

This is an e-book Sponsored by www.BetterGlobe.com/10
In order to support the good work of the NGO www.childafrica.org

How YOU can become 100 years YOUNG



By Rino Solberg

Chapters in this e-book:

1.	THINK POSITIVE.....	3
2.	HOW TO SET YOURSELF A GOAL.....	6
3.	STOP WORKING; START ENJOYING.....	8
4.	IT'S IMPORTANT TO FEEL SIGNIFICANT	19
5.	YOU CAN CHOOSE SICKNESS OR GOOD HEALTH.....	12
6.	MAKE SURE YOU EAT THE RIGHT FOODS.....	15
7.	NEVER "RETIRE" MENTALLY.....	17
8.	YOU CAN BE HAPPY IF YOU WANT TO.....	19
9.	THINK ABOUT THIS:.....	22

THINK POSITIVE!

It's my assertion that "attitude has more to say for how long you live, than the work you do or the knowledge you have". If you want to live really long, then first you have to **make up your mind** that you really want to do just that.

Even though lots of people think this sounds all too easy, because they don't believe it's possible to change one's own life to such an extent, many researchers agree, "you are what you think you are" and if you think that you are going to live to a really old age, then the chances are you will.

Obviously, it is not enough to say to yourself that you will be a hundred, and then sit back and wait. That's not how it happens, but it is how it **starts**.

You have probably heard of self-fulfilling prophecies and how these have influenced many people's lives. An example of how it works is if you say, "I don't think I'll live to be really old" then you will become less careful, and you can't be bothered to embark on doing anything special, as it's not necessary, because you don't expect to live to an old age anyway.

In this way you live up to your own declared intent that you won't reach a really old age. As a result, the chances **increase** that this is **exactly** what will happen – you **won't** reach a really old age.

The same thing happens when you say, "I'm sure I'll live to be a hundred". You activate your brain to feed you with the necessary thoughts, words and actions, necessary for you to increase the chances that you will live to be a hundred.

The well-known American psychologist William James once said the greatest discovery in mankind's history, is that we are able to change our lives totally, just by changing our attitude.

Far too many people have a negative attitude to themselves and to life, and do not, therefore, achieve many positive things in life. In many ways you can compare the brain to a computer, what goes in, also comes out.

Ordinarily we don't think much over it, but it's a fact that the brain consists of several hundred million brain cells with an intricate network of nerve fibers that join the cells in such a way that the number of combinations is infinite.

A positive mental attitude is what's needed in order that the brain can start its work and prepare us for a better life. People with a negative mental attitude don't do any good, neither for themselves nor anybody else.

The brain actually works in such a way that when you first start to think positive, you will keep on doing it. One positive thought generates another, and life moves forward more easily. It's exactly the same with negative thinking, once you first start to think negatively, you'll discover more and more problems, and things will get worse and worse.

Could you consider being hypnotized to think positive?

Maybe you'd be a bit uncertain if someone else was to hypnotize you, but what if you were to hypnotize yourself? You can actually do it. The way to hypnotize oneself is to talk to oneself, and it's not as stupid as it may sound.

The pre-requisite, however is, that when you talk to yourself you do it with so-called "positive affirmations". In other words, you more or less tell yourself that things are the way you want them to be. It can be an affirmation like "I shall live to be a hundred years old", "I am in good shape", "I know I can" and not least "**every day in every way, I am getting better and better**".

With affirmations like these the brain gets something to think about, something to work with. It will become engaged with positive tasks that can result in you becoming what you say you are, even though you **weren't** it when you **said** it.

Another way of putting it is that you can lie so you believe it yourself, and that's not as stupid as it may sound. Your brain, just like mine, knows no difference between truths and lies. It starts operating immediately to carry out the task, and you have everything to gain. If you say; "I am great" the brain believes it and give you that feeling but it also believes it when you say; "I am not so good" and gives you automatically that feeling too.

Remember the statement "you are what you think you are"; When you start to think positive you produce chemical substances in the cortex called "endorphins". These are the body's natural morphine like substances that not only give you more energy, but also can ease pain you might otherwise have in the body. All doctors know endorphins are released in the body when you think positively, laugh or engage in physical activity such as sports, sex or other things.

One can say that the difference between positive thinking and negative thinking is the same as the difference between an optimist and a pessimist. An optimist sees a possibility in every problem, whereas a pessimist sees a problem in every possibility. Therefore, it's not difficult to imagine how their respective lives will unfold based on this observation.

