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Some Thoughts As We Enter 2008

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Our thanks to Detective Ralph Ralston, Criminal Investigations Division, State College (PA) Police Department for submitting the following thought-provoking excerpt from *Life's Little Instruction Book*. We think it provides great advice for the New Year:

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three R's:
 - Respect for self
 - Respect for others
 - Responsibility for all your actions
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great relationship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It is a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.
19. Approach love and cooking with reckless abandon.

-excerpted from *Life's Little Instruction Book: 511 Suggestions, Observations and Reminders on How to Live a Happy and Rewarding Life*, by H. Jackson Brown: Nashville, Rutledge Hill Press, 1991

We hope that all goes well for you in 2008. But for those times when you can use some guidance and assistance, your EAP will be just a phone call away, 24 hours a day!