

Foundation For Happiness



**101 Tips
For
Finding
Peace Of
Mind**

HEINZ DINTER, PhD

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Dear Reader

Within these pages I will give you cause to think about life's ups and downs — especially the wonderful, experience-enriched, and memory-laden years delivering peace of mind. I'll also give you cause for chuckles here and there.

I cannot turn my back on ignorance and must return to the arduous and prodigious “tolerance” — it means so much to me. I wish everyone would think of it as a principle to live by because it's a solid platform for peace of mind living based on the Golden Rule.

Gotthold Ephraim Lessing, the eighteenth century Germany dramatist and critic focused on the subject and published his thoughts and commitments on tolerance with the “Ring Fable” in *Nathan the Wise*, his thought-provoking dramatic poem and one of the most admirable documents of eighteenth-century thought. (You will find the parable in Act III, Scene 7.)

My appreciation goes to those who passed along a great number of the thoughts I share with you here. Thank you.

Immense gratitude goes to my grandchildren Devin, Megan, Alexander, Dustin, Richard, and Charles because without them I may have substituted writing this booklet with playing tennis or watching the moon over the *Magic City*.

I love life and will do so forever.

Miami, Florida

HD

1 Don't take life too seriously. No matter what happens in life, somebody will find a way to take it too seriously.

2 Allow life to flow around you. Be still and life will be good to you.

3 Keep only cheerful friends. The grouches pull you down.

4 Laugh often, long and loud. Laugh until you gasp for breath.

5 Let tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be **ALIVE** while you are alive.

6 Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

7 If you have to compromise who you are in order for someone to like you, you don't want them in your life.

8 People who work to eliminate stress become stressful; those who learn to control it enhance creativity.

9 Just get up and dance. Nobody cares if you can't dance well.

10 Don't try to change another person. We are responsible for our own life choices and behavior.

11 Remember this: Your friends love you, no matter what.

12 Don't let yourself be influenced by dogma. When confronted by dogma, step aside and let it pass.

13 Be grateful for the good things in your life. Avoid feeling sorry for yourself. Self-pity gets you nowhere and drains the joy out of life.

14 Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.

15 Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. An idle mind is the devil's workshop. And the devil's name is Alzheimer's.

16 Enjoy the simple things. Don't let fanciness lead you into temptation.

17 Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.

18 Tell the people you love that you love them— at every opportunity.

19 Always remember: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

20 A dream and a goal are not the same thing; the goal must come after the dream has been created.

21 A goal without a dream will create frustration; goals with a dream create results.

22 As long as one is returning to yesterday, tomorrow will seem like a horizon that keeps getting further and further away.

23 As long as you are “gonna do it,” you are searching for a reason not to get it done.

24 As long as you are looking for reasons, you will not find the answer.

25 As long as you are reaching for the stars, there is a light to guide you.

26 As long as you are searching for answers through others, you will not know what you want.

27 At some point you must stop preparing for change and just do what needs to be done.

28 Money isn't everything.
So what is it?

- It can buy a house, but not a home.

- It can buy a bed, but not sleep.
- It can buy a clock, but not time.
- It can buy you a book, but not knowledge.
- It can buy you a position, but not respect.
- It can buy you medicine, but not health.
- It can buy you blood, but not life.
- It can buy you friends, but not love.

29 Be careful who you dump on; many times those you dump on are not prepared and give it all back to you.

30 Before you jump into a situation, check your compass.

31 Do you know what caring is? It is giving before it was asked for.

32 Divorce — two people who have forgotten why they met.

33 Pray often: God grant me the senility to forget the people I never liked, the good fortune to run into the ones that I do and the eyesight to tell the difference.

34 Dreams do not die a natural death; they are destroyed by a lack of attention and nourishment.

35 Each of us is alone; when you understand that fact, you will begin to learn one of the greatest secrets of control.

36 Don't let it come to this: I'd give anything if Dad were here now so I could talk this over with him. Too bad I didn't appreciate how smart he was. I could have learned a lot from him.

37 Be nice to your children, for they will choose your rest home.

38 Family — any unit of lives committed to a direction.

39 Watch out for people who want to share their religious views with you. They almost never want you to share yours with them.

40 Friend — one who not only lets you be you, but accepts you as you are.

41 Friends are an expensive gift one must not take for granted.

42 Home — a roof under which lives are developed.

43 If all you see in another is the physical appearance, you will never know who you met.

44 If others let you make excuses for what is not happening in your life, they are not your friend.

45 If you are constantly taking your business room to your family room, then the family

room becomes a garage for the business room.

46 If you are working hard, but not enjoying the job, maybe it's time to move to your next adventure.

47 If you have ever known a time more secure than your present, you will go back to your yesterday and hide there.

48 Surround yourself with others who understand the positive nature of failure and you have surrounded yourself with winners.

