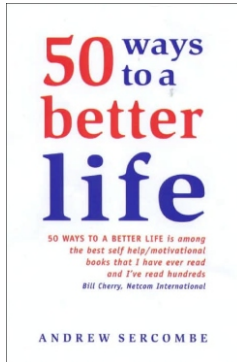


Best Summaries



50 WAYS TO A BETTER LIFE

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Wisdom in a Nutshell

Grounded on the belief that your personal value has little to do with money, pension funds and material things, this book provides 50 practical and wise methods that can alter the way you live and help you change your life for the better. This book will help change the way you see yourself and the world. This will help you put more value on who you are, what you know, and will teach you to treasure the experiences that can shape you into a better person. More importantly, this book teaches you to wisely tap the resources in your personal bank that treasure of good values hidden deep within the core of your life.

50 Ways to a Better Life

1. A Healthy Personal Ecology

Achieve to have a balanced and stable life. Like a pyramid, make sure that your life stands on its base and not on its point. To live a better life, it is also important that you maintain a healthy ecological balance within yourself. Make sure that what flows out of your life is balanced by what comes in so that you don't end up barren and dry. However, it is important that you keep watch of what comes in making sure that it will not pollute or damage you. Check your life's boundaries and stick to it. Make sure that the richness within you is maintained and well contained, balanced by the things that you let out. Don't let your lake become stagnant and dead. Let out some things in your life. Share your life your blessings appropriately with those around you.

2. What You Sow will Grow

You are free to sow what you like, when and where you like it. What you sow will eventually increase possibly many times over. But always bear in mind the natural law: what you sow is what you'll reap. If you plant potatoes do not expect to get maize. You absolutely cannot violate this principle. What you have given out will eventually come back to you. At times you may think that you can get away with what you sow, but it will eventually catch up with you. Therefore, look carefully at the things that you sow in your life.

3. The Not-so-Funny Farm

Once there was a not-so-funny farm with cows, pigs, horses and chickens in it. During the course of these animals' stay in the farm, they have developed envy as to what other animals can do that they cannot. The not-so-happy animals lived in conflict with each other in the not-so-funny farm which eventually ran down.

Just like these animals in the not-so-funny farm are individuals who are not content with what they can do and what they have. Many try to be what they are not. Most people struggle accepting differences with other people and embracing uniqueness of oneself. Remember that foundational to a happy society is the discovery of one's strengths and living freely with

these strengths. Focus on what you can do well and promote it. Accept that each individual is unique and respect the differences.

4. See Yourself Accurately

See yourself as who you really are. Don't waste your energy trying to be somebody that you are not. Avoid being trapped in the dilemma of having a different identity just to be accepted and welcomed by others. Accept yourself first-- this is key to being accepted freely by the people around you.

5. Develop an Inclusive Mentality

In one way or another, you affect other people as they affect you. Your behavior, attitude and the things you say have impact to those around you. To live a better life, always keep in mind how they are affected by the things you say and do as this helps you improve your life as well as theirs. This inclusive mentality helps you become less selfish and more considerate of other people.

6. Let's Get Creative

You have a huge creative potential. Be creative. Tap that immense talent within you and free yourself up. Don't hesitate to express yourself in an artistic way. This helps you live happier-- more peaceful, more free.

7. Keep Reading

Books help you gain rich insights and wisdom both from the men and women of the past as well as the present. Read and read. See different worlds and know many great persons that can teach you things you cannot learn in your own.

8. Discover your Audience

Note down a selection of people you come into contact with-- at home, work, family or private life. Learn from them but don't let them control your life.

9. Embrace your Responsibilities

Whether you like it or not, you are responsible for your life and how your lifestyle affects others. Be responsible for your actions.

10. Power through Mentoring

Discover the power of mentoring. Get yourself a mentor who will develop your thinking. Seek out a coach who will show you how to reach beyond your perceived limits. Apprentice yourself to these people.

11. Get Accountable

One way to be accountable is to find a person-- someone who is necessarily wiser and stronger than you-- who is trustworthy, and develop a friendship with him.

12. Empty the Barn

Is there still available seed left in the barn? Make that seed available. Sow them. What you have in your bank is like manure, it is no good unless you spread it around. Trade your resources if necessary or give them freely. Do whatever to put your left resources into use. Empty the barn and expect a harvest.

