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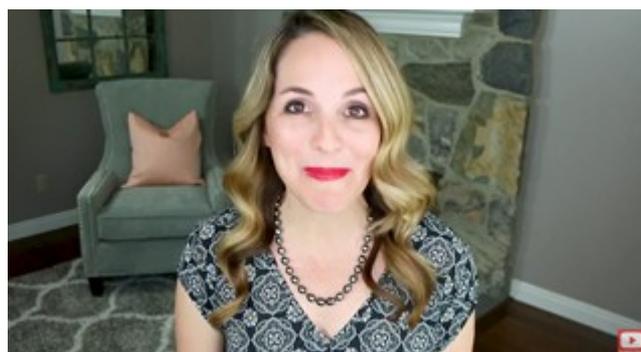
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## **Climb If You Dare: 5 Most Dangerous Mountains on Earth** (reading – 4.1. - 10.1.)

by: **Dale Harris**

Mountaineering is a fun outdoor activity, but not something that all people can attempt. However, if you're a true climber, nothing is fulfilling as reaching the summit of the highest mountains.

Unfortunately, fun isn't something that you'll get all the time.

It's a risky affair. There are some dangerous mountains in the world that even the most experienced climbers fear.

This post will cover some of the deadliest mountains that are known for their high fatality rates and accidents.

### 1. Mont Blanc Massif

This is the tallest mountain in the Alpine range, measuring about 15,782 ft (4 810 m). Climbers die on this mountain every year due to rock slides and high altitude. This makes it the mountain with the highest number of fatalities.

Mont Black causes about 100 deaths every year. Over 6,000 climbers have died on it. The first successful climb was in 1786. However, the mountain is also popular because President Theodore Roosevelt reached its top in 1886.

### 2. Annapurna

Boasting a height of 26,246 feet (8 091 m), Nepal's Annapurna has one of the tallest peaks that attracts climbers from everywhere. About 191 people have successfully climbed this mountain since 1950.

60 people have already died in an effort to reach the summit of Annapurna. Of all the mountains with 8,000-meter peaks, Annapurna is regarded as the most dangerous with a fatality rate of 41 percent.

### 3. K2

K2 is the second-highest mountain in the world. It's easy to climb Kilimanjaro, but that's not the case with K2 as climbers consider it one of the most difficult. Even on the easier routes, climbers encounter ice pillars that prone to collapse, steep areas of rock, and complicated glaciers.

This mountain is found on the border of China and Pakistan. It measures 28,251 feet (8 611 m). K2 has a nasty reputation with female climbers — to the point that it's thought to have a curse against women.

Wanda Rutkiewicz, a Polish climber, was the first woman to reach K2's summit in 1986.

All the five women that attempted to climb it again since that year died. It wasn't until 2004 when Spanish mountaineer Edurne Pasaban successfully reached the summit.

### 4. Nanga Parbat

This mountain is popularly known as the Man Eater and has a height of 26,657 ft (8 126 m). Nanga Parbat is located in Pakistan. It features an enormous ridge of ice and rock. It's the ninth highest mountain in the world and has the tallest mountain face.

It was popular with the German climbers because K2 was difficult to climb and only the Britons had access to Everest. Several deaths occurred on this mountain before the first successful attempt in 1953.

By 1953, Nanga Parbat had already claimed the lives of 31 climbers.

### 5. Kangchenjunga

Positioned on the border of India and Nepal, Kangchenjunga has a height of 28,169 ft (8 586 m). It's a beautiful mountain, but looks can be deceiving. Extreme cold levels and avalanches have made Kangchenjunga one of the most dangerous mountains.

The first attempt was in 1853, but the climbers descended after determining the summit was unsafe. Over the years, this mountain has claimed the lives of 53 climbers.

#### Dangerous Mountains – The Bottom Line

To pull a mountain climbing expedition, it's important to prepare for it adequately to minimize the possibility of accidents.

Experienced climbers understand that there are risks. However, when the conditions are favorable and safety measures are taken, hitting the summit is the only task at hand.