Some people have made up their mind to be optimists, and life is therefore, easier for them than for those people who have decided to be pessimists. Then there are those who haven't decided anything, but let other people determine how they shall live their lives.

Humor is another area that is important to develop. By building up a good sense of humor, the flow of endorphins from the brain will increase, and this in turn gives a feeling of well-being and stimulation.

Nowadays, at a number of hospitals around the world, where child patients suffer from incurable illnesses, they even show funny cartoon films to make the patients laugh and thereby stimulate their production of endorphins in the brain.

Many people have been able to reverse cases of illness, even those characterized as serious, because they quite simply managed to generate a flow of endorphins that in turn repaired the damage. Even though you may have developed the bad habit of negative thinking, it is always possible to change.

Remember William James once said, anyone can change their lives totally, simply by changing their attitude. You can too.

However, it's often the case that if you have built up a bad habit over the course of time, it's going to take a long time to get rid of it too.

The most important thing is that you make a decision to start afresh as it is never too late. It's well known that how we feel about ourselves affects, to a large extent, how we behave towards other people.

If we feel happy and content then we will transmit similar impulses to others, and they will seek to be together with us, and if we send the opposite impulses then other people will soon be trying to avoid us.

HOW TO SET YOURSELF A GOAL

Let's assume that your objective is to be a hundred years old, or more. How can you ensure you achieve your goal? After all, it happens that some people live to be a hundred without ever reflecting over why they ever reached that age.

Seen from another angle it's also a question of having a conscious awareness of the life you live, and to do everything in your power to make sure that it's as rich as possible. So, start now! Take a fresh sheet of paper and write down all the things you could think of doing whilst you are still alive.

It can be small or big things, size is not important, just write them all down. When you've done that, write down when, and at what age, you wish to do the things you have written down.

As an example;

at age 30 I will do **this**,
at age 40 I will do **that**,
at age 50 I will do **that**,
at age 60 I will do **that**,
at age 70 I will do **that**,
at age 80 I will do **that**,
at age 90 – 100 I will do **that** and **that**.

Be sure to have a CLEAR GOAL FOR YOU 100 BIRTHDAY and write down what you are going to do THAT DAY, as your final goal.

What usually happens the first time you make a list like this is that you realize that even though the list is ever so long, you nevertheless manage to achieve more than you ever imagined possible. You will probably also discover that in many periods of your life, it appears as though you have nothing whatsoever to do.

It is, of course, important to be satisfied with oneself and one's life, and over the many things one has accomplished, but be careful never to fall into the trap of being so satisfied with yourself that you have nothing else left to look forward to. At best, what will happen is that you experience what is known as "positive discontentment".

What I mean by this is that you are satisfied with what you have done, or have become, but not so satisfied that you feel you have nothing more to accomplish. Setting goals in life is absolutely necessary, if you want to be happy, healthy and have a sound mind.

It's said that 95% of all people do **not** have a clearly defined goal in their lives, and it will, therefore, be accidental whether or not they achieve anything worth mentioning. Writing down one's plans and objectives, helps develop a mindset and to crystallize completely different channels of thought than if you hadn't written them down and simply just carried them around in your head.

Anybody who has had a clear goal that they just **had to** achieve knows what this can mean for motivation. My experience is that the level of motivation is equal to how clearly the goal is defined and by the urgency you have to get there..

In other words, anyone who doesn't have a clear goal will not be very motivated, whereas somebody with a clear goal will be highly motivated.

How about you, right now, how strong is your motivation?

When you write down your goal or your wish don't think too much about whether you can achieve it or not, because in reality that means that whilst you work towards your goal your goal is working towards you, because you improve as time goes on and it's always possible to adjust your course along the way.

Another matter that separates the winners from the losers in life is the ability **to hang on** when the going gets tough. If you don't have a clear goal and reason for achieving your goal then your endurance will be very weak. The first time something goes wrong you will probably give up.

When looking at it from another other direction, if you have a clear goal and strong motivation to achieve your goal, then your endurance will be a lot stronger than it would otherwise have been. Remember, therefore, you must always write down what you want to do as life moves forward, and don't wait, **do it now**.

STOP WORKING - START ENJOYING

If we divide up the 24 hours of the day we have;

8 hours for sleep,

8 hours for recreation and

8 hours for work.

If we ignore the 8 hours we sleep it means virtually half our lives, the time you are actually awake, is spent at work.

Given that time at work represents half our lives, then it becomes obvious how vital it is that we enjoy what we do at work. Unfortunately, there are far too many people who cannot say they do, because it is just by accident they work where they do, and for many it's just the way things are.

