

your physician will bear this out—is as powerful in bringing about long life as is *the desire to do something*.

The person determined to achieve maximum success learns the principle that *progress is made one step at a time*. A house is built a brick at a time. Football games are won a play at a time. A department store grows bigger one new customer at a time. Every big accomplishment is a series of little accomplishments.

Eric Sevareid, the well-known author and correspondent, reported in *Reader's Digest* (April 1957) that the best advice he ever received was the principle of the "next mile." Here's part of what he said:

"During World War II, I and several others had to parachute from a crippled Army transport plane into the mountainous jungle on the Burma-India border. It was several weeks before an armed relief expedition could reach us, and then we began a painful, plodding march 'out' to civilized India. We were faced by a 140-mile trek, over mountains, in August heat and monsoon rains.

"In the first hour of the march I rammed a boot nail deep into one foot; by evening I had bleeding blisters the size of a 50-cent piece on both feet. Could I hobble 140 miles? Could the others, some in worse shape than I, complete such a distance? We were convinced we could not. But we *could* hobble to that ridge, we *could* make the next friendly village for the night. And that, of course, was all we had to do. . . .

"When I relinquished my job and income to undertake a book of a quarter of a million words, I could not bear to let my mind dwell on the whole scope of the project. I would surely