



STEPHEN hawking

Extraordinary Life Lessons That
Will Change Your Life Forever

Stephen Hawking: Extraordinary Life Lessons That Will Change Your Life Forever

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Table of Contents

[Contents](#)

[Introduction](#)

[However difficult life may seem, there is always ...](#)

[It matters if you just don't ...](#)

[I have noticed even people who claim everything is ...](#)

[Intelligence is the ability to ...](#)

[Life would be tragic if it weren't ...](#)

[My advice to other disabled people would be ...](#)

[There is no unique picture of ...](#)

[When one's expectations are reduced to ...](#)

[What's next?](#)

Introduction

You are about to discover some of the greatest life secrets known to man. Whatever your circumstances, you can create the life you desire by following simple, counterintuitive steps; not the steps society wants you to follow. Unfortunately, you cannot even trust yourself when it comes to creating the life that you desire, because you're programmed by your past, an accumulation of hundreds of thousands of years, a mind still adapted for a hunter-gatherer time period. What does this mean? It means every day you're battling your emotions, logic versus emotion. Logically, you want to do one thing, but emotionally, you are drawn to something else. First, if this sounds familiar, then great, because it means you are human. But, if you're going to win the game of life, you cannot sit around and wait for things to happen, because you'll be living a life of supreme comfort and sameness; ultimately, a great sin. You are destined for great things, capable of forging dreams and living your aspirations. Maybe you've forgotten about this truth: that you are capable, worthy, and ready. Maybe you've been beaten into the ground by life, a teacher who doesn't care if you're rich or poor, weak or strong, ready or not, because life will continue forward regardless, waiting for no one.

Fortunately, there're things you can do to set yourself apart from the millions that will ultimately suffer and fail. One such thing, perhaps the most powerful of all, is by studying the great, people who have succeeded and who have gone beyond what is humanly thought possible. When it comes to studying someone great, there's one name that stands tall, Stephen Hawking, a person who has persevered and flourished. Not only has he conquered great adversity, but he has inspired millions around the world with his brilliant mind. There is a reason why people compare him with the once living Albert Einstein, the genius. What follows are Stephen Hawking's greatest life lessons, gems of wisdom that you can easily apply to your own life, which will help you live a more abundant, stronger life. If you're in need of inspiration, a boost of confidence, or just a friendly reminder of the wonders in life, you've come to the right place. See for yourself why millions study his work and regard him as a genius.

“However difficult life may seem, there is always something you can do and succeed at.” – Stephen Hawking

There're over seven billion people living on planet earth, yet there is something remarkably different about you. It's not your physical appearance, but it's your blueprint inside. You were born with weaknesses and strengths, and that is what makes you special, unique. Most people, unfortunately, neglect their strengths by pursuing things that do not serve them. On the other side of the coin, a lot of people focus way too much attention on their weaknesses, thinking that there's something wrong with them, and ultimately giving up altogether.

The secret to living life with oomph is realizing that there is nothing wrong with you; your weaknesses and strengths are what makes you special. You will naturally be drawn to some things, a good indicator and a path to follow. Do not fall into the trap of pursuing activities that bring you no inner-satisfaction. The number one reason people do this is to fit into society's norm. For example, deep inside, you know you are a creative person who loves creating things, but your current chosen path is in stark contrast. It might be a path that was chosen to please parents, peers. Or perhaps you are too scared to follow your calling, because a part in you wonders if you will succeed at it, if that something will be able to pay the bills. However, there is something you need to know. If you're afraid of following your dreams because you're afraid of failing, know that you can fail at whatever you are doing now, so you might as well pursue your calling.

In essence, there are things that you're good at, and there are things you might not be so good at. It might be wise to pursue the things that you are naturally good at, because it can be a powerful platform, a place to build self-confidence and to harvest joy. The world you live in can be cruel and unforgiving, and if you don't have a safe haven to go to – an activity that you are good at, that you enjoy – then it will feel as if you are always running up a never-ending hill.

