spiritual adventure about Eva, an ambitious journalist who is returning home from a long business trip when her airplane crashes. She wakes up to find that her body is in a coma down on earth and she is somewhere called In Between, a place between life and death.

Message from Pia



Actions speak louder than words! You might agree with these words or not, but there is much truth in the effect you can have on yourself or another by physically stepping up and doing something that is going to make a difference...

How will you make a difference in a life this month? Play it forward like Trevor in the movie of the same name? Watch the kids of a friend so she can have a much-needed massage? Or are you

going to make a donation your time or money to a favourite charity or organisation? If the latter is your choice, Copia Coaching would like to recommend [The Hunger Project](#); an organisation that their highest priority is the empowerment of women. As women traditionally bear primary responsibility for family health, education, nutrition and - increasingly - family income, what better way to pass on to others what we already have in abundance: resources and freedom!

My donation or rather "act of kindness" this month had a slightly different flavour. The husband of a dear friend (who is also a friend actually) was diagnosed with Non-Hodgkin Lymphoma last year. He finished his last round of chemo in January this year I believe and shortly after that, he started training for what is known as "The Death Ride"; The Tour of the California Alps is a 129 Mile tour across 5 mountain passes totaling 15,000ft of climbing between 5,000ft and 9,000ft elevation, all done in one day. He finished earlier this month in just over 13 hours!

His aim was to raise US\$5,000 for [The Leukemia & Lymphoma Society](#), and he reached past US\$8,200! Since its founding in 1949, LLS has invested more than \$600 million in research specifically targeting blood cancers. Mine was just a tiny bit of this... but still! every little bit counts. So does your actions in the lives of those who love you!

The Author Sagar has decided to give away the novel for free. So far she has handed out 15,000 copies of the book around the world.

Now it is possible to download the book for [FREE](#).

Irresistible Movie Recommendation

PAY IT FORWARD

Young Trevor McKinney, troubled by his mother's alcoholism and fears of his abusive but absent father, is caught up by an intriguing assignment from his new social studies teacher, Mr. Simonet. The assignment: think of something to change the world and put it into action. Trevor conjures the notion of paying a favor not back, but forward--repaying good deeds not with payback, but with new good deeds done to three new people. Trevor's efforts to make good on his idea bring a revolution not only in the lives of himself, his mother and his physically and emotionally scarred teacher, but in those of an ever-widening circle of people completely unknown to him. Watch movie clip [here](#).

Have a continued GREAT summer!

love, Pia

Irresistible Home Events!

Irresistible Home Events provides you and your friends with the perfect combination of support, guidance, and tools. And not to forget FUN! All in the privacy of your own home!

Like in coaching, there is nothing about these evenings that has to do with that there is something missing, something being wrong or something has to be fixed... This is your opportunity to co-create or even re-create your relationships with your girlfriends in a gentle and supportive way. And according to one of my teachers on the subject of femininity, David Deida, women have to spend the majority of time with their 'tribe', i.e. with other women, to grow and nurture their feminine sexual essence. And with that, he isn't talking about sex, but the core energy inside that has you be the remarkable woman that you are..

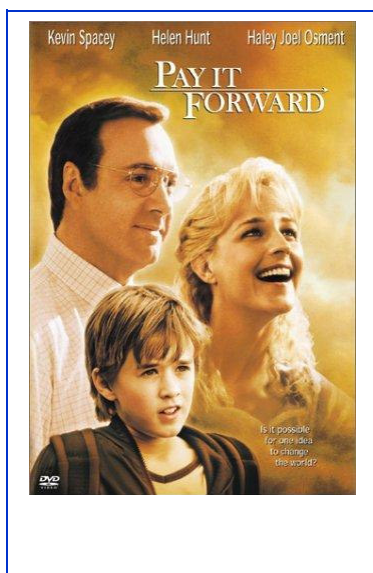


Women that are committed to their own growth and to their relationships have a much higher chance (in my humble opinion) of being woman who really own their your power and beauty. And each of you have your distinct contribution to your world that looks differently to each of us. And in these groups, you have a chance to contribute and support eachother in very unique ways.

A participant from a workshop of mine commented: *"It was such a pleasure to have an intimate group; I forget what its like to get together in small groups and with goddesses that really have a such respect for why we exist. Thank you very much for your smiles, tears and enjoyment."*

Copia will design a 3-hour seminar for your specific requirements, and as there are no venue costs or catering costs, this comes at the bargain price of HK\$500 per person! (min 5 pax)

Call us to secure a date: +852 6103 0809



Feeling Irresistible!

There is something very magical about doing something good for another. Often we do act of goodness, but somewhere lurking in the back of our minds, there is a reason that somehow benefits us. So why not improve your karma by giving?! And once you start giving to others, according to the laws of the universe, you will start receiving in return. It might not look the way you thought it would, but still...

Even better, do an anonymous act of good! Once you give to others, you grow more in touch with how much you have.

Goodness begets goodness...

Pass It On.. A Single Vision With a Purpose!

The author of "[Living Between](#)" is my friend Sagar. She was born in Denmark in 1972, but she has also resided in London and Australia. Sagar has studied and practiced meditation, psychology and is a trained Osho therapist. It was at the Osho International Meditation Resort that we met over 2 years ago..



Sagar has passed out 15,000 copies of her novel *Living Between* on the streets of London, Copenhagen, Los Angeles and San Francisco. For free! The novel cannot be bought, you have to get it from someone else. Sagar wishes to share the joy of a good story and hope that the story will reach people all over the world. Her vision is that people all around the world will be able to read the story if they care to. By giving the book away, she has made it possible for many people to read the book who may not have had the opportunity otherwise.

The novel depicts the thoughts that most people go around with inside. We have doubts about making the right choices, about doing what is right, about daring to stand by the choices that we make and believing in ourselves.

Sagar is still giving away her book, and now she has made it even easier to get the book for free. You can download the book for free, simply by clicking [here](#)! And to watch Sagar giving books away in London, click [here](#). (is there really no catch?.. A free book?..!)

I think what Sagar is doing an extraordinary thing; using her your own resources in order to support others in creating shifts and breakthroughs through her story. And most of those people are strangers.. But as the movie "Pay it Forward" depicts; that

sometimes the simplest idea (or gesture) of good will can make the biggest difference...

Happy reading!!!

Who needs coaching you may ask?

Well, if there are any areas in your life where you can see you are not living your full potential and you would like to, then you may well be a great coaching candidate. And if you cannot see how powerful you are or how wonderful life can be for you, then it may be time to consider some coaching with Copia Coaching. I guarantee that together we will get the results that you are looking for, if you follow the simple steps coaching asks of you. And you will be surprised what other gems also come along once you start committing to coaching and to living the life you truly want!

[Click here](#) for your coaching options with Copia.

The ability to discipline yourself to delay gratification in the short term in order to enjoy greater rewards in the long term is the indispensable prerequisite for success - Brian Tracy

sincerely and irresistibly yours...

Pia Mugggerud

Copia Coaching
www.co-pia.com

IRRESISTIBLE QUOTE:

A bit of fragrance always clings to the hand that gives roses.
~Chinese Proverb