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www.hermanchiropractic.com

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Dear Friends:

Handbook for Life

Health:

Drink plenty of water / Eat breakfast like a king, lunch like a prince and dinner like a beggar / Eat more foods that grow on trees and plants and eat less food that is manufactured in plants / Live with the 3 E's -- Energy, Enthusiasm and Empathy / Make time to pray / Play more games / Read more books than you did in 2009 / Sit in silence for at least 10 minutes each day / Sleep for 7 hours / Take a 10-30 minute walk daily. And while you walk, smile.

Personality:

Don't compare your life to others. You have no idea what their journey is all about / Don't have negative thoughts or things you cannot control / Instead invest your energy in the positive present moment / Don't overdo. Keep your limits / Don't take yourself so seriously. No one else does / Don't waste your precious energy on gossip / Dream more while you are awake / Envy is a waste of time. You already have all you need / Forget issues of the past. Don't remind your partner with his or her mistakes of the past. That will ruin your present happiness / Life is too short to waste time hating anyone. Don't hate others / Make peace with your past so it won't spoil the present / No one is in charge of your happiness except you / Realize that life is a school and you are here to learn / Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime. / Smile and laugh more / You don't have to win every argument. Agree to disagree...

Society:

Call your family often / Each day give something good to others / Forgive everyone for everything / Spend time w/ people over the age of 70 & under the age of 6 / Try to make at least three people smile each day / What other people think of you is none of your business / Your job won't take care of you when you are sick. Your friends will. Stay in touch /

Life:

Do the right thing! / Get rid of anything that isn't useful, beautiful or joyful / GOD heals everything / However good or bad a situation is, it will change / No matter how you feel, get up, dress up and show up. / The best is yet to come / When you awake alive in the morning, thank G-D for it / Your Inner most is always happy. So, be happy.

'Nuf Said.

Larry Herman, DC Adam Kritzberg, DC Jan Herman, DC Josh Rosinski, DC Joe Brady, DC