Aligning your strengths, passions, with what you do every day is something

that should be furiously strived for. If money is the issue (maybe you need your current occupation to pay the bills), you will have to play it smart. As long as you are slowly but surely working on aligning your strengths with everyday life, you are doing well. The truth is, whatever your strengths, you don't have to do it full-time, as long as you are doing it in the first place. If that means spending an hour a day on it, whatever it may be, great. If that means slowly getting out of your current job to pursue something that is more aligned with your strengths, great. As long as you are actually doing something about it, even if it's a step at a time, you are winning at the game of life. There is nothing worse than sitting around, not doing anything about it. A passionate, fulfilling life is built a brick at a time. If you can only work on your strengths an hour a day, you will be surprised at how much you have accomplished by the end of the month.

Life is not always easy, so don't make it harder on yourself by pursuing things that are not in your true interest. You've heard it a dozen times, but it's always worth mentioning: you only get to live once (you won't wake up tomorrow with a different body, so you might as well accept yourself a hundred percent). Amplify your strengths by focusing on them. Minimize your weaknesses. Stop fretting over fears, and pursue your strengths and aspirations, even if it's a step at a time. By doing this, you will feel more in control. Instead of being a leaf in a storm, you will be a boulder, unaffected by outer-circumstances and laser-focused.

“It matters if you just don't give up.” – Stephen Hawking

If there is something you wish to accomplish, especially something worthwhile, there is one thing you can be certain about, that life will inevitably start poking your willpower and conviction. If you aren't passionate about something – if there isn't a burning desire within to get it done – it's safe to say that you will collapse under the pressure when life starts demanding, testing your certitude by removing your happiness.

If something is important to you, you will find a way to accomplish your desire, whatever it takes, even if it means sleeping rough. For example, if writing that novel you always wanted to is the priority of your life, a do or die, you won't crumble under petty pressures. When activities start questioning your conviction, you stand fast. When your friends want to go out drinking every weekend, you opt staying in working on your dreams. When you only have an hour to write a day because of full-time work, obligations, you will do it because you know a powerful secret: dreams are built a brick at a time. On the other hand, if someone “wants” to write a novel, for example, but she doesn't take it professionally, she will crumble under the first obstacle. She would rather get that extra one hour's sleep. She would rather go out weekends and party. She would rather eat unhealthy, because it feels good.

A professional says no to unhealthy food, because she knows unhealthy food hinders her emotions long-term. A professional is pro-active, always forcing herself to do the activity required, because she knows laziness breeds procrastination, a harrowing poison that will paralyze ability to take action. The most important thing of all? A professional works on her dreams every day, even if it's a step at a time (very important).

There is something magical about working on something every single day, even if you can only manage an hour, half an hour, or even a few minutes to spare. But the reality is, even if you work full-time, have kids to support, have important obligations, if something is important to you, you will find a way to get at least an hour's time for your dream building activity, if not more. There are people out there with absolutely nothing, suffering diseases,

a lack of food, a harsh environment, even taking care of children in these environments, but they still muster the courage and pursue dreams. If you are fortunate enough to live in a first-world country, with a roof over your head and some food, you are miles ahead of most. If this is you and you cannot find a way (the time) to pursue your dreams, even if it's thirty minutes a day, you do not deserve your dreams – period. If you would rather watch some reality TV, order a takeaway, or go for drinks on the weekend because it's Friday, you are perhaps destined for something else, a life of sameness and mediocrity. Don't be surprised if you wake up a decade from now, wondering what the hell happened to your life.

If there is something in you, however, a calling of some sort, a call to follow your dreams, you should take heed and do what's necessary to get things started. On a serious note, life can be stressful, and if you're working a full-time job, have kids to take care of, pursuing your dreams can feel stressful; you might wonder if it's possible, where you will get the time, and what others would think.