49 The hardest part of any situation is not turning loose; it is letting go.

50 The most important room in your life is the personal room, that place where you go to be alone. Do you have one?

51 Those who work to make you feel guilty want to control your life.

52 To control the stress in your life you must face what is creating it.

53 Until you can enjoy your own company, you will not understand the purpose of having others in your life.

54 When love is based on conditions, it becomes a prison.

55 When money becomes your best friend, humans become an evil necessity.

56 Don't be rude to the waiter. A person who is nice to you but rude to the waiter is not a nice person.

57 When you have respect, you have received the highest reward one human can give another.

58 You must learn that crisis events require reserve energy that, once used, does not replace itself.

59 You must not forget change was here before you were and will be long after you are gone.

60 Know the difference between a real and a simple friend:

- A simple friend has never seen you cry.
A real friend has shoulders soggy from your tears.
- A simple friend doesn't know your parents' first names.
A real friend has their phone numbers in his address book.
- A simple friend brings a bottle of wine to your party.
A real friend comes early to help you cook and stays late to help you clean.
- A simple friend hates it when you call after

he has gone to bed.

A real friend asks why you took so long to call.

- A simple friend seeks to talk with you about your problems.

A real friend seeks to help you with your problems.

- A simple friend wonders about your romantic history.

A real friend could blackmail you with it.

- A simple friend, when visiting, acts like a guest.
A real friend opens your refrigerator and helps himself.

- A simple friend thinks the friendship is over when you have an argument.

A real friend knows that it's not a friendship until after you've had a fight.

- A simple friend expects you to always be there for them.

A real friend expects to always be there for you.

61 Take out the fortune before you eat the cookie. Don't let temptation get the overhand.

62 More about true friends. It's an important topic.

- Many people will walk in and out of your life.
But only true friends will leave footprints in your heart.
- To handle yourself, use your head;
To handle others, use your heart.
- Anger is only one letter short of danger.

- If someone betrays you once, it is his fault;
If he betrays you twice, it is your fault.
- Great minds discuss ideas;
Average minds discuss events;
Small minds discuss people.
- He, who loses money, loses much;
He, who loses a friend, loses much more;
He, who loses faith, loses all.

63 On making money: Don't concentrate on making a lot of money, but rather on becoming the type of person who people want to do business with, and you will most likely make a lot of money.

64 Don't do for others what you wouldn't think of asking them to do for you.
THE GOLDEN RULE: Do unto others as you would have others do unto you.

65 Never argue with a fool. Listeners can't tell which is which.

66 The four-way test of the things we think, say or do:

- First — Is it the **TRUTH**?
- Second — Is it **FAIR** to all concerned?
- Third — Will it build **GOODWILL** and **BETTER FRIENDSHIP**?
- Fourth — Will it be **BENEFICIAL** to all concerned?

67 To keep your marriage brimming with love in the loving cup, when you're wrong, just admit it. When you're right, please shut up.

68 Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

69 If you want some insurance that your new relationship has every chance of making it,

- Be honest.
- Be communicative.
- Be clear about your needs and boundaries.
- Be a good listener.

70 Pick your friends, but not to pieces. Remember, life without friends is an empty life. Very empty.

71 Appreciate the lesson of experience. You have been there. Don't let it go to waste.

72 Let go of the small stuff. If it isn't important enough for you to take care of, it's not important.

73 Forgive to free yourself from the poisonous effects transgressors had on you and your life. Forgiving is not absolving.

74 Give way on trivial issues. Needing to win an unimportant argument is not a sign of strength; it's a sign of weakness.

75 Listen twice as much as you talk. Remember, you have two ears and one mouth. It's the attentive listener who is appreciated.

76 Never panic. If you're panic-stricken, take a deep breath; then consider alternatives.

77 Focus on living to a ripe old age. For men, divorce is laced with poison like a pack-a-day cigarette habit. For women, not being married shortens her life span more than cancer.

78 Know what depression is: Depression is when your ship finally comes in and it's a dinghy

79 You should put this list on the refrigerator door and look at it closely until you have it memorized:

- The most destructive habit: Worry
- The greatest joy: Giving
- The greatest loss: Loss of self-respect
- The most satisfying work: Helping others
- The ugliest personality trait: Selfishness
- The most endangered species: Dedicated leaders
- Our greatest natural resource: Our youth
- The greatest "shot in the arm": Encouragement
- The greatest problem to overcome: Fear
- The most effective sleeping pill: Peace of mind
- The most crippling cause of failure: Excuses
- The most powerful force in life: Love
- The most dangerous pariah: A gossip
- The world's most incredible computer: The

brain

- The worst thing to be without: Hope
- The deadliest weapon: The tongue
- The two most powerful words: “I can”
- The greatest asset: Faith
- The most worthless emotion: Self-pity
- The most beautiful attire: A smile
- The most prized possession: Integrity
- The most powerful communication channel: Prayer
- The most contagious spirit: Enthusiasm

80 A thought to share:
May you have

- enough happiness to make you sweet,
- enough trials to make you strong,
- enough sorrow to keep you human,
- enough hope to make you happy!