13. Live Life in Colour

The great president Roosevelt once said... "those poor should neither enjoy nor suffer much, because they live in the grey twilight that knows neither victory nor defeat."

Avoid living in the grey twilight. Learn to break free. Live differently. Dare to go against the tide and live life in colour.

14. Get Pro-Active in Making Choices

Run your life. Take responsibility for what goes in and out of your life and don't let other people do it for you. Make your own choices that are independent of others. Choose what you think is good for you and be responsible for that choice.

15. Get Pro-Active by Avoiding Passivity

"Fire burns, water drowns-- and the day you make excuses instead of positive choices is the day your life turns downhill." Be pro-active and avoid living a passive life.

16. Me and Co.

As old this adage may seem, it still is one of the keys to living a better life: no man is an island. You need others to survive at work, home, everywhere.

17. Walk the Path to Freedom

You are the master of your vessel, the driver of your car. Pave your own road, walk your own destiny. Keep on taking that leap to your freedom.

18. Change is here to stay

Embrace change. As long as you are around, change is there to stay with you. Don't be afraid to welcome new things, discover new truths and embrace new circumstances.

19. Dream On... Please!

Dream about what you can be. Dream about how you can change the world. Keep on dreaming. You will become what you think you will be. Imagine yourself in the future and look beyond today. You are designed to dream. You are designed to fulfill your own destiny.

20. Develop Healthy Defenses

According to the author, contrary to popular belief, the best form of defense is not attack. Attack brings alienation, even more aggression and breeds long term enemies. Healthy defensive systems reduce aggression, diffuse tension, and limit damage. Start developing healthy defenses and master the art of defending without offending.

21. Understand Fear

Fear is the "physical feeling and emotional response to "fears" those real, imagined, or anticipated circumstances in our lives that we find very unpleasant for all sorts of reasons." Take time to understand your fears. Make sure your fears do not control you.

22. Keep your Eyes on the Prize

Maybe you haven't got a "prize" to go for at the moment. Now is the time to decide on one. Aim at

something and keep on aiming until you hit it. Focus your eye on the prize. Remember though that the most important things to go for in life are invisible, intangible— the spiritual values and goals.

23. Choose to Enthuse!

Whatever you do, do it passionately! Live with enthusiasm and bubbling from within! If something is worth doing, do it with courage, boldness, conviction; and more than that-- encourage others to be passionate in what they want to do. Enthuse over their interests.

24. Be Part of the Answer, not Part of the Problem

If you want to live a better life, be part of the answer not the problem. Boost people's self-esteem even if you don't naturally like them that much. Avoid criticism. Stand up for the people around you-- even if you don't agree with what they say or do just to avoid aggravating the problem. There is no such thing as winning an argument so be very gentle when you disagree.

25. Live your Beliefs and Values

Are there areas in your life that are not in line with your deepest convictions and beliefs? Look at ways of making them fit what you know to be right, just and true. Live only what you believe in and stand up to your principles.

26. Audit the Bank Account

Identify your beliefs and values and recognize the good ones. Be humble enough to accept even the unhelpful ones. Once you recognize these, be strong enough to get rid of the values and principles that are harmful to you.

27. Clean Up

Remember you only want to keep good things in the bank of your life. Bad things have a habit of affecting everything near them. Be careful not to compromise.

- Carefully look for and identify anything that is devaluing you or not worthy of you.
- When you become aware of each devaluing

thing, be ruthless and eject it.

- You can exchange an unworthy or devaluing item for something better.
- It may be possible to repair an item that is broken— an old friendship for instance.

28. Personal Freedom

Many people have lived crippled lives because they have chosen to hold on to something in the past-- a grievance, a loss, or a past hurt, a failed relationship-- which have long been gone. Gripping on too tightly to these failures and disappointments, and even to good things, can cause you your freedom. Let go of the past and the future. Live today and free yourself of the worries long gone or worries yet to come.

29. Conciliation Ecology

As the author puts it: "Conciliation ecology is about creating an environment around you and your organization that is pro-actively focused on reducing conflict and promoting acceptance. The energy is directed towards drawing together and harnessing all the strengths within and around the organization so that it becomes more fruitful, less distracted, more focused, forgiving, honoring and respectful."