The good news is that there is a secret weapon you can use to forge dreams into reality, and it was stated briefly earlier. When you study and experience the essence of success, you come to realize that you cannot force success. In other words, success is like a cat, the more you call her over, the more likely she is to turn her head and playfully ignore you. However, just focus on the activity itself and stop wanting success to come so badly, strange things start to happen. You start to experience joy and success. Instead of exhausting yourself, working on a project 24/7, take it a step at a time. If you can only work an hour a day on your dreams, then it's highly recommended that you do so, because working on your dreams every single day is far more superior than giving it ten hours a day, and the next few days, nothing.

The reason it's so important to work on your dreams a little every day is because it builds momentum, the secret ingredient for success. This is why Stephen Hawking said, "It matters if you just don't give up." When you give up, stop, you break momentum, and once you break this special source of energy, it can be hard to regain it again. Momentum is achieved by working on something every day. Momentum is a beautiful energy; it's like gravity. When you reach this stage, you feel compelled to work on your project, whatever it takes. It feels as if something is pushing you, a guidance, a hand on your back. When you have momentum, guard it with your life. Don't

break it by neglecting your important activity, skipping it for days.

Dreams are built with momentum. You get momentum by doing the activity every single day, even if it's only thirty minutes or an hour. As long as you don't stop, you are succeeding, because when you stop completely, you break momentum.

“I have noticed even people who claim everything is predestined, and that we can do nothing to change it, look before they cross the road.” – Stephen Hawking

It's difficult to say if there really is a path destined for everyone, if we get to live in another life, or if this is really it, just one chance to explore this world being the person who you are and then that's it, but, luckily, one thing is for certain: you are able to control, influence your own destiny.

The choices you make every day, however little, all stack up in the long-run to form your circumstances. Therefore, it's paramount you realize the momentous power of simple choices. The ability to make choices – whether to venture into path A or B – is what makes you extremely valuable, and it's what separates you from all other living things.

A single choice can completely change your life around. Think about your past for just one second. There were times where you could have gone one route or the other, and if you would have gone the other route, your life would be different now. Maybe you had to choose between moving or staying. Maybe you had to choose whether to stay with a partner or not. These are choices that can dramatically alter the course of your life. If you choose path (A), you will inevitably meet new people, be in different circumstances, and also be presented with new choices to make. If you choose path (B), you will inevitably meet new people, be in different circumstances, and also be presented with new choices to make.

In life, there are two kinds of choices: big and small. Choosing to stay or move is a big choice, something that will alter your circumstances; more importantly, it will be clearly visible to you, because you will be able to see it with your own two eyes. However, there is another kind of choice that is far more potent, dangerous, and deceptive than the big choices you make – it's the small choices.

When you're presented with making a big choice, the change in outcome and circumstances can (to a degree) be anticipated. However, this is not the case

when it comes to making the little choices, the building blocks that truly affect your life. The little choices: reading a book every day, eating fruits and vegetables, going for an afternoon run, spending quality time with a loved one, investing some money into an asset, writing a few pages every day, thinking about what to be grateful for, and the list goes on.

Destiny is not forged with big choices. Destiny, your ideal life, is created with all the little choices you make every day that all stack up in the long-run. Instead of watching TV, you make the choice to read your book. Instead of ordering a takeaway, you buy healthy food and make it yourself. Instead of gossiping, you donate your time and love to a cause. Instead of worrying, you seek your blessings. These are the building blocks of destiny, all the little choices.

Why are little choices so dangerous? It's because humans are creatures of short-term comfort, and humans find it hard to foresee the consequences in the long-run. When you are presented with two choices: watch TV or read book, you will robotically choose TV, because you're human, and humans prefer short-term stimulation over long-term gain. It's more "fun" to sit down and watch TV. However, just imagine the consequences of doing these two "simple" things. Person (A) lounges on sofa and watches TV for 30 years. Person (B) consumes knowledge and self-help material for 30 years. Is there going to be a difference between these two men? What about the differences in health and appearance? What about their income levels? As you can see, the difference between these two men will be stark. And it's all due to a "simple" choice made in the moment, all stacked up.

