

Foundation For Happiness



**101 Tips
For
Finding
Peace Of
Mind**

HEINZ DINTER, PhD

Dear Reader

Within these pages I will give you cause to think about life's ups and downs — especially the wonderful, experience-enriched, and memory-laden years delivering peace of mind. I'll also give you cause for chuckles here and there.

I cannot turn my back on ignorance and must return to the arduous and prodigious “tolerance” — it means so much to me. I wish everyone would think of it as a principle to live by because it's a solid platform for peace of mind living based on the Golden Rule.

Gotthold Ephraim Lessing, the eighteenth century Germany dramatist and critic focused on the subject and published his thoughts and commitments on tolerance with the “Ring Fable” in *Nathan the Wise*, his thought-provoking dramatic poem and one of the most admirable documents of eighteenth-century thought. (You will find the parable in Act III, Scene 7.)

My appreciation goes to those who passed along a great number of the thoughts I share with you here. Thank you.

Immense gratitude goes to my grandchildren Devin, Megan, Alexander, Dustin, Richard, and Charles because without them I may have substituted writing this booklet with playing tennis or watching the moon over the *Magic City*.

I love life and will do so forever.

Miami, Florida

HD

1 Don't take life too seriously. No matter what happens in life, somebody will find a way to take it too seriously.

2 Allow life to flow around you. Be still and life will be good to you.

3 Keep only cheerful friends. The grouches pull you down.

4 Laugh often, long and loud. Laugh until you gasp for breath.

5 Let tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.

6 Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

7 If you have to compromise who you are in order for someone to like you, you don't want them in your life.

8 People who work to eliminate stress become stressful; those who learn to control it enhance creativity.

9 Just get up and dance. Nobody cares if you can't dance well.

10 Don't try to change another person. We are responsible for our own life choices and behavior.

11 Remember this: Your friends love you, no matter what.

12 Don't let yourself be influenced by dogma. When confronted by dogma, step aside and let it pass.

13 Be grateful for the good things in your life. Avoid feeling sorry for yourself. Self-pity gets you nowhere and drains the joy out of life.

14 Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.

15 Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. An idle mind is the devil's workshop. And the devil's name is Alzheimer's.

16 Enjoy the simple things. Don't let fanciness lead you into temptation.

17 Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.

18 Tell the people you love that you love them— at every opportunity.

19 Always remember: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

20 A dream and a goal are not the same thing; the goal must come after the dream has been created.

21 A goal without a dream will create frustration; goals with a dream create results.

22 As long as one is returning to yesterday, tomorrow will seem like a horizon that keeps getting further and further away.

23 As long as you are “gonna do it,” you are searching for a reason not to get it done.

24 As long as you are looking for reasons, you will not find the answer.

25 As long as you are reaching for the stars, there is a light to guide you.

26 As long as you are searching for answers through others, you will not know what you want.

27 At some point you must stop preparing for change and just do what needs to be done.

28 Money isn't everything.
So what is it?

- It can buy a house, but not a home.

- It can buy a bed, but not sleep.
- It can buy a clock, but not time.
- It can buy you a book, but not knowledge.
- It can buy you a position, but not respect.
- It can buy you medicine, but not health.
- It can buy you blood, but not life.
- It can buy you friends, but not love.

29 Be careful who you dump on; many times those you dump on are not prepared and give it all back to you.

30 Before you jump into a situation, check your compass.

31 Do you know what caring is? It is giving before it was asked for.

32 Divorce — two people who have forgotten why they met.

33 Pray often: God grant me the senility to forget the people I never liked, the good fortune to run into the ones that I do and the eyesight to tell the difference.

34 Dreams do not die a natural death; they are destroyed by a lack of attention and nourishment.

35 Each of us is alone; when you understand that fact, you will begin to learn one of the greatest secrets of control.

36 Don't let it come to this: I'd give anything if Dad were here now so I could talk this over with him. Too bad I didn't appreciate how smart he was. I could have learned a lot from him.

37 Be nice to your children, for they will choose your rest home.

38 Family — any unit of lives committed to a direction.

39 Watch out for people who want to share their religious views with you. They almost never want you to share yours with them.

40 Friend — one who not only lets you be you, but accepts you as you are.

41 Friends are an expensive gift one must not take for granted.

42 Home — a roof under which lives are developed.

43 If all you see in another is the physical appearance, you will never know who you met.

44 If others let you make excuses for what is not happening in your life, they are not your friend.

45 If you are constantly taking your business room to your family room, then the family

room becomes a garage for the business room.

46 If you are working hard, but not enjoying the job, maybe it's time to move to your next adventure.

47 If you have ever known a time more secure than your present, you will go back to your yesterday and hide there.

48 Surround yourself with others who understand the positive nature of failure and you have surrounded yourself with winners.

49 The hardest part of any situation is not turning loose; it is letting go.

50 The most important room in your life is the personal room, that place where you go to be alone. Do you have one?

51 Those who work to make you feel guilty want to control your life.

52 To control the stress in your life you must face what is creating it.

53 Until you can enjoy your own company, you will not understand the purpose of having others in your life.

54 When love is based on conditions, it becomes a prison.

55 When money becomes your best friend, humans become an evil necessity.

56 Don't be rude to the waiter. A person who is nice to you but rude to the waiter is not a nice person.

57 When you have respect, you have received the highest reward one human can give another.

58 You must learn that crisis events require reserve energy that, once used, does not replace itself.

59 You must not forget change was here before you were and will be long after you are gone.

60 Know the difference between a real and a simple friend:

- A simple friend has never seen you cry.
A real friend has shoulders soggy from your tears.
- A simple friend doesn't know your parents' first names.
A real friend has their phone numbers in his address book.
- A simple friend brings a bottle of wine to your party.
A real friend comes early to help you cook and stays late to help you clean.
- A simple friend hates it when you call after

he has gone to bed.

A real friend asks why you took so long to call.

- A simple friend seeks to talk with you about your problems.

A real friend seeks to help you with your problems.

- A simple friend wonders about your romantic history.

A real friend could blackmail you with it.

- A simple friend, when visiting, acts like a guest.
A real friend opens your refrigerator and helps himself.

- A simple friend thinks the friendship is over when you have an argument.

A real friend knows that it's not a friendship until after you've had a fight.

- A simple friend expects you to always be there for them.

A real friend expects to always be there for you.

61 Take out the fortune before you eat the cookie. Don't let temptation get the overhand.

62 More about true friends. It's an important topic.

- Many people will walk in and out of your life.
But only true friends will leave footprints in your heart.
- To handle yourself, use your head;
To handle others, use your heart.
- Anger is only one letter short of danger.

The Must-Read Book For Seeking Wondrous Experiences Life Offers With Peace Of Mind

Within these pages I give you cause to think about the true worth of life experience and how to cash in on what's ahead. I also give you cause for chuckles here and there.

As you turn the pages, I will share with you tips on how to enjoy and make the best of the wondrous experiences life offers with peace of mind.

Here's inspirational reading that opens eyes wide and motivates hearts. **Chuckle and think!**

It's a must-read booklet on those days when you are down or you wish to share laughter and thought with others. It's also an apathy shaker. Real-life excitement of what it takes to grasp the positive side of life and the wonderful years that give you peace of mind.

**Read down-to-earth tips
and thought-provoking messages.
They're for those who seek peace of mind.**

ISBN 0-9770575-0-X



US\$5

9 780977 057504