

# ADVICE FROM A STRANGER 1

How to live a good life

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If you were your younger self again, would you look up to the person you are today?

Please close your eyes for a few seconds.

If you are satisfied with your life, you can close this book now. Otherwise, I ask that you read to the end of the first section and make another decision there.

# INTRODUCTION

The objective of this book is to change your life quickly.

The chapters are short, because the changes are simple. I am not a wise man who can give you all the answers, but this is a good starting point.

There are three main components of life:

- health
- relationships
- freedom

The deterioration of any component will lead to an eventual breakdown of the other two. We discuss health first to build a strong foundation.

Thank you for reading up to here. You can make your decision now.

# COMPONENTS OF LIFE

## 2.1 HEALTH

*"Garbage in, garbage out"*

Health is physical and mental wellbeing.

A baseline is achieved through proper nutrition, sleep, and exercise.

### FOOD

Food is fuel for life.

Learn to cook meals that taste good.

Understand how salt, fat, acid, and heat change food.

Eat food with ingredients you would willingly add to your own food.

Stop eating if you are full.

### SLEEP

Sleep repairs the body and brain.

Set a sleep alarm to remind you to get ready for bed.

If you have to stay up late, consider taking a nap before.

Rest before making important decisions.

### EXERCISE

Exercise elevates your energy levels.

Stretch and do resistance training to reduce your risk of injury.

Learn to breathe deeply through the nose.

Do cardio because the heart is a muscle that can grow weak over time.

## **2.2 RELATIONSHIPS**

*"Anything not saved will be lost"*

- Nintendo quit screen message

Relationships are intentional connections.

Schedule time to reconnect with the people that are important to you.

### **FAMILY**

Family consists of people you have undeniable obligations towards.

You may not agree with family, but you are obligated to listen.

After understanding their words, make your own judgement.

Do not complain to strangers.

Pay attention to your interactions with family.

These patterns naturally repeat in your friendships and partnerships.

### **FRIENDS**

Friends are individuals who trust each other.

Choose friends because of a mutual respect and appreciation.

If you are unsatisfied with a friendship, fix it or end it.

### **PARTNERS**

Partners are the intersection of an obligation towards family and the trust of friendship.

Understand masculine and feminine energy.

Enjoy your own company. A partner cannot make you whole.

If you are committed, make sure you are on the same page about children, religion, and career aspirations.

### **2.3 FREEDOM**

"Take a simple idea, and take it seriously"

- Charlie Munger

#### **EGO**

Ego is the desire to be recognized.

Admit when you are wrong.

Ask questions if you do not understand.

Treat people as you would like to be treated.

Say thank you and sorry with a reason.

#### **PURPOSE**

Purpose is contentment with life.

Keep track of your goals.

Humans were designed to enjoy making progress.

Plan. Success comes from the identification and pursuit of milestones.

Reflect often to consider why you want something.

#### **FAILURE**

Failure is when misfortune meets inadequate preparation.

Invert your thinking by imagining the causes of worst case scenarios.

Then, mitigate them.

Revisit your regrets to make sure they don't repeat.

Be grateful for your misfortunes because they teach you the most important lessons in life.

# CONCLUSION

Thank you for reading to the end.

I hope that this book has given you at least one valuable suggestion.

If you are interested in additional readings and resources, you can find an updated list at [towerofthought.com](http://towerofthought.com).