When you sit down to read your book, it might not feel as stimulating as watching TV. You might think, "Am I gaining anything out of this?" The answer is, of course, yes you are. But the benefits will only be visible in the long-run. The more knowledge you consume, the better your understanding of this world, yourself, and what is required to achieve dreams.

Choosing whether to read book or watch TV is just one simple example; it's quite scary when you consider that it's just one simple choice you can make. What about all the other small choices? During the day, you are presented with hundreds. Do you gossip or spread appreciation? Do you take the stairs or elevator? Do you go to the gym or watch a movie?

The choices you make each day have a powerful influence on who you become. Therefore, don't ever take them for granted. You have the ability to

create the life of dreams by stacking the odds in your favor; keep doing the things that will bring you long-term satisfaction. Some examples: going to the gym, eating healthy, saying no to gossiping, choosing a book over reality TV, working on your dreams for 60 minutes a day.

There is great power in choices. You're able to influence the direction of your life. By doing the right thing every day, you will wake up a few years from now smiling, feeling alive, more wealthy and abundant in every area of life, all because of doing the right, small thing every day.

People can take everything away from you, but they can never, ever take your ability to make a choice away, only if you let them. Even amid chaos, stripped of everything, beaten and left in dirt, you are able to make a choice: you can choose to forgive, you can choose to focus on your blessings, and you can choose the way you wish to view your circumstances.

A simple choice is providence in the making.

“Intelligence is the ability to adapt to change.” – Stephen Hawking

You cannot predict the future; no one can. However, you can be certain of one thing. When it comes to anticipating future events, anticipate change; it's inevitable. No living soul can escape the power of change, the invisible force that molds everything into place, weeding out the weak and forging strength into power.

Everything around you is changing on a constant basis, slowly but surely. Most of the time, you only become aware of change later when it has become rooted firmly in place. Change happens in every area of your life: finance, health, relationships, even spirituality.

There is one thing you need to know about change, which is paramount if you are going to use it to your advantage and not be dragged into oblivion if you are not prepared. First, change is happening even as you are reading this; change is an ongoing process that never ends. Second, if you are not improving an area of your life, it's declining. There is no “stalling point” in life. You're either using it or losing it. If you aren't doing any exercise during the week, your body strength is atrophying. If you aren't practicing public speaking during the week, your public-speaking charisma is atrophying. Whatever skill you have or are trying to get, if you aren't practicing it, you are losing it. This includes using your brain. Neglect using it, neglect putting pressure on it, and it will become docile and weak.

Your body is an organism. The important thing to know about organisms is that they are extremely good at adapting. Put pressure on yourself, be it public speaking, playing piano, or lifting heavy weights, and your body adapts to the pressure – it becomes better at dealing with it. Deep down you know this to be true. Think about your past when you did something that felt uncomfortable at first. Maybe it was talking in front of strangers. Maybe you started a new job and had to learn how to talk to a lot of strangers, something you weren't used to. What happened after a few weeks after talking with people on a regular basis? You weren't uncomfortable anymore. In fact, you started enjoying it, and even became good at it.

This is nothing new. The secret to living an extraordinary life is by putting

pressure on yourself, and let your body adapt to it. For example, if you want to be a good public speaker, the only way to become good is to actually practice speaking in front of people. You don't become good by standing in front of the mirror and saying, "I am good at public speaking" over and over. You become good by throwing yourself in social situations, forcing yourself to speak and adapt. The hardest part is always the beginning, but if you muster the will and keep on throwing yourself in social situations, for example, your body WILL adapt to the change; it's inevitable. All you need to do is persevere and not back out, because it can get uncomfortable.

