

# How To Do Everything Better, Faster & Easier™

The most useful “3½ minute newsletter” from your friends at [Moving Ahead Communications](http://MovingAheadCommunications.com)

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## Bill Gates 10 Rules of Life

Bill Gates made a recent speech giving advice on 10 things they do not teach in school. Here they are:



**Rule 1:** Life is not fair-get used to it.

**Rule 2:** The world won't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.

**Rule 3:** You will NOT make 40 thousand dollars a year right out of high school. You won't be a vice-president with a car phone, until you earn both.

**Rule 4:** If you think your teacher is tough, wait till you get a boss.

**Rule 5:** Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger flipping-they called it opportunity.

**Rule 6:** If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

**Rule 7:** Before you save the rain forest from the parasites of your parents' generation, try delousing the closet in your own room.

**Rule 8:** In some schools they have abolished failing grades and they'll give you as many times as you want to get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.

**Rule 9:** Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you find yourself. You do that on your own time.

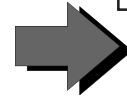
**Rule 10:** Television is NOT real life. In real life people actually have to leave the coffee shop and go to jobs.

“Flexible people never get all bent out of shape”

- **Annon**

“There is real magic in enthusiasm. It spells the difference between mediocrity and accomplishment.”

- **Norman Vincent Peale, Minister, author”**



Turn over for more terrific tips on....

- \* 5 sensible (and effective) health tips
- \* How to remember everyone you meet
- \* Fun trivia contest and more...

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### **How to Remember Everyone's Name**

Picture this, you just called the TV repair shop and the voice on the other end of the line tells you "this is Don Smith". About 5 minutes later you tell your wife that "this guy" will be out to fix the TV in the morning. You can't think of his name although you know he mentioned it on the phone.

This happens all the time to just about any of us unless we have learned to concentrate and implant the name in our memory right at the time we hear it. To do this you first must make a habit of repeating the name back to the person. This action will remind you to store the name in your "Memory banks" each time you hear someone's name, and, within a matter of a short time the "repeating" process can be discontinued.

When you meet someone in person use the same procedure, and in addition, visualize something different, unusual from the ordinary, or "ridiculous" about their appearance, position, or actions that "ties in" with their name. when you see the name visualize the "picture" you have assigned to the name.

Getting this system to work will require certain changes in your thinking and it may take several days or several weeks to become proficient. After all, you have developed a "bad habit" over a period of many years and it is difficult to turn it around overnight. This method also works with anything else you want to remember, not just names.



### **5 Sensible (and Effective) Health / Diet Tips**

1. Start your diet with a food diary, record everything you eat.
2. Drink 6 to 8 glasses of water a day.
3. If you're about to cheat, allow yourself a treat, then eat only half a bite and throw the other half away.
4. When hunger hits, wait 10 minutes before eating and see if it passes.
5. Substitute activity for eating. When the cravings hit, go to the "Y" or health club if possible.

#### ***Do You Want To Win a 2003 Magnetic Calendar?***

*Take the trivia challenge and you just might!*



Each month we'll give you a new trivia question. The first 10 people to email us with the right answer will be eligible to win. At the end of the month we'll draw one lucky name. That winner will win a calendar. Here is this month's trivia question:

Q. Barely a few days after Lincoln's assassination, his son fell into the path of an oncoming train at the station. What well known personage of the day saved the boy's life?

- A) Gilbert Stewart
- B) Thomas Edwin Booth (brother to assassin John Wilkes Booth).
- C) Samuel Alexander Mudd
- D) General Robert E. Lee

Send your answer along with your name to: [trivia@presssuccess.com](mailto:trivia@presssuccess.com)

Last month's winner was: **J & M White**. The correct answer to how many glasses of water do experts and doctors recommend you drink daily was c) 64 oz.

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