

Life Talk® News 17

(If you can't see the Tug-of-War graphic below, please click on the small red cross) ©Izabella Gates

– Action today changes tomorrow –

Join the Life Talk Tug-of-War



CONTENTS:

- DRUG ALERT
AT SCHOOLS

- LIFE-CHANGING
BOOK COMING IN
MARCH!

Not a full newsletter:- brief new drug alert + exciting book coming

CHEWING TOBACCO OR NEW DRUG?

We are increasingly hearing about children (and adults) who are chewing tobacco and subsequently displaying drug-use symptoms. In some cases the tobacco has been identified as Kuber tobacco, but it seems that the ingredients/additives might vary. We urge parents to be on the look-out for signs of use by their children and to then find out what exactly it is that's being chewed.

From reports it seems that the 'tobacco' is often packaged in what looks like tea-bags and has a peppermint or fruity smell so it's hard to detect. Parents report that their children become distracted, aggressive and 'spaced out'. Some employers report that on days when their staff are acting strangely (forgetful, argumentative or violent) it has subsequently turned out that they've been chewing (or brewing 'tea' from) Kuber or similar tobacco.

Reports indicate that the tobacco originates in India and is classified as a cigarette and not a drug, rendering police powerless to act against it. Some reports claim that it impairs memory, causes depression, contains a number of carcinogens, puts users in a 'trance' and is a threat to mental health.

If you have any more information, or if you have noticed other symptoms displayed by those who use it, do write to us on Forum@lifetalk.co.za or share it on our Facebook page "Life Talk Tug of War".

COUNTDOWN STARTS: OUR NEW BOOK COMING IN MARCH!

Izabella Little-Gates' much anticipated new book, *The Tug-of-Life* is being launched in March and it's already creating a huge stir! Reviewers call it 'Life-changing, thought-provoking, fun, non-judgemental, entertaining and invaluable'. It is a unique communication and mapping tool that identifies the challenges, choices, dilemmas and solutions that each person (from 10 to 100) faces in life.

1. Topics address the dilemmas that arise throughout life, in adolescence, as a young adult, at work, in health, marriage, parenting, as one grows older and even in spiritual and environmental aspects.
2. The content is invaluable to teens, young adults, parents and families.
3. The Tug-of-Life methodology and terminology is applicable to all situations where you're faced with choices and options.
4. Empower the reader to take control of their lives and to achieve desired outcomes.
5. The **Tug-of-Life** book and initiative launches in South Africa and then it goes global

LAUNCH FUNCTION:

The Tug-of-Life is being launched on **14 March 2012** in Johannesburg, so if you would like to attend this unique event **email us now** on Forum@lifetalk.co.za to book your place and we will provide you with details closer to the time.

If your school or company would like to host a launch in one of the other cities, let us know.

PRE-LAUNCH ORDERS OPEN NOW!

The Tug-of-Life books will be retailing at R159.90, but we're able to offer a pre-launch price of R149.00 (plus postage/delivery) on all orders received by email before 1 March 2012. A further discount on bulk orders is also available. Email Orders@lifetalk.co.za and give us the quantity, delivery method you prefer, and your contact details – and we'll supply you with banking details.

TO SUBSCRIBE TO THE FORUM:

Visit www.lifetalk.co.za click on **FORUM** and enter the details. If you'd like past newsletters, you can download them for free off the **FORUM** page.

JOIN OUR DISCUSSIONS ON FACEBOOK:

Look for "Life Talk Tug-of-War" and share your thoughts!

FOLLOW US ON TWITTER: @TugOfLife

For more about the *Life Talk*® books or the Life Talk Forum visit:

www.lifetalk.co.za