You need to anticipate change. Don't be stubborn and keep doing the same thing just because it used to work so wonderfully before. This is especially true in the business arena. If you aren't keeping pace with technology, your business will crumble against other competitors, who keep updating their strategy. If something isn't working anymore, chances are, your current strategy has been outdated, and it's time to adapt. The worst mistake you can make is to fold your arms, be stubborn, and say no to change. You might even go a step beyond. You might try and force a strategy (that used to work) to work again by investing a lot more money and time into it. This is an uphill battle that many fall victim to. In the end, you will only burn yourself out, including the wealth you had. Instead, don't take change personally. Accept it for what it is – an inevitable outcome of life. Change is not always bad; in fact, it's something to be embraced and be happy about. Would you rather set up shop in some secluded suburb, have a few customers a week trundling inside, or would you rather set up shop in the online world, where millions across the world can see what you have for sale? This is all thanks to change. The internet would not have existed were it not for change.

There are three steps that you need to take if you want to have change work for you and not against you. First, you need to accept change one hundred percent, even go a step further and embrace it (it's inevitable). Second, don't take it personally, because you cannot prevent change from happening; it's part of life. Third, you need to be willing to change your strategy to adapt with change. Do not be stubborn. Do not keep doing the same thing just because it used to work. Find out what the current strategy is and do that instead. When you reap the benefits of the new strategy, don't get too attached, because soon that strategy will change as well. The key to success is to adapt with change, which can, of course, be hard, because humans are stubborn creatures. It can be scary to venture into unknown territory. But

don't let this ever deter you from changing your strategy.

In the end, change is coming, and you can either adapt with it or be washed away. Don't take it personally, embrace it, and be willing to adapt as soon as possible. Human existence is based on adaptability; everything about you is a byproduct of constant change. When something isn't working so well anymore, ask yourself if it's your current strategy. If you think it's outdated, then find the current strategy, try it out and see if you're getting results. If you are, stick to that until you need to adapt again. As long as you're adapting, you're winning.

“Life would be tragic if it weren't funny.” – Stephen Hawking

Life isn't always easy; sometimes it can be difficult and unrewarding, especially when you give it your all and your expectations are broken. However, don't you always get back up in the end?

It's paramount that you live your life with a playful ease, which can be difficult for some, because a lot of people are consumed, trapped by self-inflicted fears, obligations, and a constant pressure inside to perform. Though, if you were to dedicate just a few minutes to thinking about the grand-scheme of things, you would quickly realize that no one, even Mother Nature herself, escapes death. Soon, everything will be gone: your loved ones, your wealth, and more importantly – you. This can, of course, sound gloomy, but don't fall into the trap of thinking that nothing is worth it, because if you were to know how lucky you are to be living right this second, you would do everything in your power to live a life of value and to help others.

Living a life of value requires two things: it's not taking life seriously (be playful, laugh about things; find the humor in circumstances), and it's taking life very seriously (you only get to live once, so chase your dreams; say no to the things that hurt you, and do what you need to do, as long as you don't hurt people). In essence, you want to find a combination, a middle ground between the two. You want to take life seriously and you don't want to take it seriously. Find the sweet spot, because if you become consumed by one area, for example, you are taking life too seriously, striving for things, ignoring your well-being in the process; you won't be very joyful, you will forget to smile and laugh, and the pressures of life will feel like a rock on your shoulders.

Instead, smile and laugh. Find the beauty in life. Be a child again. Play with people (yes, grownups like to play, even the president of the United States). Also, when it's time to be serious, be serious. Strive for your aspirations. Sacrifice what you need to. If it means saying no to parties on the weekend so that you can build your business, do it.

Find the middle ground: laugh with a serious face.

