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October 04th 2012: Decisions, Decisions, Decisions

We all make decisions all day long; many of these decisions are automatic and require little effort or forethought. Then all of a sudden there you are smack in the middle of one of those agonizing moments when you can't make up your mind. From time to time everyone has experienced that relentless discomfort because they just can't decide. What is often referred to as "your gut" is a warehouse of knowledge and experience that you can draw upon to help you to determine the course of action that feels right for you. Sometimes we impose a timeframe on an issue and pressure ourselves into making a

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