30. A Financial Bonus!

Here's a pay-off for those in business who try to keep a healthy working life:

- No personal or departmental bruising
- No productivity loss in the following two hours "recovery time"
- A happier atmosphere in both departments for the rest of the day

31. Owing the Rubbish

If you are among the many people who have gathered so much rubbish for a very long time that you already smell terrible, then it is time to clean yourself up. Don't blame others for the state that you are in right now. Just clean yourself-- forgive yourself and others.

32. Apologise Properly

Always remember that the key point to apologizing is

doing it wholeheartedly. This may seem hard but it will be well worth it in the long run. By apologizing sincerely, you free yourself up as well as the other person.

33. Grow trust... again?

Trust is just like a tree. It re-grows but the process depends on how badly it was damaged. A new grown trust will be very different from the old one. And because it is a better-informed trust it can often turn out to be much more reliable.

34. Express Gratitude

Always say thank you and mean it. Thank you is so easy to say and does so much. Say it sincerely, let your gratitude come from your heart.

35. The Paradox of Tough Times

"If you want a better life, to outrun the retrace, to enrich your life, don't be seduced by the easier choices, go for the tougher ones, the ones that will truly develop you, challenge you, strengthen you, and empower you. Don't try to buy your way out, allow them to have their effect— co-operate with them. You will emerge a better person."

36. Choose to Lead

Everyone is born with the ability to lead. Some, however, have this skill but underdeveloped and weak, while others regard leadership as a noble gift. Whatever your stand is, embrace the every opportunity to influence other people the best way you can.

37. Influence before Prominence

Some most influential public figure would say: "I want to be as influential as I can without being particularly prominent." Value prominence as additional blessing to your being influential. Choose to influence without necessarily being prominent. Just concentrate on making a difference.

38. Influence by Example

Irrespective of what you say, people will follow what you do. So be very careful with your words and

action. Live by example.

39. Aim for INTER-dependence

Interdependence is "the act of independent people exercising the choice of working together works for the common good." Aim to be inter-dependent with one another.

40. Stop Touching Wood

In psychology, "touching wood" is a sort of anchor, something we do to bring a particular feeling to ourselves. "Touching wood" makes us feel that we are not "tempting fate" after all, relieves our fears and makes us feel that the future is now much safer. Dare to live your future. Avoid touching wood.

41. Prepare Yourself

Prepare yourself and your mind for action. Gather the strength that you need to live life daily in the best and happiest way possible.

42. Cave Walking

Hiding never works. You are safer in the light, avoid cave walking.

43. Try "No Reason" Generosity

Give without hesitation and give more than what is expected of you--- this is the true meaning of generosity. See giving as an investment rather than a heavy task. Give happily and wholeheartedly. After all, God blesses a cheerful giver.

44. Knowing or Enquiry?

Move from the position of knowing to a position of enquiry.

45. Have the Courage of Your Convictions

What would you die for? Be courageous enough to stand by your convictions. Don't let other people or circumstances sway your principles.

46. Hero Worship

Have a hero that you can look up when times are low or

bad. Look up to a God that you can rely on.

47. Practice saying a positive 'No'

Say no to others and say no to yourself. Both of which can enrich you. Say no sometimes. It is not bad to say no, it actually do other people, and yourself, some good.

48. Baker's Dozen on Stress

Here are simple de-stressers that you can start applying in your life:

- Simplify.
- Smile and laugh a lot.
- Eat and drink healthy.
- Fill your mind with good positive things.
- Work hard and play hard within and organized framework.
- Rest properly.
- Count your blessing everyday, and be thankful.
- Find a life target and set personal goals to hit it.
- Forgive and keep your conscience clear.
- Exercise vigorously three times a week until you are smiling again.
- Be kind to people and don't expect anything in return.
- Say nice things about yourself (when you are on your own) and to others when you are with them.
- Dream positively about your future. Hopelessness really is a life threatening disease.

49. Decide Where You Are Going

Have a mission statement in life. This will keep you guided as to where to go and what to do next.

50. Finish Well

Do everything you can to make sure when things end they end tidily. Many endings are sad but you can close them with grace. Always aim for a graceful exit.