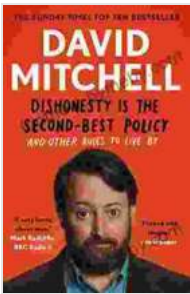


And Other Rules To Live By: A Sneak Peek Into The Book That Will Change Your Life

And Other Rules To Live By is a book by Dalai Lama that offers wisdom and guidance on how to live a happy and fulfilling life. The book is full of practical advice and inspiring stories that will help you to overcome challenges, find peace, and achieve your goals.



Dishonesty is the Second-Best Policy: And Other Rules to Live By by David Mitchell

★★★★☆ 4.4 out of 5

Language : English
File size : 1454 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 282 pages
Screen Reader : Supported



In this sneak peek, we'll share some of the key rules from the book. These rules are not meant to be followed blindly, but rather to be considered and applied to your own life in a way that makes sense for you.

Rule 1: Be kind to yourself

One of the most important things you can do for yourself is to be kind. This means treating yourself with compassion and understanding, even when you make mistakes.

When you're kind to yourself, you're more likely to be kind to others. You're also more likely to be happy and fulfilled.

Rule 2: Be grateful

It's easy to take the good things in our lives for granted. But it's important to remember to be grateful for everything we have, both big and small.

When you're grateful, you're more likely to appreciate the good things in your life. You're also more likely to be happy and content.

Rule 3: Live in the present moment

It's easy to get caught up in the past or the future. But the only moment you have control over is the present moment.

When you live in the present moment, you're more likely to be mindful and aware. You're also more likely to be happy and at peace.

Rule 4: Forgive others

Holding on to anger and resentment only hurts you. It's important to forgive others, even if they don't deserve it.

When you forgive others, you're freeing yourself from the past. You're also more likely to be happy and at peace.

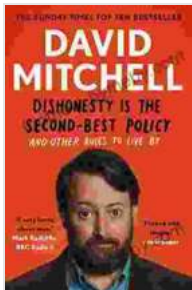
Rule 5: Be compassionate

Compassion is the ability to understand and share the feelings of others. It's a powerful force that can change the world.

When you're compassionate, you're more likely to be kind and helpful to others. You're also more likely to be happy and fulfilled.

These are just a few of the key rules from *And Other Rules To Live By*. If you're looking for a book that will help you to live a happier and more fulfilling life, then I highly recommend reading this book.

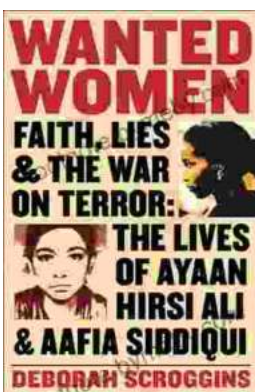
And Other Rules To Live By is available now wherever books are sold.



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