It's not given that everybody has the job they'd like, but it is given that everybody can **like the job they have**, because this is a question of attitude more than anything else.

There are many factors that come in to play when it comes to enjoying one's work, but one thing is sure, if you don't enjoy it, one can with a reasonable degree of certainty say you are going to be more tired or worn out than you need be at work.

It's also well known that boredom breeds fatigue, and hence you must do everything you can to avoid getting bored at work. Should you be engaged in routine work, it is important that you use your natural built-in ability known as creativity, to breakdown the boredom.

It's completely possible to think up things that will break down the boredom if you want. One thing I have had great success with personally, when I have had a job that bores me now and then is to compete with myself.

Ask yourself "What can I do better, more easily or faster?" By being creative I have found simpler, better and faster ways of completing routine jobs, and as soon as you come up with such ideas, the work becomes more interesting. We all have some degree of competitive instinct in us, and when it comes to competing with oneself; nobody seems to have a problem with it.

Should you be engaged in hard physical work that requires you to use muscles that can become both stiff and tired, then it is obviously important you incorporate some breaks, so that you can recuperate and not wear yourself out completely.

Even though it may not be the easiest thing, either to do or even think about, it can nevertheless be appropriate to change your job should you feel that you are wearing yourself out, and can't recuperate in the job you have today.

Lots of people have discovered that after they changed jobs they have become happier and better people. There are lots of stories that show how people who felt they were too old for one kind of work have changed, and suddenly felt much younger for that reason alone.

Constant stress and frustration is another thing that can make a work situation less than ideal. In this case it is important to remember that stress is not something that comes from doing too much, but rather something that comes from the feeling of not doing what we feel we ought to.

In other words, the less structure you have in your work, the greater the chance for stress. Far too many people have a tendency to say yes to too many tasks, without any kind of a system to back it up, and a plan for how they will complete each task. In cases like this, stress is usually the end result.

Although one you may have a lot to do at work, it's usually a feeling of not being able to cope that gives rise to stress. Consequently, this is **where** you need to take action if you want to rid yourself of stress. The best and simplest way to do this is to make sure you tackle one task at a time, and complete it, **before** you start the next task.

And don't forget, the person who says they don't need to write down what they have to do each day, because they say they have it all in their head, also has it in the stomach and chest, and all the other places where the stress factor makes itself known. There is only one way to keep things orderly, and that is to write down in advance what you have to do each day, and then prioritize in the right order, and tackle things **one at a time**, until the job is completed.

If your work flow happens to be disrupted, something that most people experience from time to time, you can go back to the next item on your list and start from there. In this way you will feel you are in control and the frustration caused by stress will be reduced dramatically.

At work it is also important you take complete and full responsibility for how your situation is at work. Never blame your colleagues or your customers, but take full responsibility yourself, and if there is something you are not happy with then you should take the necessary action to change the situation yourself.

You can if you want to.

A major factor for success at work is to live life your own way, such that you feel happy.

IT'S IMPORTANT TO FEEL SIGNIFICANT

One of the most important aspects of human nature is the need to feel significant. A feeling of being significant comes when you feel that you have been of service to others, and that there is a need for you and what you can do.

It's said that 80% of the joys we humans have come from being together with other people. It is, therefore, important that we, all through our lives, build good relationships with other people, either family, friends or at work,

It's also very important to find out where you feel most at ease, and if I'm not far wrong it is where you spend most of your time. It's not without good cause that the management guru Tom Peters once said in a speech he made to a gathering of industry leaders that 80% of their employees were positive, enthusiastic, hardworking and creative, **except** for the time they spent at work. Then they just switched off.

When these same people, however, were done with their day's work, many of them did voluntary work, sports and charity work, which far exceeded the normal jobs they had.

Why does this happen? Simply because they do not feel significant enough at work to make the contribution they could, whereas in their spare time they get recognition and the feeling of being significant, and hence most of the people spent most of their time there.

This can really be something to reflect over if you are a manager. If you can't get your people to feel significant, then they will use their strengths on something else. This also applies to marriage and other areas in life.

When you don't feel significant you don't put much effort in to your work either. This can be something for everybody to think about.

It is, obviously, important to feel significant when you are together with other people, but it is also equally important to feel significant in one's self. By this I simply mean that it is important to be able to look oneself in the eye, when you get up in the morning, and know that you live up to the moral and ethical standards that you have set yourself.

