

Georgia's case
against Russia



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TOPIC OF THE WEEK → 3

LIFE STYLE → 12-13

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RUSSIA TO KEEP BUILDING NUCLEAR PLANTS



The Fukushima disaster will not stop Russian nuclear expansion at home and abroad

Europe is reassessing nuclear power after the disaster at Japan's Fukushima plant, but Russia stands by its export-rich nuclear power sector.

Tim GOSLING

The Kremlin has tried to boost population growth, fearing that fewer births in an aging population will sap the economy, especially with a pension age of 55. The demographic black hole is expected to take 1 million workers out of the economy every year until 2017.

A nationwide census carried out in October 2010 showed that Russia's

population fell to 142.9 million from 145.2 million in 2002, when the last census was taken, and from 146.3 million in 2001, according to Russia's Federal Statistics Service.

The declining population is a major feature of long-term models which indicate Russia's growth will lag far behind BRICS rivals China and India. The grouping also includes top emerging market performers Brazil and South Africa.

Russia's population decline started in 1995, shortly after the 1991 collapse of the Soviet Union. Birth rates and life expectancy plummeted amid the chaos of the 1990s.

The 2010 census shows that an economic boom, fuelled by rising oil and commodity prices, over which Vladimir Putin presided as Kremlin chief from 2000 to 2008 has had little impact on Russia's demographics. Russia's economy soared from \$200 billion in 1999, a year before Putin took office, to \$1.7 trillion in 2008.

U.S. bank Goldman Sachs predicts that Russia's economy will grow by between 1.5 and 4.4 per cent a year from 2011 to 2050, roughly half as fast as China and India.

President Dmitry Medvedev, who was head of special programs aimed at expanding the population before he was steered into the presidency by his mentor Putin, said Russia may be beating population decline. State statistics showed that Russia's population was 141.9 million in 2009, indicating a rise of nearly 1 million people last year.

Change here
and now



Positive thinking is one of the most important contributors to success, even more valuable than luck & fate, because unlike the latter, positive thinking can be controlled! Have you ever met someone who didn't believe in himself and achieved great results?
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Documentary
Photography
from Iran to Congo



A week of photography as the prestigious annual event Deutsche Börse Photography Prize is opening to the public at Ambika P3, the new art space of University of Westminster. Wilmotte Gallery and Tristan Hoare went through the 1970s archive of photographer Georg Gerster and curated an aesthete and documentary exhibition titled Paradise Lost: Persia from Above.
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Best Hotel Bars



London has some of the best hotel bars in the world - and the great thing is that you don't always have to be a hotel resident to enjoy a martini in one of these glamorous hotspots. Here's our guide to the best hotel bars on offer throughout London town.

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Whatever you are, be a good one.
Abraham Lincoln

Change here and now



BLOG



LETTERS TO YOU: "How to start thinking positively?"

DEAR YOU,

Positive thinking is one of the most important contributors to success, even more valuable than luck & fate, because unlike the latter, positive thinking can be controlled! Have you ever met someone who didn't believe in himself and achieved great results? I haven't! Negative thinking is the road to depression, anxiety and failure. If you are blaming everyone else around you for your miserable life, maybe it's the right time to stop and think what you can do to start thinking positively. If you are a person, who WILL NOT want to start thinking positively, then you have to change your attitude if you are a person, who simply CANNOT start thinking positively because you don't know how to, then you have to learn a new behaviour pattern. Either way, the time you realise that your life cannot continue being miserable, you will have two options – 1. Accept your life as it is or 2. Change something. So, how can you start this change? Here are some tips for you to consider and decide – Do I want to stay miserable for the rest of my life or do I want to start the change here and now?

The first step to positive thinking is to recognise all the negative thoughts that occupy your head. Out of thousands of thoughts that run through our head during the day, more than 80% are negative & destructive. Practise this – start writing down all your negative & positive thoughts on the paper for at least a week. Then take some time to analyse which areas of your life require the most of your attention. If it's a relationship area of your life that you think about the most – write down what feeling are associated with it, why you think

its happening and what the ideal situation for you is. Control your emotions, do not let your emotions take control over you and affect the other areas of your life – be it a career or social life.

If at the specific moment of your life you feel down, don't try to find comfort in people who feel down too. It will only make you feel worse. Instead, try this – hang out with happy & satisfied people, who think positively and move on with their lives. Observe their behaviour and notice what you can learn from them. After all, new behaviour pattern can be practised and adopted with a

great pleasure. Avoid people who only complain and do nothing about changing life around. Don't waste your time and energy, it will only harm you.

Give a meaning to your life! Think of all the important people and things in your life – be it photos of your happy moments, trophies, postcards from friends and family or your first ever payslip. Recognise that not everything is bad in your life. Start appreciating what you already have and be grateful for it. Gratitude will add a big value towards positive thinking. It will spark good memories, positive thoughts and give you motivation to move forward.

Be inspired by someone else's success. There is no point to be jealous if someone else is happy and you are not. Jealousy is destructive! Instead, talk to successful friends and colleagues and find out every detail of who helped them on a journey to success and how they have achieved this outcome. Replicating someone else's model of behaviour can bring you closer to your own success; it will give you an inspiration that everything is possible and contribute towards positive thinking.

Avoid people that don't believe in you and always challenge you to do something. It's not them you want to prove wrong, it's you that you want to prove right. Every action you take must have a positive agenda behind it. And every action you take must be done for your benefit, not for someone else's.

Learn to ask for help! There is nothing to be ashamed of. If you don't know how to do something, find an expert in the area and ask for help. People will be moved by your strong desire to succeed and will be more than happy to be useful in your journey towards goal.

Remember that you always have a choice when you wake up – you can either be happy or unhappy that particular day. If you think that breaking a glass in the morning is a big tragedy and the day will be bad, then you have already programmed yourself to a bad day. Learn to get over small unimportant things like breaking a glass or accidentally stepping on your cat in the dark. Whatever happens, learn from it and move on with ease.

Starting to think positively is a very important step. Just practise it daily. It will help you maintain your positive thinking and start attracting exactly what you want in your life. It's not about just knowing "the law of attraction" and watching a movie "Secret" a few times, it's about recognising that the journey towards positive thinking requires work. What you put out in the world comes back to you – only ten times more!

Be healthy, happy and wealthy.... and remember: "The only place where success comes before work is in the dictionary."

Always by your side,
Tati Irodova www.lifeskillsemporium.com



APHORISMS FOR EVERY DAY

By Leonid S. Sukhorukov



Everyone of us is a genius, but not necessarily in the right epoch.

If you want to change the world, start by changing the world in yourself.

Foresight is the art of following footprints which have not yet been left.

One's pain is another's painkiller.

Don't make a mountain out of a molehill. It will spoil the lawn.

Wagging tongues depend on flapping ears. When children are happy their parents become more childlike.

The chicken or the egg? The controversy is littered with broken eggshells.

