

**Is there something made by man
that approaches the beauty of
Nature?
Perhaps music!**

FAUNA

Sound on. Slides advance automatically.

40 Expressions of Advice

1.- Walk for 10-30 minutes every day, while smiling.



2.- Sit quietly for at least 10 minutes every day, in isolation if necessary.

3.- Upon arising in the morning, one must immediately say “My goal today is....”



4.- Listen to quality music every day. This is real nourishment for the soul.





***5.- Live with the 3 Es:
Energy, Enthusiasm and Empathy.***

6.- Play more games than last year.



7.- Read more books than last year.



**8.- Look at the sky at least once a day, appreciating
the majesty of the world that surrounds us.**



9.- Dream more while awake.





10.- Eat more foods that come from trees and plants. Eat less manufactured foods.

11.- Eat berries and nuts. Drink green tea, plenty of water, and a glass of wine each day; toast something beautiful in life and, if possible, in the company of a loved one.



12.- Try to make at least 3 people laugh every day.



14.- Don't spend your precious time immersed in rumors, things from the past, negative thoughts or things beyond your control. It is better to invest your energy in the positive present.





15.- Life is a school, and we are here to learn. Problems are lessons that come and go; what we learn from them will serve us for the rest of our lives.

16.- Eat breakfast like a king, lunch like a prince, and dinner like a beggar.



13.- Eliminate clutter in the home, the car, and the office. Let a new energy enter your life.



17.- Smile and laugh more often.



18.- Do not let an opportunity pass to hug a friend.



19.- Life is too short to waste time hating someone.



*20.- Don't take yourself so seriously.
Nobody else does.*





21.- It is not necessary to win every argument. One must accept that the other person is not in agreement, and learn from his position.

22.- Make peace with your past, so as not to ruin your present.



23.- Don't compare your life with others. You have no idea of the highways they have traveled during their lives.



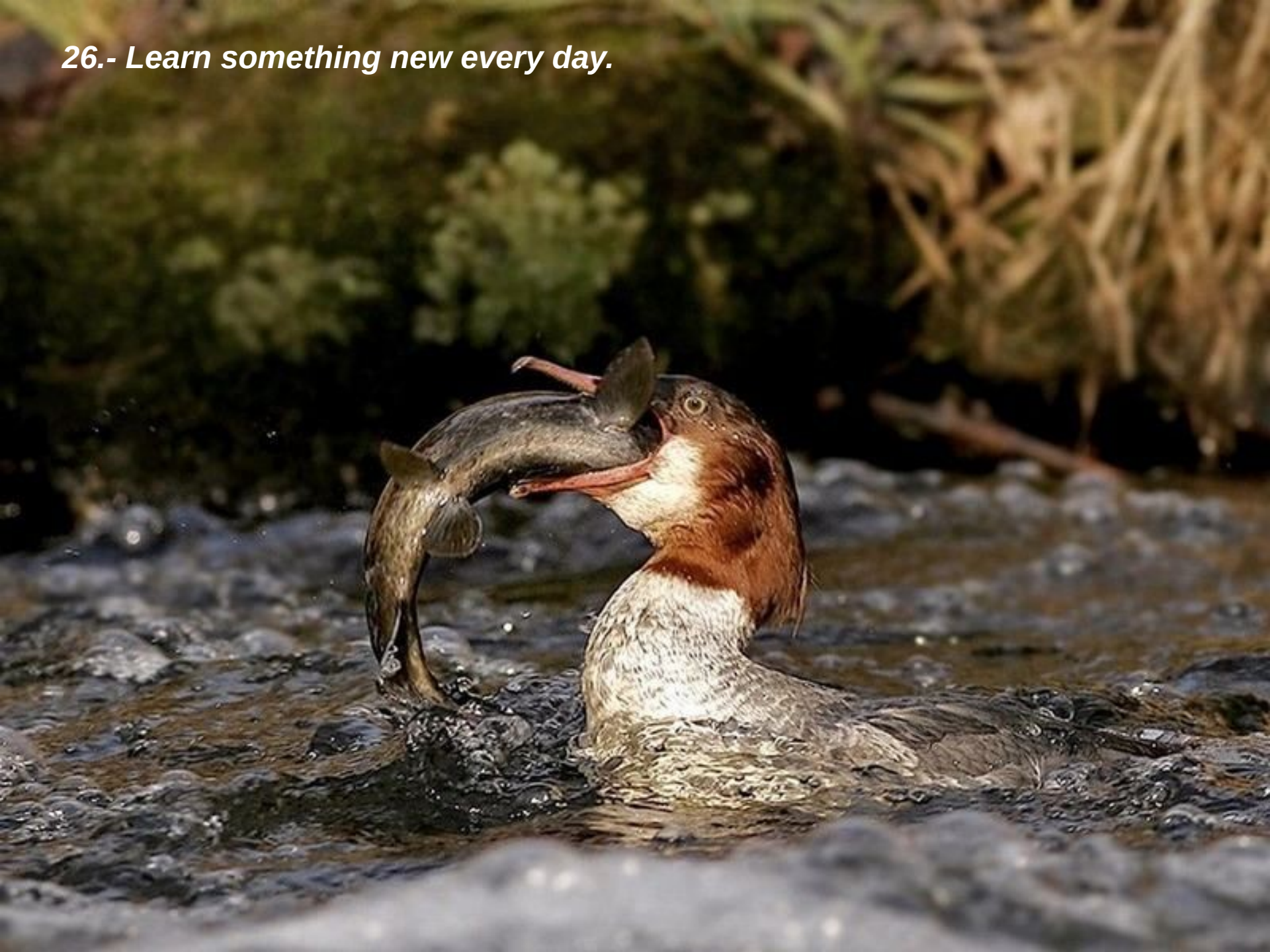
*24.- Nobody is responsible for your happiness,
except yourself.*



25.- Remember well that we have no control over what happens to us, but only what we do.



26.- Learn something new every day.



27.- What others think of us is not completely under our control.



28.- Appreciate your body, and its marvels.



29.- Whether the situation is good or bad, it will change.



30.- Work will not take care of us when we are sick. Our friends will. Stay in contact with them.



31.- Reject everything that is not useful, amusing, or beautiful.



32.- Don't lose time. We already have all the things we need.



33.- *The best is yet to come.*



***34.- Nothing is as important as sitting, standing, getting dressed,
and helping others.***





***35.- Have fantastic sex, always in
harmony with the other person.***

36.- Phone your family regularly, and tell them “Hi, I was thinking of you”.



37.- Each day, before going to sleep, say: I am thankful for _____.
Today, I succeeded in _____.



38.- Remember that we have too much that is good to be stressed.



39.- Enjoy the voyage. There is only one chance to be successful.



40.- Please send this message to all friends that you appreciate.



Life is beautiful. You must appreciate it as much as possible.



Have a wonderful journey, my dear friend.



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