By building up your own self-esteem, which is something anyone can do, you will gain higher integrity and people will trust you to a much greater extent. Being honest in one's relationships with others, dependable, and not least be able keep one's promises, are all important in this respect. That is called having INTEGRITY.

I dare to state that anybody with a normal amount of common sense knows **every time** when they are dishonest in some way or another. This in turn will negatively affect their self-esteem and, in the course of time, also their self-confidence.

It just so happens that when you know that others cannot trust you, then you cannot trust yourself either, and this can have undreamt-of consequences, **precisely** because the power of thought is so enormous and such destructive thoughts can be **extremely** harmful for any one.

Coming back to your wish to be a hundred or more, it will always be a pre-requisite that you at least feel good about yourself, because if you don't then you won't be able to live with yourself

for so long. A good habit that can be beneficial to develop is to not be afraid to give yourself to others.

There is an old saying, “what you sow is what you reap,” or “you have to give before you get” and as a consequence this is a very important rule to live by. Most people feel they get more joy out of giving than they could ever do by getting.

You have probably heard that “**the greatest happiness you can have is to make someone else happy**”. If you want to have the feeling of being significant, especially in your own eyes, then it is also important that you are capable of **forgiving** your fellow human beings. It is also important that you really **DO SOMETHING FOR OTHERS**. I would suggest that you log on to the website www.childafrica.org and see if there is something you can help with there. **THAT** will definitely make you feel good right away.

Negative thoughts about revenge and hatred eat away at most people, and never give anyone the feeling of being significant. However, if you have the capacity to forgive other people, their errors and shortcomings, then this will in itself make you feel good, and create a feeling of happiness, because you have given someone a chance, and because you are strong enough to forgive.

One really good method, if you want to feel significant, is to train yourself to give other people you meet honest and well-meant compliments, and to praise them for work well done. Nothing gives a greater feeling of being significant than when you see others grow because of something you said; “lavish in your praise and hearty in your criticism”: Dale Carnegie in “How to win Friends and influence other people’

Most people don’t think about the forces they unleash when they praise another person. What actually happens is that the person who was praised wants to do **more** of what it was **they did** that gave rise to the praise, and consequently **they** will also grow and feel happy with what it was they were praised for.

I remember that when I was a young boy my mother praised me for doing the dish washing and that in turn has resulted in my liking doing the dish washing even today. Never forget that the feeling of being significant, or rather the lack of it, has also given reasons to people committing suicide, getting bored to death, or something else that break down people. **ALL** because they did not feel significant in their own eyes.

You should, therefore, see it as being your objective to first and foremost see to it that you feel significant in your own and others’ eyes, and thereafter to ensure that others feel significant when they are with you. If you can achieve this then you are well on your way towards a happy life.

YOU CAN CHOOSE SICKNESS OR GOOD HEALTH

It has been said that most illnesses begin in the mind, and then spread to other parts of the body. By that I don't actually mean that the sickness itself starts in the mind, but that the thought that triggers it does.

It can be negative thoughts, or worries that strike root, and then spread like a tumor. Unnecessary worrying often causes not only high stress levels, but also stomach ulcers and worse.

Many years ago, in the USA, a research was carried out to see what really happened with the things people worried about, and they found out that of 100% worries;

40 % never happened,

30 % had happened before and, therefore, the chance that they would happen again was relatively small,

12 % were various small inconsequential matters that people generally worried about,

10 % were to do with unnecessary worries about the state of ones health, and

only 8 % were real problems.

And more than half of these 8% problems could be quickly solved. Consequently there was nothing much to worry about.

Worries are quite simply “**negative thoughts taken in advance**” about things that most likely will **never** happen anyway. Legends are still told in America today of the Indian elders who sat up in the mountains, looking toward the sunset, wishing so strongly that they would die that they actual did.

Obviously, good health is vital if you want to live to be a hundred or more. Naturally, there are many people who don't want to live to be a hundred if their health is poor. There is one thing, however, that unfortunately characterizes older people, and that is that they complain a lot about their illnesses irrespective of whether they have any or not.

The reasons for this can be many, but quite often it is because they don't feel very significant and all they want is for someone to care about them. Unfortunately, we human beings are such that the more complaining and whining there is going on, the less we seem to care about older people, and I have seen enough examples of children who hate visiting their parents just because of all the complaining and whining about illnesses and other problems going on.

You should, therefore, decide ~~now already~~ never to use the time you are together with those who are dear to you complaining and whining, but instead train yourself so you can become one who spreads joy and inspires others when you get old.