**“My advice to other disabled people would be, concentrate on things your disability doesn't prevent you doing well, and don't regret the things it interferes with. Don't be disabled in spirit as well as physically.” –
Stephen Hawking**

Don't let your disability be your jailor. Your greatest asset is your mind, and if you can still somewhat use it, you are able to use your greatest, most powerful gift: the power of focus. When you focus on something for long, magical things start to happen (or perhaps nightmares). Think of your focus as energy; when you think about something, you are focusing energy on it. The more you focus on that particular thing, the bigger it becomes. This isn't new-age woo woo, but scientifically proven. Selective focus is when you think about a certain thing for a period of time, and when you do, your peripheral becomes shaded, and the only thing you can see is what you are focusing on. For example, think about a photo. If the backdrop were of a beautiful vegetable garden – bright green leaves, colorful vegetables, red, orange, yellow, all beautiful and vivid – and the only thing rotten was a black tomato (worms crawling in and out) in the corner of the garden, what is going to happen if that camera zooms in on that tomato and keeps looking at it (selective focus)? A person looking at that picture would surely say, “Wow, what a disgusting vegetable. That garden must be rotten to the core.” But as you know, if the camera zooms out, the garden is beautiful and green.

That is selective focus. What you focus on inevitably becomes your reality. You can have everything under the sun, be wealthy and healthy, but if you only focus on what you don't have, what you don't have will be your selective focus, and you will assume your life to be rotten, just like the example above. But if you were to take a step back and focus on all your blessings, your blessings would be your selective focus, and you will feel as if you have everything in the world, and your abundance will grow.

Whether you are disabled, have a lack of resources, love, appreciation, whatever it may be, heed Stephen Hawking's words of wisdom, and focus on what you do have and what you're capable of achieving well. The more you focus on that, the more your life will flourish and the more opportunities you will have. If you don't have much money, stop thinking (focusing) on what you don't have. You are zooming on the rotten tomato. Instead, focus on what you do have, even if it's little (there is a reason why all great leaders, from Buddha to Jesus preached about gratitude; when you think about the things to be grateful for, you are using your selective focus and focusing on the flowers in the garden, not the rotten tomato).

Constant focus is a sign of what is to come. You can create the life you desire by focusing on solutions, what you do have, and what you can do well. When you catch yourself thinking about your insecurities, fears, your lack of resources, don't browbeat yourself; you're only human. Just gently shift your focus to what is important: gratitude, solutions, and what you can do well.

For a flower to grow, the seed needs water. Focus is like water. Every day, sprinkle it with a stream of water, focus. Soon, dreams will turn into reality: a seed will sprout from the ground.

“There is no unique picture of reality.” – Stephen Hawking

In essence, whatever you choose to believe is ultimately “right” to you, a byproduct of chosen belief. When you start to entertain a certain belief, you are slowly activating your selective focus, which will make you see what you want to see. For example, if you believe you cannot create a life you desire because you didn’t finish school, or have no education to speak of; this only creates hardship, what is going to happen? Your selective focus will pinpoint to examples that will justify your chosen belief. In this case, you will start to notice all the struggles people with no qualification go through to achieve a job, to create something for themselves. You will overhear conversations of people talking about how hard it is. You will see things on the news, even if it’s a small box in the corner, saying something about employment rates. When you see these things day in and day out, it will only cement your belief further. You will nod your head and think, “Yes, I was right. There’s no hope for people with no education. The proof is there.” Your chosen belief solidified through selective focus. But is it really true? If you have no education, does it mean you are doomed for life? What if you choose to believe that a lack of school education does not dictate what sort of person you become or what income you will have? If you believe this, your selective focus will look for proof, and will you find proof? You don’t have to look far to find examples of people, like Bill Gates or Mark Zuckerberg who dropped out of education to pursue dreams, and who are now wealthy beyond dreams. What if they had chosen to believe that education is a must? What if they’d forced themselves to stay in education before pursuing dreams? Would Facebook have existed? Perhaps someone else would have taken the plunge and created a different kind of social network.

Adopt beliefs that will ultimately help you in the long-run. Question your own limiting beliefs and ask yourself if they are really true. In the end, whatever you choose to believe turns out to be right to you, because you will find proof to justify them. You now know why it’s so important to respect other people’s beliefs, because even though they might be wrong, they don’t see it in that way. The only way to convince someone of a different belief is by showing respect first. Instead of telling him or her that your belief is

better, show him or her instead with your actions.

