



People & Solutions, Inc.

A Newsletter

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Send Thank You Notes Every Day

Jot down a one or two line note to acknowledge anyone who affects your life positively. I mail thank you notes to family members, colleagues, authors, politicians, bosses, bank employees, and teachers. An emailed thank you is better than none at all, but a personal phone call or a handwritten note is much more meaningful.

Don't worry about giving too much praise. Most people are starved for acknowledgement. Developing an appreciation for the people in your life will in turn attract more friends -- and favors.

***“HOW TO KEEP PEOPLE, PAPER, &
PRESSURE FROM GETTING THE BEST
OF YOU”***

Did you know...

Did you know that chocolate really is good for you? It is rich in heart-healthy, cancer fighting, polyphenol antioxidants. Cocoa powder and dark chocolate have more antioxidants than prunes and blueberries. A 1.5 ounce bar of dark chocolate had three times more polyphenols than five ounces of red wine -- which is touted for reducing heart-disease risks.

~ Francene Stienburg, PhD, RD
Assistant Professor of Nutrition
University of California, Davis

“ACHIEVING EXCELLENCE WITH PEOPLE”

“Keep away from people who try to belittle your ambitions. Small people always do that; but really great people make you feel that you, too, can become great.”

~ Mark Twain (1835--1910)
Humorist and Writer

More Of What I've Learned

I've learned that your life can be changed in a matter of hours by people who don't even know you.

I've learned that even when you think you have no more to give, when a friend cries out to you, you will find the strength to help.

I've learned that the people you care most about in life are taken from you too soon.

I've learned that it's hard to determine where to draw the line between being nice and not hurting people's feelings and standing up for what you believe.

Murphy's Law

1. In any field of scientific endeavor, anything that can go wrong, will go wrong.
2. Left to themselves, things always go from bad to worse.
3. If there is a possibility of several things going wrong, the one that does go wrong, is the one that will do the most damage.
4. Nature always sides with the hidden flaw.
5. If everything seems to be going well, you have obviously overlooked something.