In this way I believe I can guarantee you will get more visits from both your children and your grandchildren than you would if the opposite were the case. And I will give you this well-meant piece of advice:

Never talk about illnesses unless you are talking to a doctor.

Because it has been said that 20% of people you talk to are happy you have the problem and the other 80% do not care about it. Hypochondriacs are not liked by anyone except themselves. The

best medicine I can give you against getting old is that you make up your mind that you have no time for being ill and then see to that you are so busy that you have no time to think about it.

This may sound a little strange, but there's lots of evidence all around you if you look. The people, who don't have time to be ill, often aren't. Naturally, there are cases that can be found to disprove this, but don't spend much time thinking about it, just make sure you are a person that does not get ill because you haven't got time for it.

Put in another way; concentrate on what you **want** to happen, not on what you **don't want** to happen. Nobody actually wants to get ill. When you reach fifty I strongly recommend you have a major medical check-up each year, so you know exactly where you stand and even if you don't feel ill it can be a good thing to be pronounced healthy, as this will strengthen your self-assurance.

A French Doctor called Emil Cloe was perceived to be a miracle doctor when he was alive. There were many stories about how people were cured after they visited this doctor. A journalist became curious about this talented doctor and wanted to find out why so many were cured after they visited him.

The doctor told him that in most cases he did nothing, apart from asking his patients to repeat a simple sentence several times a day. The journalist wondered what that sentence was, and here it is. You can repeat it to yourself;

“Every day in every way I am getting better and better”

That was all he told them to say.

This has to do with what we talked about earlier, namely positive affirmations that affect the brain in such a way that they affect the body by causing endorphins to be emitted and cure most things.

Nor can I leave out that taking a 20 to 45 minute walk daily will add many years to most people's lives.

In addition, I'd like to mention something that can loosen tension in the body, and that can simply be done by taking some deep breaths, in and out, one after another, breathing through the stomach. The effect can be noticed almost immediately. Do it several times a day.

Yet again on the subject of illnesses and health, I ought to add that it is important to get an adequate amount of sleep each night in order that the body functions satisfactorily.

When it comes to sleep, it can be a good idea to consider how you sleep at night. If you sleep on your stomach or on your left side then you create unnecessary pressure on your heart while it is pumping blood through your body.

This extra strain wears away at the heart. If you want to reduce the load on your heart, then sleep on your right side or on your back, as this will probably prolong your life for many years. Remember, you spend more than one third of your life asleep.

Everybody knows how important it is that you keep your body in good shape, so you really should find an exercise program that suits you so you can do a work-out ten, twenty, thirty or forty minutes every day.

If this is too much exercise to do every day, then start by doing it once a week, then twice a week and so on until you feel well enough and it becomes a habit and you can do some exercising every day.

Finally, I'd like to give you a little advice in case you feel sorry for yourself, and as a result of this are often ill, especially if you are a hypochondriac, and have a tendency to complain and whine about the slightest little thing.

Concentrate for two weeks on helping someone worse off than you, and to your delight you will find that your problems become smaller, and as you don't have time to think about your own problems you run the chance of your problems disappearing completely.

This can be a good approach if you really want to get rid of your own problems, and as an extra bonus you will get to feel more significant, and that's not to be frowned at.

As a way of proving the above rule I can tell you that I have seen this in real life situation many times. My wife and me have been running a charity organization for children in Africa since 1991 and built many schools. Over the years many young people from different parts of the world have been doing voluntary work some weeks or months, working and living with our poor children in Africa.

Some of these young people who came were spoiled from their homes and complained a lot to start with. However, when they saw how happy the small poor kids were without having any of all the privileges they had, and how they managed to live under such difficult situations, the many of them later wrote to us saying that the visit and living with these poor people really changed their life totally and that they were much more happy today than before.

MAKE SURE YOU EAT THE RIGHT FOODS

At the start of this e-book I said, “**You are what you think you are**”.

Now I’d like to take that a step further, and say that; “you are also what you eat”. I mentioned that most illnesses start in the mind, and I can now add that those that do **not** start in the mind usually start because of the wrong diet or nutrition.

Our brain, which converts everything we eat to blood, muscles, fat, bones and other parts of our bodies is, as I mentioned before, a delicate machine. If we make a comparison with a much simpler machine, the car engine, we can observe a change in performance if we just put a little diesel to our petrol engine. With just 10% diesel in our petrol engine it will start jumping around like a kangaroo.