“When one's expectations are reduced to zero, one really appreciates everything one does have.” – Stephen Hawking

The secret to living an extraordinary life: stop projecting future expectations and just go with the flow; whatever happens, be it good or bad, you will enjoy it and learn from it – it's all part of life, the cycle that never ends.

A lot of hurt and frustration is created when you keep on projecting future expectations on things. Why? Because when you expect something to go well or think that you are going to hit the jackpot, what's going to happen when the circumstances are in stark contrast? It's going to feel like a punch in the stomach, and you will hate it. A few examples:

You are starting work next week, and you can't wait because you know it's going to be a blast. Fun work, a lot of great people, good money. However, you show up a week later and it's not that fun, the people are demanding, and the money isn't that good. Your expectations have been destroyed, and you will feel like running away.

You are going on a blind date tomorrow and have seen the pictures of him, and your friends tell you he's an awesome guy. He's tall, dark, and handsome, and reasonably wealthy. You can't wait, because he's your type of guy, and you guys are going to a beautiful restaurant. On the date, things go from bad to worse. He keeps on talking about his ex. He has an annoying giggle. He talks with food hanging out. And you guys have been forced into a dimly lit corner of the restaurant, because the restaurant is under maintenance. Your expectations have been destroyed, and it will hurt inside.

Instead of projecting your expectations on future events, just have faith that everything will work out as it's meant to. Stop thinking about that event and stop assuming how things will turn out. In fact, lower your expectations to have a reverse effect. Instead of thinking that your date is going to be great and everything is going to work out as you have planned, expect him or her to be average, expect the venue to be reasonably average. Instead of expecting prince charming, envision something from Lord of the Rings. Because you don't have high expectations, you will be happy with whatever

happens. You will enjoy yourself more, be more open to opportunity, and more importantly, you won't feel let down.

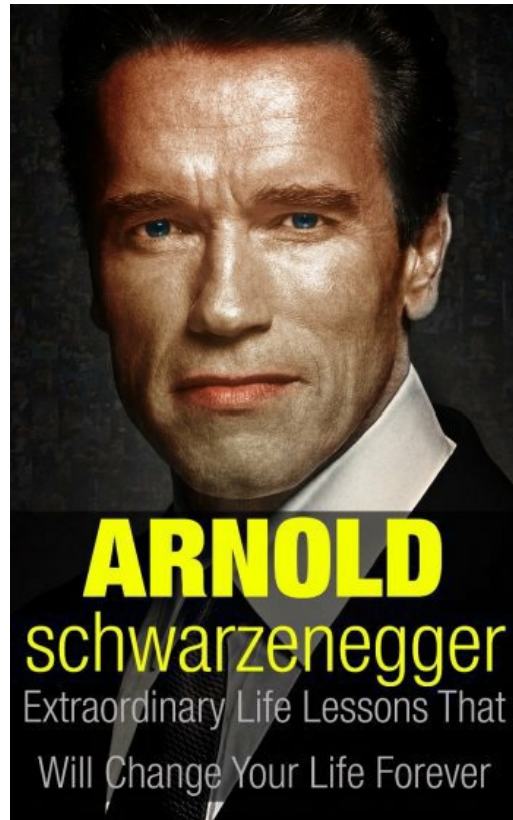
Lowering your expectations does not mean not striving for an ideal, rich life. It means striving for whatever you desire but accepting whatever happens, not forcing, projecting your ideal circumstances. Life is unpredictable. You cannot force success. Set high standards for yourself, goals, then let go of the outcome. Take it a step at a time and be grateful for whatever life gives you, even if it's not what you'd expected, because there is always something to learn. And, as a side note, you never know when that average date turns out to be your future wife or husband.

Stop expecting things to go a certain way. Have high standards, but go with the flow. Do this because life is unpredictable. Your life will be so much easier.

What's next?

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Your words and feedback are greatly appreciated. All the best.



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