These cases should not scare you. There are different easy mountains, such as Mount Fuji, Pikes Peak, Mount Hood, and Island Peak, you can try if you are new to mountain climbing.



### 3 Myths about Why People Can't Change (reading – 11.1. - 17.1.)

by: **Carla Rieger**

After years of coaching, surveying thousands of people on change, and studying the art of personal achievement, here are the top 3 reasons I've heard about why people can't change.

- #1 – Not enough of something (e.g. money, time, support)
- #2 - Lack of clarity (e.g. around goal, or direction, or how to do it)
- #3 – I don't have what it takes (e.g. not enough experience, training, courage, etc.)

While these reasons at a surface level might seem true, they miss the underlying issues that may be causing these problems in the first place.

#### Surface Reason #1: Not enough money, time support

People often say they don't have enough time, money, opportunities or support from key people in their life. Think about an area of life where you feel stuck about how to change, do any of these reasons resonate for you? For example, finding more fulfilling work, losing weight, improving your financial situation, etc.

Actual Reason: While on the surface "not enough of something" may seem true, often the underlying reason is a perception problem. Your assumptions can be your prison.

Case study: One client said she couldn't achieve life balance because she had no support from her family or boss. However, that turned out to be a false assumption. Her kids and husband told her they actually prefer it when she seemed happy and balanced rather than burned out and resentful. Her boss said the same thing. The real reason she felt burned out was that she was not prioritizing, setting boundaries, and communicating effectively about her needs. Underneath that reason was a belief that she had to sacrifice her well being for other people. Underlying that belief was a fear of disapproval, which plagues many people and stops them from moving forward in life. By removing this core level script about needing other people's approval she was able to then set boundaries, prioritize, and communicate her needs. This allowed her to then effortlessly

regain life balance and to finally make it stick.

#### Surface Reason #2: Lack of clarity

People often say they cannot change their situation because they don't know how to change things or what direction to go in.

Actual Reason: What may actually be happening is that they haven't given themselves permission to explore what's really going on.

Case study: Another client disliked her job but felt an inner conflict because she disliked every job she'd had and couldn't face having to quit and find another one only to face the same situation yet again. By making an appointment with herself and taking time away from distractions to be quiet and to focus on the issue, she was actually able to resolve the inner conflict quite easily. It was the fear of facing the inner conflict rather than the conflict itself that was 80% of the struggle. Upon deeper reflection she discovered that it wasn't what she was doing but how she was doing her job that was causing her grief. She had an unconscious script telling her she had to do everything perfectly. The reality of perfection was impossible to achieve so she was in a perpetual state of angst. Once we removed the "perfection script" and replaced it with a more realistic expectation of herself, she was able to keep her job and find peace and happiness in her daily life again.

#### Surface Reason #3: I don't have what it takes

A very common surface reason is some version of "I don't have what it takes". I don't have enough experience, know-how, credibility, guts, skill, confidence, persistence, centredness, belief in myself, etc.

Actual Reason: Underneath all those beliefs is usually one core belief about lack of worthiness. To quote Wayne and Garth from Wayne's World "I'm not worthy!" is the sub-conscious mantra of many people. A sense of unworthiness is at the core of many issues regarding money, health, relationships, career and even spirituality. While a belief like this may seem illogical, many beliefs are programming either as a child before your logical reasoning ability had formed, or was picked up unconsciously from parents, teachers, marketing messages, or society. The truth is, you are still getting programmed every day without even being aware it is happening. The good news, however, is that you can re-program yourself as often as you need so that you can get more of the results you want.

Case study: Another client had a dream about starting his own business. He wanted to help people deal with the sudden death of a loved one—with the practical, financial and emotional issues. He worked at a bank and had a long list of reasons why he couldn't get started, but in the end we discovered that he just didn't believe in himself. No one in his family had ever done anything like that. Who was he to think he could realize his dream? He didn't trust that he had the courage or persistence to pull it off. The irony is that you actually have to manufacture trust at the beginning to take action which then leads to success which then builds trust in yourself. So, together we manufactured enough trust and belief in himself to take a few small steps towards his dream. These steps then snowballed into larger and more on-going actions. I'm happy to say that now he has a full time business in this area. He has realized his dream.

