



People & Solutions, Inc.

A Newsletter

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Teach Yourself Patience

You are part of the world. It is not dedicated to you.

Ask yourself, what is the worst thing that could happen because of a delay or problem that is upsetting you.

Take a few deep breaths and count to 10 before speaking or acting. Focus on how much better you feel when you are patient. Do not try to do too much -- that leads to stress.

M.J. Ryan

Walnut Creek, CA

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

Helping Others May Lengthen Your Life

A study of individuals over age 65 found that those who provided tangible help or emotional support for others were only about half as likely to die within five years as those who did neither. Those persons who were the recipients of such assistance did not experience a similar benefit.

Social contact has long been known to be associated with increased well-being and longer life expectancy -- but this study demonstrates that it is giving through such contact, rather than receiving that is beneficial.

“ACHIEVING EXCELLENCE WITH PEOPLE”

Know What Counts

“No matter what you’ve done for yourself or for humanity, if you can’t look back on having given love and attention to your own family, what have you really accomplished?”

*~ Lee Iacocca
Automobile Executive*

More Of What I've Learned

I've learned that just because two people argue, it doesn't mean they don't love each other, and just because they don't argue, it doesn't mean that they do.

I've learned that we don't have to change friends if we understand that friends change.

I've learned that you shouldn't be so eager to find out a secret. It could change your life forever.

I've learned that two people can look at the exact same thing and see something totally different.

I've learned that no matter how you try to protect your children, they will eventually get hurt and you will hurt in the process.

I've learned that either you control your attitude or it controls you.

I've learned that regardless of how hot and steamy a relationship is at first, the passion fades and there had better be something to take its place.

How To Know You Are Growing Older

You sit in a rocking chair and
can't get it going.

Your back goes out more than you do.

You have too much room in the house and
not enough in the medicine cabinet.

You sink your teeth into a steak
and they stay there.

You are wondering why more people
aren't using this size print.

Everything hurts and what doesn't hurt
doesn't work.