



Manual Of Instructions For Healthy Living

This manual was inspired by the Manual For Healthy Living, written by an anonymous author, and includes some of its content.

Health

- * Drink a lot of water.
- * Eat breakfast like a king, lunch like a prince, and dinner like a beggar
- * Eat more things that grow on plants and trees, and less processed foods
- * Live by the three E's -- Energy, Enthusiasm, and Empathy
- * Make time for at least 10 minutes of silent meditation
- * Waste some time playing something
- * Read more, and better quality material, as time goes by
- * Sleep at least 7 hours a day
- * Exercise according to your age and condition at least 30 minutes per day
- * Give a smile to everybody you encounter

Social

- * Maintain contact with your blood and spiritual families
- * Give some of your best every day, but do not ask for anything in return!
- * Free yourself from your burdens by forgiving constantly
- * Take time to learn from those who are older than 70 and younger than 6
- * Be a comedian, and get laughs from everyone
- * What others think about you is not as important as what you think about yourself
- * Working for others is just work, but working for yourself must be a pleasure and a privilege

Life

- * Act according to your values, but do not require the same from others, and you will avoid frustrations
- * Do not accumulate material things. Only gather updated knowledge, since that will not depreciate
- * Time is the best medicine, if we have patience
- * The sun always shines after the storm is over
- * No matter how you feel, never dump your garbage on others
- * Enjoy the optimism that comes from faith
- * When you open your eyes at dawn, be thankful for the new opportunities to fix your mistakes!
- * Your true self never gives up, and is available 24-7. Why not turn to it more often?

Personality

- * Do not compare your life with that of others. You never know how their stories end.
- * Do not be upset by the inevitable
- * Focus your mind in the present, and what flows easily
- * Do not overdo it, know your limitations
- * Do not take yourself so seriously! Nobody else does!
- * Do not drain your energy participating in gossip, because it will come back to you!
- * Dreaming is free - not dreaming costs a lot!
- * Envy limits us to imitation, and inhibits us from recognizing our innate creative potential
- * Do not live in the past or remind others of it, unless the memories are good
- * Hate is the poison we prepare for others but end up drinking ourselves!
- * Learn to recognize and forgive your mistakes so you can understand the mistakes of others
- * Happiness is our responsibility – do not delegate it on others
- * Understand life is an infinite multilevel school where we must have patience with the ones in lower levels, and admiration for those above us
- * Allow yourself many bouts of laughter!
- * Nobody is always right, except for those moments when the data has not been updated