#### About The Author

Carla Rieger Carla Rieger activates leaders to influence positive change in those they serve. She helps them form habits of mind that allow them to lead more successful lives and to create presentations that change lives for the better.





## What The Heck Is Creativity? (reading – 18.1. - 24.1.)

by: **Margaret Jones**

Before diving into details of what is creativity and ways you can achieve that, let me ask you first. What do you think is creativity? Stop reading this article right away. Start your favorite word processing software and write down your pearls of wisdom about creativity. Go ahead. If you are done, you might have come across something like this. Creativity is something new. It is innovative. It solves problems.

Creativity always brings to mind the names of some important personalities like Pablo Picasso, Michelangelo, Leonardo Da Vinci, Stephen Hawking, Stephen King, Ernest Hemingway, Shakespeare, Seth Godin, Charlie Chaplin or some other popular figure of the similar league.

People take a number of different positions on account of what is creative. It seems that everyone is yet to arrive at a logical conclusion. Let us explore some other dominant point of views on creativity.

- **Creativity Is Non-Industry Specific**

Creativity has touched on almost every possible industry. It can be found in linguistics, design, technology, psychology, cognitive science, and healthcare. You name it and it is there. It would not be wrong to say that anybody and everybody can use creativity for creation, innovation and problem-solving.

- **It Is About Getting Knowledge**

It can be safely said that the more knowledge you have the more liberty you have to create something new. It makes sense too. Let's say you are a small business and you are approached by a student of computer science working on artificial intelligence to create a print advertisement on that.

They will not expect you to get a Master's degree on computer science but you have to have an in-depth understanding of artificial intelligence to have an idea about why it is beneficial to the client's target audience. Knowledge is an immense power to create something new, fresh and innovative out of it.

- **Novelty Is the Essence of Creativity**

A lot of people agree that creativity has a predominant novelty factor attached to it. It could be a new joke. It could be a new way of looking at things. It could be a new perspective to a cliché concept or a fresh analysis of the event.

Advertisers have used this technique to make millions of dollars for their clients and themselves. Remember the Apple Macintosh commercial? Nothing similar happened ever before like that. This is called novelty and it is an important aspect of creativity.

- **It is a Fusion of Different Ideas**

Novelty in creativity is often achieved by blending two or more completely unrelated ideas to create a new one, specifically called conceptual blending. Example, Metaphor, and analogy are used to apply this technique. "Swimming with the sea of sharks" is a linguistic metaphor used by writers to depict the intensity of the potential risk involved in doing something.

- **It Is Valuable**

Creativity is not valuable if it doesn't hit the mark to create value. How can creativity drive value and who is calling the shots? Creativity produces the value if it does what it is intended for. The simplest example would be an advertisement commercial. If a commercial, intended to increase sales, does not get the job done, it is not valuable no matter how fresh, innovate and creative it is.

- **It is About Imagination**

Creative people possess above average imagination. They have a special eye to observe nature, people, things, concepts, and almost everything. They can quickly tap into their imaginative power and source inspiration out of it without a hassle. Creativity is a concoction of different things. It is about infusing the different ideas to create something new and original. The aforementioned are some of the elements that define creativity in parts. Hope it helps you learn the different facets of creativity.

Margaret Jones is an educator at Assignment Writing Service by UK Assignment Help Company and a pro blogger. She is an inspirational source for the students who want to create a winning paper. She is also a

