

THE INTERNATIONAL
BESTSELLING SERIES

THE RULES OF LIVING WELL

RICHARD TEMPLAR

THE
RULES
OF
LIVING WELL

Rules of Living Well, The

Table of Contents

Front Cover

Half Title Page

Title Page

Copyright Page

Contents

Author's acknowledgements

Introduction

Balance

1 It's not all about you

2 It's not all about other people

3 Look outwards

4 Stay out of the sand

5 Follow your ups and downs

6 Draw tidy lines

7 Remember what you're balancing

8 Do what you want now

9 Live in the past, the present and the future

Confidence

10 Your feelings are your own

Table of Contents

- 11 Know yourself
- 12 Accept your weaknesses
- 13 Like yourself
- 14 Words can change you
- 15 Difference is a good thing
- 16 Don't assume the worst

Resilience

- 17 You're in charge
- 18 You're not alone
- 19 Steel beats iron
- 20 Hit the off button
- 21 Be prepared
- 22 Get it in writing
- 23 Weigh yourself up
- 24 Go easy
- 25 You think therefore you are
- 26 Find the humour

Exercise

- 27 Think yourself exercised
- 28 You can't avoid exercise
- 29 Exercise isn't a dirty word
- 30 It's not about how you look
- 31 Habit is a good thing ...
- 32 ... but you're in charge

Table of Contents

33 Keep a lid on it

Relaxation

34 Find your space

35 Keep it quick

36 Train your mind to relax

37 Plan your breaks

38 You won't relax if you don't try

39 Live in the present

40 Relax holistically

41 Get out of yourself

42 Get a good night's sleep

43 Love the sunshine

44 Zen it

Food

45 You really are what you eat

46 Don't get picky

47 Nurture your relationship

48 Understand your issues

49 Beware food rules

50 Don't diet

51 Don't get hooked on sugar

52 Food isn't wicked

53 It's not all about your weight

54 Enjoy!

Table of Contents

Learning

- 55 Pick what you enjoy
- 56 Find motivation
- 57 Decide what you want to show for it
- 58 Stay out of the ruts
- 59 Find your forte
- 60 Get your hands dirty
- 61 Enjoy your mistakes
- 62 Don't slow down
- 63 You can't turn it off
- 64 Reflect

Parenthood

- 65 Remember to drain the swamp
- 66 Nobody's perfect
- 67 Know yourself
- 68 Trust your own judgement
- 69 Be honest with yourself
- 70 Communicate
- 71 Nurture your relationship
- 72 Stay healthy

At work

- 73 Stay motivated
- 74 Don't up the ante
- 75 Create boundaries

Table of Contents

- 76 Have switch-off time
- 77 Be flexible
- 78 Stay in synch
- 79 Enjoy your surroundings
- 80 Create order
- 81 Move
- 82 Take a day off
- 83 Talk
- 84 Mind the team

Retirement

- 85 Now is not forever
- 86 You don't have to do it all at once
- 87 When the kids fly, you can too
- 88 Manage your family
- 89 Redraw your relationship
- 90 You can't do nothing
- 91 Age gracefully
- 92 Learn to accept help
- 93 Know your doctor
- 94 Say what you're thinking

Challenge

- 95 Expect the unexpected
- 96 It is what it is
- 97 Embrace the change

Table of Contents

98 Ride the shock wave

99 There are no shortcuts

100 Forgive and don't forget

These are the Rules

How to use the Rules

Back Cover