When it comes to our bodies, what most people don’t think about is that the same happens here. We eat a lot of stuff that the body, if it could talk, would flatly refuse, but somehow we don’t seem to care.

I have not made any statistics to back it up, but I am sure we can all agree most people today are fatter than they should be and obesity will probably be the biggest killer in the years to come. They have gotten that way because they eat the wrong food. Remember, what we eat is also fuel for the brain, including what we eat, drink and inhale

We should, amongst other things, ensure we drink enough water per day, either by drinking it directly, or by consuming related foodstuffs. When we are young we use some 4,000 calories per day because our bodies are growing all the time.

When we reach the age of 40 to 50 we don’t need more than 1,500 to 2,000 calories per day, but the strange thing is, when we get older, we often eat **more** than we did when we were young. The result is obvious; people get fatter and fatter, simply because they have not understood this phenomenon.

I have also written an e-book called “How **YOU** can lose weight the **RIGHT WAY**”, where I touch on a good number of suggestions to do with slimming and calories. In this e-book you are reading now I just want to mention some of the basic suggestions, in order that you can have something to think about.

If you want to be a hundred years old it can be well worth considering that there are not so many fat people in an old people’s home. The reason is obvious; an overweight body isn’t going to get very old. There are a number of health food products that it can be worthwhile looking at a little more closely, in order that you can have the necessary balance in what you eat.

There are a number of recognized products that are recommended by specialists and I won’t, therefore, enter into making too many recommendations.

However, there is one product that surpasses most others that I have read about, and tried myself, and is called “**Tahitian Noni Juice**”. It’s been known for thousands of years. It came to Tahiti and Hawaii from Australia and India, and can be found in some other tropical areas.

Few fruits, if any, have given better results when it comes to stabilizing and improving different illnesses. This fruit juice is considered a health food and is sold all over the world directly to consumers by sales representatives. Here is one: www.mymorinda.com/fastline
There are several books written by doctors about this Noni juice, and relate to tests carried out on tens of thousands of people where the results have been close to miraculous.

Apart from this there are vitamins available for just about everything and I recommend that you talk to your doctor to find out what vitamins you need to keep your body well balanced.

I would also recommend that you make up your mind as to what your ideal weight should be, and similarly what your maximum weight should be. When you have done that, always make sure you stay close to your ideal weight, and never exceed your maximum weight.

Too many people don't realize that the food they eat either **gives** them energy or **drains** them of energy. When you have a correct and healthy diet you will feel you become neither tired nor drowsy after a good meal.

With the wrong food a good meal will result in much of the oxygen that should otherwise have been used by the brain having to work on the food in your stomach instead, and as a result you become drowsy and unable to do much. A simple way to help, when it comes to how much you eat, is to use a smaller plate than you otherwise normally would, **and to fill it up once only.**

One of my ways of controlling my intake of food is that I always remember that my original stomach size is only that of a man's fist. And that should be that size of the food on your plate too, if you want to be sure you are not putting on too much weight.

With habits like this it becomes easier to reduce one's food intake, and to stay slim. As a rule of thumb, it can be a good thing to try to remember the following:

Eat less of that which walks on four legs.

Eat more of that which swims or walks on two legs and

Eat lots of that which grows in the ground or in trees.

That ought to be easy to remember, and if you think about it from time to time this simple regime will ensure that the food you eat gets better and that you stay slimmer.

Actually it's quite simple to stay slim. There are just five words you need to memorize and here they are:

EAT LESS AND EXERCISE MORE.

NEVER “RETIRE” MENTALLY.

Many people today look forward to retiring. That’s when they’ll have the time to do all the things they **did not do** in their lives so far. Anyone who has something to look forward to is happy, as long as they are on their way to that particular goal.

Unfortunately, however, it doesn’t work out that way for many, as people have a tendency to fool themselves. Being a pensioner can be both pleasant and useful, provided that you have clear goals for what you want to do, and you carry them out.

On the other hand, far too many see, in my opinion, their only goal as doing a bit of gardening and relaxing when they retire. What they tend to forget is that tending a garden is normally not a full time job.

If you don’t make gardening your special hobby, so you can learn more and develop yourself further, it will gradually become just something to pass the time away because you have nothing else to do.

After a while one starts to feel insignificant, and this feeling gets often out of control. I don’t have the numbers for all the people I have spoken with and studied, that looked forward to retirement, but simply couldn’t handle life without any direction, and, therefore, ended up dead far too early.

