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RUSSIA'S RICH DOUBLE THEIR WEALTH



Fall of Soviet Union brought wealth only to society's elite, researchers say

The richest slice of Russian society has doubled its wealth in the past 20 years, while almost two-thirds of the population is no better off and the poor are barely half as wealthy as they were when the Soviet Union fell, according to researchers.

Tom PARFITT

Experts at Moscow's Higher School of Economics (HSE) found that the purchasing power of the average Russian has grown by 45% since the early 1990s, but income disparity is widening by the year.

The report reinforces a widely held view that oligarchs got rich quick by snapping up the country's choicest assets in the turbulent post-Soviet period.

Yevgeny Yasin, scientific director of HSE and a former economics minister, said: «The principal issue for Russia's economy and society today is the level of inequality. Only the best-off 20% of the population is successfully participating in the rise in prosperity which became possible as the result of creating a market economy.»

Food is slightly cheaper relative to income and simple pleasures have become more accessible. The

average adult buys more vehicles and televisions and can afford more alcohol and cigarettes than at the beginning of the 1990s.

But most Russians can only stare in envy at the super-wealthy with their Bentleys and dachas. According to the report, income inequality between the mid-1980s and the mid-2000s has increased eight times more than in Hungary, and five times more than in the Czech Republic.

The huge gap between rich and poor «largely negates the economic and social achievements of recent years,» the HSE report said.

Yasin added that the study indicated there were «two Russias». The wealthiest fifth of the population received a pay cheque equivalent

to 198% of its value in 1991, while the poorest fifth made only 55% in real terms. In total, 60% of the population has the same real income or less than the average 20 years ago.

The widening gulf comes as the World Bank recorded an overall drop in poverty. A report by the bank found the percentage of people in Russia living below the poverty line – meaning those who earn less than 5,900 roubles (£130) per month – fell from 13.2% in 2009 to 12.7% last year. It attributed the fall to increased pensions, public sector wages and benefits for job seekers, and predicted that continuing economic growth would push the figure down to 11.2% this year and 10% next year.

Putin orders weather forecasters not to play game of guessing



While those people living on the European part of Russia enjoy the coming of spring and sunshine, meteorologists are working on their forecasts for the upcoming summer. Many Russians will never forget the summer of 2010, when the vast central territory of the country was suffocating in sweltering heat, smog and smoke from forest fires. It is an open secret that it is very hard and even impossible to predict what mother nature has in store for us. However, it is possible to minimize the consequences of what may happen.

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"Hot" potatoes



In Russia potatoes have always been a top vegetable and came to rescue on many of occasions.

Speedy fry-ups or just boiled in their skin and enveloped in butter and chopped fresh herbs... The most important thing was the taste.

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Outdoor Spaces



Enjoying the delights of one of the capital's many parks has to be top of the list when it comes to free stuff to do in London. Stroll, slumber, skate or simply sunbathe, the choice is yours. Most are open from dusk to dawn and offer welcome respite from the hustle of the city. Stay in the centre of town or really escape the clamour with a visit to Richmond or Bushy parks.

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WORLD WIDE WEB



If you don't like something change it; if you can't change it, change the way you think about it.

Mary Engelbreit

Positive affirmation



BLOG



DEAR YOU,
LETTERS TO YOU:
"How to develop a powerful positive mind-set?"

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. Positive affirmations is another powerful tool to achieve exactly what you want - be it health, wealth or happiness. So what are affirmations? "Affirmation is a declaration that something is true" (Wikipedia). For example, if you want to be more confident your affirmation will be "I am confident", "I can be confident" or "I will be confident". Affirmation is the way to

convince you that something is true. Once you start believing in what you are saying (i.e. affirming), then you will realise that it's not just a simple statement, it is in fact already true. Do affirmations really work? Is it really that simple? Yes and yes! Affirmation is a result of positive thinking. In a way, it's the logical conclusion in a form of statement. It's not enough to just think positively. It's only a common sense to combine and practise positive thinking and positive affirmations together. Here are some tips on how to create affirmations and examples of affirmations in various areas of life. Just go for it and say yes to life!

Before you start creating your affirmations, you have to think what area of life you want to improve or change in some way. Start with an end result in mind. If you are not happy with your financial situation, think what you want it to be. Then you simply state it in positive terms. For example, "Money flows freely and abundantly in my life", "I am the source of my abundance", "I feel good about all the money I spend" etc. If you are not happy with relationships, then your affirmations will be something like "I accept love and happiness", "I am now attracting my dream partner into my life", "I make friends easily", "My friends are loving and supportive" etc.

Affirmations can be created for any area of your life that you want to improve.

Affirmation is not a hard work, but still IS work. You have to make it a habit to practise affirmations on a daily basis. The best times are the morning when you wake up and the evenings just before you go to sleep. Write down your



affirmations on a card and take them with you wherever you go. Read your affirmations out loud every chance you get. You will start noticing results in just a few days. You can come up with new affirmations whenever you feel like it. Do whatever you want with your affirmations - adjust them, change them, make them the way you want them to be. There is no right or wrong affirmation. It's right as long as it's stated in the positive words and personal to you!

Beware that at first affirmations might sound silly to you because

they are not true yet. Your head will be filled with negative thought now and then. You can say "I am super confident all the time" but your brain might tell you "Who am I kidding, that's not true and never will be". Don't over analyse every negative thought, just let the affirmations do the job. Your belief system will be challenged. It's important to stay positive at all times, despite anything!

Positive affirmations MUST be practised daily! 21-30 days of practice will make it a habit. Your positive affirmations will become your new beliefs. Make a list of various positive words that you like, what you like about these words, what they mean to you etc. Make sure you have enough to create meaningful affirmations!

Talk more about the things you like. Watch what you talk about and the way you talk about it. There should be more positivity in your sentences.

Don't just use affirmations yourself, teach others to practise affirmations daily (teach your colleagues, partner, even kids)! Once you outgrow your initial affirmations, create new ones. Make sure your affirmations are always positive and attainable! Take it step by step and enjoy the journey.

Be healthy, happy and wealthy.... and Remember: "You've got to win in your mind before you win in your life."

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

APHORISMS FOR EVERY DAY

By Leonid S. Sukhorukov



Smile at each other and life will smile back.

Spiritual bonds are immune to the power of distance.

Anaesthetics come in three forms - local, general and national.

An instant begets eternity.

If you don't believe in the resurrection of the dead, look at politicians seeking re-election.

Women rule the world regally.

In a good mood Russians move mountains, in a bad mood they trip over molehills.

Read more aphorisms here:
www.aphorism.org.uk