81 Here is advice that is worth considering for
peace of mind living:

- Give people more than they expect and do it cheerfully.
- Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.
- Don't believe all you hear, spend all you have or sleep all you want.
- When you say, “I love you,” mean it.
When you say, “I'm sorry,” look the person in the eye.
- Be engaged at least six months before you get married.

- Believe in love at first sight.
- Never laugh at anyone's dreams. People who don't have dreams don't have much.
- Love deeply and passionately. You might get hurt but it's the only way to love life completely.
- In disagreements, fight fairly. No name-calling.
- Don't judge people by their relatives.
- Talk slowly but think quickly.
- When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"
- Say, "Bless you" when you hear someone sneeze.
- Smile when picking up the phone. The caller will hear it in your voice.

82 Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

83 Live by these golden rules and you will have peace of mind:

- If you open it, close it.
- If you turn it on, turn it off.
- If you unlock it, lock it up.
- If you break it, admit it.
- If you can't fix it, call in someone who can.

- If you borrow it, return it.
- If you value it, take care of it.
- If you don't know how to operate it, leave it alone.
- If you move it, put it back.
- If it belongs to someone else and you want to use it, get permission.
- If you make a mess, clean it up.
- If it's none of your business, don't ask questions.
- If it isn't broke, don't fix it.
- If it will brighten someone's day, say it.

84 Do the following if you want happiness to come your way:

- If you want happiness for an hour — take a nap.
- If you want happiness for a day — go fishing.
- If you want happiness for a month — get married.
- If you want happiness for a year — inherit a fortune.
- If you want happiness for a lifetime — help others.

85 Wellness tips we can learn from a dog, man's best friend:

- Never pass up the opportunity to go for a joy ride.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- When loved ones come home, always run to greet them.

- Take naps and stretch before rising.
- Run, romp and play daily.
- Be loyal, never pretend to be something you're not.
- If what you want lies buried, dig until you find it.
- Eat with gusto and enthusiasm.
- When someone is having a bad day, be silent, sit close and nuzzle them gently.
- Thrive on attention and let people touch you.
- Avoid biting when a simple growl will do.
- On hot days, drink lots of water and lay under a shady tree.
- When you're happy, dance around and wag your entire body.
- No matter how often you're scolded, don't buy into the guilt thing or pout; run right back and make friends.
- Delight in the simple joy of a long walk.

86 Lessons to be learned from Noah's Ark for peace of mind living:

1. Don't miss the boat.
2. Remember that we are all in the same boat.
3. Plan ahead. It wasn't raining when Noah built the Ark.
4. Stay fit. When you're 600 years old someone may ask you to do something really big.

5. Don't listen to critics. Just get on with the job that needs to be done.
6. Build your future on high ground.
7. For safety's sake travel in pairs.
8. Speed isn't everything. The snails were on board with the cheetahs.
9. When you're stressed, float awhile.
10. Remember the Ark was built by amateurs, the Titanic by professionals.
11. No matter the storm, when you are with God there's always a rainbow waiting.

87 Thirteen points dealing with love and friendship

1. I love you not because of who you are, but because of who I am when I am with you.
2. No man or woman is worth your tears, and the one who is, won't make you cry.
3. Just because someone doesn't love you the way you want them to, doesn't mean they don't love you with all they have.
4. A true friend is someone who reaches for your hand and touches your heart.
5. The worst way to miss someone is to be sitting right beside them knowing you can't have them.

6. Never frown, even when you are sad, because you never know who is falling in love with your smile.
7. To the world you may be one person, but to one person you may be the world.
8. Don't waste your time on a man/woman who isn't willing to waste their time on you.
9. Maybe God wants us to meet a few wrong people before meeting the right one, so that when we finally meet the person, we will know how to be grateful.
10. Don't cry because it is over, smile because it happened.
11. There are always going to be people that hurt you so what you have to do is keep on trusting and just be more careful about who you trust the next time around.
12. Make yourself a better person and know who you are before you try and know someone else and expect them to know you.
13. Don't try so hard; the best things come when you least expect them to.

88 Words of wisdom. Instructions for life in the new millennium from the Dalai Lama:

- Take into account that great love and great achievements involve great risk.