If you look it up in a dictionary, you will see a pensioner is one “who receives a pension”. Nothing more worth mentioning is added. That’s fair enough, but when we know that it is impossible to be happy without something to look forward to, then it is important retirement doesn’t become a kind of last stop where one can take it easy until one dies, because that is nothing to look forward to.

There are, however, many pensioners who are extremely active and who continually set new goals and get involved in new undertakings that keep them alive and in good shape. The only pre-requisite is that they manage to continue to develop themselves and learn new things on an on-going basis.

If you take care of it, being retired can be a blessing and not a curse. If you are approaching retirement age take out a blank sheet of paper as mentioned earlier in this e-book and start planning the rest of your life so it can become a memorable journey.

Make sure you have some **ambitions** as long as you live. These will in turn ensure a high level of activity, and that is all you need in order to have a healthy mind and a healthy body.

If you continue to read, think and create your whole life through, then the knowledge you have acquired will positively affect your intelligence, and even if your thought processes and memory get slower as you get older, then the quality of your brain functions will be just as good.

There are lots of benefits to being old. With age most of us become more adept at tackling life’s problems, and we develop a more relaxed attitude toward life than most young people have.

As you get older, you feel more confident in your relationships with other people, and in marriage it’s often the case that the longer one is married, the greater the likelihood that one will stay married.

There are very few young people who have mastered life. Experience is necessary in order to master life. Even though older people have more freedom to spend their time as it suits them, they also know that they have less of it, and one can well say that if you use time wisely then you have more of it.

Studies have shown that if a person has powerful and consuming interest in something, then that person is more likely to live a lot longer. Studies have also shown that one has to have passed the 40 to 50-age mark before one achieves any notable degree of success in life.

Success in this case does not necessarily have to do with money, but a happier life. You may not run as fast as you did when you were younger, but mentally you become much stronger, and that is at least as important. Amongst my acquaintances there are lots of people around the 50-year mark who complain all the time that they are too old for this, and too old for that.

It's almost true to say that they have in reality been dead for a number of years; it's just that they haven't been buried yet. You are never too old, until you say so, by then you really are.

Remember what I wrote earlier in this e-book: **You are what you think you are!**

Unfortunately such a mindset, that one is too old, is sheer self-delusion that can have the worst consequences. Personally, my goal is never to become a pensioner, because this has a far too negative ring about it, as far too many view this as being their final stop, where they don't have to do anything at all, as they believe they have done enough already.

I know far too well what happens with people who think like that. Use your retirement to further develop yourself, go ahead and do things you've never done before, set yourself new goals, and make sure you get involved in something that is important to you, so that you never wither and die.

YOU CAN BE HAPPY IF YOU WANT TO

Countless philosophers have written about happiness. There are as many definitions of happiness as there are people who have tried to define it. Everyone seeks happiness, or the real worth in life, if you like.

All the books I have read, and everyone I have discussed happiness with, look at it from their own point of view, and as a result the perception of happiness differs from person to person.

My idea of happiness is that nobody can **find** it, as it is being made all the time. Why nobody can define happiness is quite simply because happiness is not a specific definable state. It is a bi-product, or a result, of something else.

Happiness is, in my opinion, a feeling you get in one situation or another, and it is short lived. As an example, happiness can be described as winning the top prize in the lottery, as you are happy then, but only for a short while.

You are happy on your wedding day, but the feeling can be brief. You are happy the day your child is born, but the feeling passes. I am quite sure that you can imagine yourself in a state of happiness simply by thinking about things that give you that feeling. As an example, you can feel happy because the weather's nice on a particular day.

In the same way, you can be unhappy just by thinking about the things that make you unhappy. Happiness is, therefore, something vague, but nevertheless relatively specific, at least if you know how to induce the feeling.

You can feel happiness just by sitting by a window at sunset, feeling the peace and tranquility invoked by the scene, and you can feel happiness watching your children asleep during the evening, feeling they are the product of you and your wife.

All these, and thousands of other things, give a brief, but intense feeling of happiness. However, I have a theory about happiness, and I'd like to share it with you. I believe I am in possession of it, and I also believe that with this feeling of happiness, or knowing you can get it, you can be happy as long as you live.

To explain this idea I must firstly remove the myth that far too many people believe in, and just because they believe in it, they are often unhappy. And it's this, which so many have heard so many times before, that **"it's important to live life today"**.

