



Nine tips to stick to a schedule of regular exercise . . .

1

**ALWAYS EXERCISE
ON MONDAYS**

2

**NEVER
SKIP EXERCISING
FOR TWO DAYS
IN A ROW**

3

**DON'T LINK EXERCISE
TO WEIGHT LOSS**
Exercise for sanity
not vanity.

4

**GIVE YOURSELF
CREDIT FOR
THE SMALLEST
EFFORT**

5

THINK ABOUT CONTEXT
Do you hate the loud
music in your gym?
Re-think your
choices.

6

EXERCISE FREQUENTLY
If you think you're staying in shape
by playing pick-up basketball, you
should be playing four or five
times a week.

7

If you don't have time
both to exercise and take
a shower, find exercise
where you don't need to
shower afterward.

8

Spend money to make
exercising more pleasant.
Exercise is a high life priority,
so this is the place to splurge
a bit if that helps.

9

REMEMBER:
belonging to a gym doesn't
mean you go to the gym, and just
because you were in shape in
college doesn't mean you're
in shape now.



Seven tips for being a more light-hearted parent . . .

2

SING IN THE MORNING

It's hard both to sing and to maintain a grouchy mood.

1

LAUGH!

At least once a day, make each child helpless with laughter.

3

GET ENOUGH SLEEP YOURSELF

4

Most messages to kids are negative: "stop," "don't," "no." Try to say "yes." "Yes, we'll go as soon as you've finished eating."

5

SAY "NO" ONLY WHEN IT REALLY MATTERS

Wear a bright red shirt with bright orange shorts? Sure. Put water in the toy tea set? Okay.

6

REPETITION WORKS . . .

with kids, so use the school mantras: "Sit square in your chair;" "You get what you get, and you don't get upset."

7

REMEMBER:

The age of Cheerios and the Tooth Fairy is fleeting. The days are long, but the years are short.

9

TIPS

Nine tips for getting your sweetheart to do chores—without nagging . . .

1

SUGGEST TASKS WITHOUT WORDS

Leave a note, put an empty container on the counter.

2

LIMIT YOURSELF TO ONE WORD

Instead of barking out, "I've told you a dozen times, stop off at the grocery store, we need milk!"

Say, "Milk!"

3

DON'T INSIST THAT A TASK BE DONE ON YOUR SCHEDULE

"You've got to trim those hedges today!" Why? Try, "Will you be able to trim the hedges before our party next week?"

4

HAVE CLEAR ASSIGNMENTS

I always call repairmen; my husband always empties the Diaper Genie.

5

Every once in a while, do your sweetheart's task, for a treat

6

DO IT YOURSELF

I used to be annoyed with my husband because we never had any cash. Then I realized: why did I get to assign that job? Now I do it.

7

Settle for a partial victory. Maybe your partner won't put dishes in the dishwasher, but getting them into the sink is an improvement.

8

NO CARPING FROM THE SIDELINES

If your sweetheart made the travel arrangements, don't criticize the flight time.

9

MONEY MIGHT BUY SOME HAPPINESS

Could you hire a teenager to mow the lawn? Eliminating conflict is a high happiness priority; spend money if it can help.



Seven tips for coping with the fact that you don't remember a person's name . . .

2

THE “OF COURSE I KNOW YOU—IN FACT, I WANT ALL YOUR INFORMATION” DODGE:

“Hey,
I'd love to get your card.”

5

THE “SURE, I REMEMBER YOU” DODGE:

“Remind me—what's your last name?”
If you ask a person for his last name, he's likely to repeat both names. “Doe, John Doe.”

1

THE “I KNOW YOUR NAME, BUT I'M BLOCKED” DODGE:

“I keep wanting to call you ‘David,’ but I know that's not right.”

4

THE “YOU'RE BRILLIANT!” DODGE:

“Wow, you have a terrific memory. I can't believe you remember my name from that meeting six months ago.”

7

Remember that people might not remember **your** name. Err on the side of re-introducing yourself. And don't be offended if someone forgets your name!

3

THE “TIP OF MY TONGUE” DODGE:

“I know I know your name, but I'm blanking right now.”

6

THE “ONE-SIDED INTRODUCTION” DODGE:

“Let me introduce you to Pat,” you say to Nameless One. You introduce the two and say Pat's name. Usually, Nameless One will volunteer a name.



