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Topic: some lessons in life for us to share

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Posted by: futari

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Some "Lessons in Life" by Regina Brett:

1. Life is too short to waste time hating anyone.
2. Don't take yourself so seriously. No one else does.
3. You don't have to win every argument. Agree to disagree.
4. Cry with someone. It's more healing than crying alone.
5. Save for retirement, starting with your first paycheck.
6. Make peace with your past so it won't screw up the present.
7. Don't compare your life to others. You have no idea what their journey is all about.
8. You can get through anything if you stay put today.
9. It's never too late to have a happy childhood; the second one is up to you and no one else.
10. When it comes to going after what you love in life, don't take no for an answer.
11. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
12. The most important sex organ is the brain.
13. No one is in charge of your happiness except you.
14. Frame every so-called disaster with these words: "In five years, will this matter?"
15. Always choose life.
16. Forgive everyone, everything.
17. What other people think of you is none of your business.
18. Time heals almost everything. Give time time.
19. However good or bad a situation is, it will change.

20. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
21. Believe in miracles.
22. Whatever doesn't kill you really does make you stronger.
23. Growing old beats the alternative -- dying young.
24. Get outside every day. Miracles are waiting everywhere.
25. Don't audit life. Show up and make the most of it now.
26. Get rid of anything that isn't useful, beautiful or joyful.
27. All that truly matters in the end is that you loved.
28. Envy is a waste of time. You already have all you need.
29. The best is yet to come.
30. No matter how you feel, get up, dress up and show up.
31. Take a deep breath. It calms the mind.
32. If you don't ask, you don't get.
33. Yield.
34. Life isn't tied with a bow, but it's still a gift.