Of course it is important to live life today, nobody can do anything else anyway and no one knows if they are going to live to see tomorrow, and there's nobody disputing that. But, on the other hand, you won't necessarily be any happier for doing it. In my view, things are such that if you have unhappy thoughts or problems today, then it doesn't help one bit if you live life to the full today.

You will, nevertheless, feel bad anyway. I have personally had many so-called bad days in my life, and if I just accepted it, and tried to just live life that day, then I would feel lousy for long periods.

Fortunately, I have found that you can be happy even on bad days, but you must be able to look ahead, not at today, but to what you can achieve, what you want to do, or what you can experience

tomorrow, next week, next month and next year, because when you are able to visualize this YOU ARE HAPPY AT THAT TIME.

Remember, you are what you think you are at any given time.

Since happiness is a brief feeling, based on your thoughts at a given moment, it's important to be able to master the power to think of something positive and good, so you can have the feeling of happiness, **even if you are in a poor state.**

Far too many people, in my opinion, seek security, something that very quickly reduces one's scope. However, if you have an inner security, and the courage to look forward to new horizons and to go to new places where you don't feel secure, then you are developing in the right direction, and the feeling of happiness will be with you all the way.

People are, for the most part, afraid of failure, and their fear of failure results in them never having success. Failure **is**, however, a form of success, provided one learns from one's mistakes. The next question then becomes, what is success really?

There are almost as many definitions of it as there are definitions of happiness, but here is **one** I hope will give you something to think about.

Success is the relationship between a person's results and that person's abilities.

In practice, this means that anyone who uses their abilities to the full is successful, but those who don't do much with the abilities they have, have little success. I believe that this is a very good definition of success, and hopefully it will give most people something to think about.

My question is, therefore, do you use your abilities to the full?

Previously, when people got older, they more or less just sat around at home and smoked a pipe and did virtually nothing when they finished work. Thankfully that era is gone.

I'd like to suggest to everybody who doesn't want to die of boredom, but wants to have a rich and long life, to get a grip on themselves, and sign up for an Internet course if you don't know anything about it already. This applies no matter what age you are. Today you may be young, but you're going to be old just like everybody else someday. See to it that you have the opportunity to acquire the knowledge needed, the contacts and possibilities that Internet provides like Facebook, Google, blogs, e-mail etc, to communicate with other people of all ages and in all regions of the world.

I can promise you that it is much more interesting than sitting around at any bingo hall. Happiness can, of course, also be found in friendship, marriage and family life, so there is plenty to choose from. The most important thing, however, is that you make up your mind to be happy. Then half the work is already done.

Unfortunately, there are very many unhappy people, simply because they do not know that they can be happy. Don't blame others; it's up to you.

I'll end this e-book the same way as I started, by asking you to remember the following:

You are what you think you are every day!

This is an e-book Sponsored by www.BetterGlobe.com/10
In order to support the good work of the NGO www.childafrica.org

Make sure you always expect the best in life, look for the opportunities, seek out happiness and always remember that happiness is a bi-product of what you do and how you think.

And last, but not least, if you want to be a hundred years or more, here is the first thing you have to do: **“Make up your mind that you want to be hundred years YOUNG.”** Thereafter, always think positively so you can be cheerful all along your road toward your valuable goal.

It’s not always easy to know what to do to get the most out of life.

But one thing is for certain, if you leave it to chance, then the possibilities for success are small. You will, always, need to acquire new knowledge, inspiration, advice and help in other areas of your life.

IMPORTANT MESSAGE ON THE NEXT PAGE:



THINK ABOUT THIS:

By logging on to the www.be-better.com web site you can find thousands of inspiring and informative SLOGANS, TIPS, ADVICE, ARTICLES, NEWSLETTERS and E-BOOKS and most of them are FREE.

Our goal is to help you to be-better in YOUR life.

That's why we have developed and collected the best of the best when it comes to personal development and motivation from all over the world, so you can save a lot of time, because you will probably find all the inspiration you need at www.be-better.com.

AND DON'T FORGET THAT ANYTHING YOU ARE DONATING THROUGH OUR WEBSITE GOES DIRECTLY TO CHILD AFRICA TO BUILD SCHOOLS FOR POOR CHILDREN. YOU CAN DONATE ANY AMOUNT [HERE](#):

YOU ARE WELCOME TO VISIT US ON-LINE AT: www.be-better.com

If you feel that the content of this e-book has helped you becoming a better person, it would be great if you could send an e-mail, to: rino@be-better.com and tell me about your success.

If you do, you'll receive a personal e-mail from me congratulating you for the success of your achievement.

Positive regards
Rino Solberg