



Joseph's Update

By **Joseph Barry Martin, Ph.D.**



January 2008

SOLD - 3224 Shelbourne Street, \$374,900

SOLD - 2090 Brighton Avenue, \$920,000

SOLD - 506 Lands End Road, \$1,140,000

Interested in selling your house?

My listings sell in any market when I do Prepping™ and Feng Shui!

For more information and a consultation, please call 361-8167.

Please watch for my new Book

for home-owners, renovators, developers and REALTORS

which will be published soon:

**“Prepping™ for Sale, Sanctuary or Satisfaction:
Harmonizing Your Living and Working Spaces”**

Victoria's homes are worth \$83.7 billion. The value went up almost \$10 billion in one year; more than 500 homes are over \$1 million. Now may be a good time to consider selling your house.

SEVEN WAYS TO CREATE HEALTH, VITALITY AND WELLNESS

- 1. Meditate to calm your mind and bring peace to your spirit, emotions and body.**
- 2. Change your exercise routine and the time of day you do it.**
- 3. Stretch more to keep joints limber and muscles toned.**
- 4. Eat a balanced diet of green drinks, fresh fruit and vegetables, carbohydrates and protein; eat half-meals to reduce weight.**
- 5. Learn something new in a class or read one good book a week.**
- 6. Meet up with others to laugh, exercise, volunteer, or create better friendships in our community.**
- 7. Have regular massages, spas, acupuncture and naturopathic treatments.**

THE SEVEN LAWS OF ATTRACTION

1. Have an open heart and mind; when you are receptive to people, all possibilities come to you, including love, friendship, work and money.
2. Treat everyone like a friend; through trust, this magnetically draws great personal and professional relationships to you, as well as the best referrals.
3. Identify your goals, write them down, research and talk about them with others.
4. Stay focused on who you are and what you are doing; people and business will come to you. Concentration and will power must be added to your clear INTENTION.
5. Visualize, sense and hear your dreams already have come true; this sets up proper neural pathways in your brain and a flow of your life's goals towards you. VISUALIZE.
6. Clear opposing beliefs that block you; there are many techniques to do this well.
7. Inspire yourself with rest, laughter and exercise; remember "Doing, Doing, Done."

HUMOUR IS THE BEST MEDICINE

Some fun thoughts for you: 1. A day without sunshine is like night. 2. On the other hand, you have different fingers. 3. 42.7 percent of all statistics are made up on the spot. 4. He who laughs last, thinks slowest. 5. Depression is merely anger without enthusiasm. 6. The early bird may get the worm, but the second mouse gets the cheese in the trap. 7. Change is inevitable, except from vending machines. 8. A clear conscience is usually the sign of a bad memory. 9. If you think nobody cares, try missing a couple of payments. 10. How many believe in psycho-kinesis? Raise my hand.

Please check out our new website at www.JosephBarryMartin.com; my excellent Webmaster Wolfgang Zilker can be reached at 592-0546 if you need a new or updated website with data feed.

By the way, I donate \$500 to The Land Conservancy of BC
for every Real Estate deal I close.

And ...

if you know of someone who is looking to buy or sell a home, condo, or townhouse, please refer them to me or just give me a call.

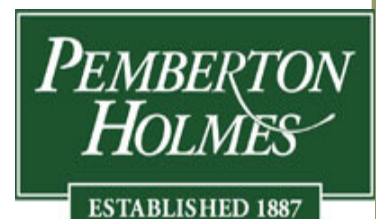
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[CHECK OUT OUR NEW WEBSITE AND LISTINGS !](#)

