

THE INTERNATIONAL
BESTSELLING SERIES

THE RULES OF LIFE

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THE
RULES
OF
LIFE

Rules of Life

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Rules for you

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- 4 Accept yourself
- 5 Know what counts and what doesn't
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- 7 Be flexible in your thinking
- 8 Take an interest in the outside world
- 9 Be on the side of the angels, not the beasts
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- 14 I wish I'd done that - and I will
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60 Be nice

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- 99 Be good at your job
- 100 Be aware of the damage you are doing
- 101 Be for the glory, not the degradation
- 102 Be part of the solution, not the problem
- 103 Check what history would say about you
- 104 Not everything can be green
- 105 Put something back
- 106 Find a new Rule every day - or occasionally at least

The Rules of happiness

- 1 Take the long view
- 2 Do something you're good at
- 3 Like yourself
- 4 Look from the other direction
- 5 Spin it
- 6 Mix it
- 7 Find a distraction

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8 Know who you value

9 Break down the blocks

10 Take control

Had enough yet . . . ?

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