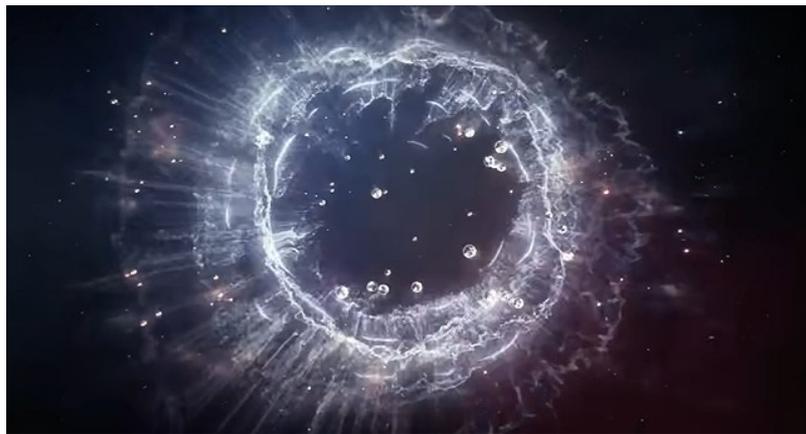
blogger and can write on both simple and complex themes on anything related to life. She has been to different countries and loves traveling the world.

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## **Ten Fatal Interviewing Mistakes** (reading – 25.1. - 31.1.)

by: **Angela Roberts**

In most situations, the face-to-face interview is the "make or break" point of the hiring process; it is here that hiring managers evaluate the characteristic of the individual that cannot be expressed on paper or through email. The last thing you want to do is negate all of the time and effort you've put into perfecting your resume and writing an impressive cover letter by acting in inappropriate ways. Here are some common mistakes that will immediately eliminate you from the candidate pool:

1. Inappropriate attire. 57% of hiring managers say they have encountered, and eliminated, candidates who are dressed inappropriately for the interview.\* Trade in your rainbow colored halter top, bedazzled Levis, gaudy jewelry, and sequin flip flops for a neutral colored suit and close-toed shoes.
2. Not being groomed appropriately. Along the same lines of proper attire, please make sure you are appropriately groomed. Unless you are applying to be a fashion designer or punk rocker, conservative is better!
3. Not being prepared to answer the basic interview questions. Regardless of the industry or position, there are certain questions you should always assume interviewers will ask. Have answers prepared beforehand; the worse case scenario is that you aren't asked those questions, so what do you have to lose? Be prepared for questions like: What are your strengths and weaknesses? Where do you see yourself in five years? Ten years? What do you bring to the table that others don't? How does your previous experience relate to this position?
4. Not giving specific answers: 34% of hiring managers claimed that being vague in your answers is like not having an answer at all, so do your best to prepare!\*

5. Not having questions for the interviewer. Not having questions of your own for the interviewer stems from not doing your research before the interview. Remember, you are interviewing them just as much as they are interviewing you and not asking questions about the position and/or company can be misinterpreted as a lack of interest. 34% of hiring managers claim that this indiscretion will result in elimination from the candidate pool.\*

6. Not able to justify your salary requirements. Every hiring manager wants to hear why you think you are worth your requested salary so be prepared to discuss it. We can help in this topic if you aren't sure where to start.

7. Not getting personal. I am not talking about asking your interviewer out for drinks afterwards ... I am addressing the topic of you being real. Be honest. Be genuine. And be sincere. Anything else is a waste of everyone's time.

8. Slips of the tongue. We are all guilty of it, but making a conscious effort to control your words makes all the difference in the world. The most common mistake is trash-talking a current or previous employer. Not only does this show a lack of integrity on your part, but also gives the impression that you are disagreeable and hard to work with.

9. Not turning your cell phone off. Big mistake. Turn it off. Off. Not on silent, not on vibrate, OFF. We know that you have texts to read and Facebook posts to respond to but it's really not worth losing a job opportunity. And do not, under any circumstances, check your phone during the interview. That shows the interviewer that you are clearly more interested in what's happening on your phone than what's going on in the interview.

10. Being late. You would think I wouldn't have to address this but I still have candidates who are late to interviews. Just don't do it.

Your cover letter and resume can only win you the interview. Making the conscious effort to avoid these common interview mistakes will help you make a great, lasting impression on your interviewer.

\* Statistics courtesy of CareerRookie.com. <http://www.careerrookie.com/s/Employers-Reveal-the-Outrageous-and-Common-Mistakes-Candidates>

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Angela Roberts

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