Seven tips for getting an energy boost in the next 10 minutes . . .

2

GO FOR A BRISK WALK

Even a ten-minute walk is enough to supply a feeling of energy and decreased tension.

5

TACKLE AN ITEM ON YOUR TO-DO LIST

Unfinished tasks weigh us down. Force yourself to complete some nagging chore.

1

GO OUTSIDE INTO THE SUNLIGHT

Light deprivation is one reason that people feel tired. For an extra boost, get your sunlight first thing in the morning.

4

LISTEN TO YOUR FAVORITE UPBEAT SONG

Hearing stimulating music gives an instant lift.

7

DRINK SOME COFFEE!

Coffee gets a bad rap, but fact is, it boosts alertness, energy, and ability to focus. (Plus it's a great source of antioxidants and dietary fiber.)

3

ACT WITH ENERGY

Trick yourself into feeling energetic by moving more energetically.

6

CLEAN UP!

Why is this so effective? Unclear—but it is.



Seven tips for how money can buy you happiness . . .

2

END MARITAL CONFLICT

Throw some money at the problem. Can you hire a teenager to clean out the garage?

5

SERENITY AND SECURITY

Use money to pay down your debts or to add to your savings.

1

STRENGTHEN SOCIAL BONDS

Studies show that having close relationships is one of the most important elements of a happy life. Visit your brother, throw a Superbowl party.

4

THINK ABOUT FUN

For happiness, you're better off using your money to have a great experience than to gain a possession.

7

SPEND MONEY ON SOMEONE ELSE

Spend money in a way that would make a big difference to someone else—whether someone you know, or a cause you support.

3

UPGRADE YOUR EXERCISE

One of the best ways to boost your mood is to exercise. If buying a new iPod will get you off the couch, that's a good investment.

6

PAY MORE FOR HEALTHY FOOD

Healthy food costs more than fast food, but eating healthfully pays off in the long run.

9

TIPS

Nine tips for keeping your resolutions . . .

1

WRITE IT DOWN

. . . and be specific.

Not “make more friends” but “start a movie group,” “remember birthdays,” “say hello,” “make plans.”

2

REVIEW YOUR RESOLUTION CONSTANTLY

If your resolution is buzzing through your head, it's easier to stick to it.

3

HOLD YOURSELF ACCOUNTABLE

Tell people about your resolution, join or form a like-minded group, score yourself on a chart.

4

THINK BIG!

Maybe you need a big change, a big adventure— a trip, a break-up, a new job.

5

THINK SMALL!

Don't assume that only radical change can make a difference. Cleaning your fridge can give you a real boost.

6

BREAK YOUR MAIN RESOLUTION INTO MANAGEABLE TASKS

7

KEEP YOUR RESOLUTION EVERY DAY

Weirdly, it's often easier to do something every day (exercise, post to a blog, deal with the mail) than every few days.

8

DON'T LET THE PERFECT BE THE ENEMY OF THE GOOD

Instead of training for the marathon, aim for a daily 20-minute walk. Instead of cleaning the basement, tackle one closet.

9

CONSIDER DROPPING A RESOLUTION—

if you keep breaking it. Don't let an unfulfilled resolution to lose twenty pounds or to give up TV block you.

7

TIPS

Seven tips for making someone like you . . .

1

SMILE!

The amount of time you smile during a conversation has a direct impact on how friendly you're perceived to be.

2

BE EASILY IMPRESSED, ENTERTAINED, AND INTERESTED

Most people get more pleasure from wowing you than from being wowed by you.

3

HAVE A FRIENDLY, OPEN, ENGAGED Demeanor

Lean toward people, nod, say "Uh-huh," turn your body to face the other person's body.

4

REMEMBER TRAIT TRANSFER

Because of "trait transfer," whatever you say about other people (he's obnoxious, she's brilliant) shapes the way people see you.

5

LAUGH AT YOURSELF

Showing vulnerability and a sense of humor makes you more likable and approachable.

6

RADIATE ENERGY AND GOOD HUMOR

Because of the phenomenon of "emotional contagion," people catch the emotions of other people.

7

SHOW YOUR LIKING FOR ANOTHER PERSON

We're much more apt to like someone if we think that person likes us.