- When you lose, don't lose the lesson.
- Follow the three Rs: Respect for self, respect for others and responsibility for all your actions.
- Remember that not getting what you want is sometimes a wonderful stroke of luck.
- Learn the rules so you know how to break them properly.
- Don't let a little dispute injure a great friendship
- When you realize you've made a mistake, take immediate steps to correct it.
- Open your arms to change, but don't let go of your values.
- Remember that silence is sometimes the best answer.
- Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
- A loving atmosphere in your home is the foundation for your life.
- In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
- Share your knowledge. It's a way to achieve immortality.
- Be gentle with the earth.
- Once a year, go some place you've never been before.
- Remember that the best relationship is one in which your love for each other exceeds your need for each other.
- Approach love and cooking with reckless abandon.

89 Your life will take on a new flavor if you can do the following:

- If you can start the day without caffeine.
- If you can get going without pep pills.
- If you can always be cheerful and ignore aches and pains.
- If you can resist complaining and boring people with your troubles.
- If you can understand when your loved ones are too busy to give you any time.
- If you can overlook it when those you love take it out on you when, through no fault of yours, something goes wrong.
- If you can take criticism and blame without resentment.
- If you can ignore a friend's limited education and never correct him.
- If you can resist treating a rich friend better than a poor friend.
- If you can conquer tension without help.
- If you can relax without liquor.
- If you can sleep without the aid of drugs.
- If you can say honestly that deep in your heart you have no prejudice against creed, color, religion or politics.

90 You cannot always control your circumstances. But you can control your own thoughts. There is nothing either good or bad, only your thinking makes it so.

91 If you must choose between two evils, pick the one you've never tried before.

92 Don't sweat petty things or pet sweaty things.

93 Don't gossip. The most destructive force in the universe is gossip.

94 Always try to be modest. And be damn proud of it.

95 If you think nobody cares about you, try missing a couple of payments.

96 Never be afraid to try something new. Remember amateurs built the ark. Professionals built the Titanic.

97 If you want breakfast in bed, sleep in the kitchen.

98 What will matter is not your memories, but the memories of those who loved you.

99 What will matter is not what you learned, but what you taught.

100 What will matter is how long you will be remembered, by whom and for what.

101 There are two kinds of people. Those who wake up in the morning and say, "Good morning, Lord," and those who wake up in the morning and say, "Good Lord, it's morning."

***Tips to Help Promote
What You Do or Who You Are
With this Booklet***

1. Use this booklet as a gift.
2. Send this booklet to your family/clients/
patients/friends to thank them for their
friendship/help/trust/business and to stay
in touch.
3. Offer this booklet free with any purchase
during a specific time period, with a
specific purchase amount, or when open-
ing an account.
4. Distribute this booklet to prospects at a
trade show or other gathering.
5. Give this booklet to those who complete a
questionnaire or survey.
6. Package this booklet as a value-added
bonus with a product you sell.
7. Provide this booklet to people and organi-
zations who can refer business to you.
8. Do it! It will make you feel good because
they will love you for it.

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ABOUT THE AUTHOR



Heinz Dinter raised his family and pursued his career as head of the computer company he founded, driven by dreams of a happy family and the challenges of capitalism.

Dr. Dinter received his B.S. in mathematics, M.A. in management, and Ph.D. in business administration and corporate finance from the University of Florida.

He's an avid pilot and enjoys sailing and playing tennis in Miami, Florida where he makes his home with Mia and Magic.

But he does miss Lolita, Heidi, Kitty and her brood.

Live your life that the fear of death can never enter your heart. Trouble no one about his religion. Respect others in their views and demand that they respect yours. Love your life, perfect your life, and beautify all things in your life. Seek to make your life long and of service to your people. Prepare a noble death song for the day when you go over the great divide. Always give a word or sign of salute when meeting or passing a friend, or even a stranger, if in a lonely place. Show respect to all people, but grovel to none. When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies in yourself. Abuse no one and nothing, for abuse turns the wise ones to fools and robs the spirit of its vision. When your time comes to die, be not like those whose hearts are filled with fear of death, so that when their time comes they weep and pray for a little more time to live their lives over again in a different way. Sing your death song, and die like a hero going home.
Tecumseh (1768-1813) Shawnee Chief

The Must-Read Book For Seeking Wondrous Experiences Life Offers With Peace Of Mind

Within these pages I give you cause to think about the true worth of life experience and how to cash in on what's ahead. I also give you cause for chuckles here and there.

As you turn the pages, I will share with you tips on how to enjoy and make the best of the wondrous experiences life offers with peace of mind.

Here's inspirational reading that opens eyes wide and motivates hearts. **Chuckle and think!**

It's a must-read booklet on those days when you are down or you wish to share laughter and thought with others. It's also an apathy shaker. Real-life excitement of what it takes to grasp the positive side of life and the wonderful years that give you peace of mind.

**Read down-to-earth tips
and thought-provoking messages.
They're for those who seek peace of mind.**

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