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Nota di contenuto	Cover -- The Rules of Life -- Contents -- Introduction -- Acknowledgements -- Rules for You -- Keep It Under Your Hat -- You'll Get Older but Not Necessarily Wiser -- Accept What Is Done Is Done -- Accept Yourself -- Know What Counts and What Doesn't -- Dedicate Your Life to Something -- Be Flexible in Your Thinking -- Take an Interest in the Outside World -- Be on the Side of the Angels, Not the Beasts -- Only Dead Fish Swim with the Stream -- Be the Last to Raise Your Voice -- Be Your Own Adviser -- No Fear, No Surprise, No Hesitation, No Doubt -- I Wish I'd Done That - and I Will -- It's Ok to Give Up -- Count to Ten - or Recite 'baa Baa Black Sheep' -- Change What You Can Change, Let Go of the Rest -- Aim to Be the Very Best at Everything You Do - Not Second Best -- Don't Expect to Be Perfect -- Don't Be Afraid to Dream -- If You're Going to Jump Off a Bridge, Make Sure You Know How Deep the Water Is -- Don't Dwell on the Past -- Don't Live in the Future -- Get on with Life - It's Whooshing Past -- Be Consistent -- Dress Like Today Is Important -- Have a Belief System -- Leave a Little Space for Yourself Each Day -- Have a Plan -- Have a Sense of Humour -- Choose How You Make Your Bed -- Life Can Be a Bit Like Advertising -- Get Used to Stepping Outside Your Comfort Zone -- Learn to Ask Questions -- Have Dignity -- It's Ok to Feel Big Emotions -- Keep the Faith -- You'll Never Understand Everything --

Know Where True Happiness Comes from -- Life Is a Pizza -- Always Have Someone - or Something - That Is Pleased to See You -- Know When to Let Go - When to Walk Away -- Retaliation Leads to Escalation -- Look After Yourself -- Maintain Good Manners in All Things -- Prune Your Stuff Frequently -- Remember to Touch Base -- Draw the Lines Around Yourself -- Shop for Quality, Not Price -- It's Ok to Worry, or to Know How Not to -- Stay Young. Throwing Money at a Problem Doesn't Always Work -- Think for Yourself -- You Are Not in Charge -- Have Something in Your Life That Takes You Out of Yourself -- Only the Good Feel Guilty -- If You Can't Say Anything Nice, Don't Say Anything at All -- Partnership Rules -- Accept the Differences, Embrace What You Have in Common -- Allow* Your Partner the Space to Be Themselves -- Be Nice -- You Want to Do What? -- Be the First to Say Sorry -- Go That Extra Step in Trying to Please Them -- Know When to Listen and When to Act -- Have a Passion for Your Life Together -- Make Sure Your Love Making Is Making Love -- Keep Talking -- Respect Privacy -- Check You Both Have the Same Shared Goals -- Treat Your Partner Better Than Your Best Friend -- Contentment Is a High Aim -- You Don't Both Have to Have the Same Rules -- Family and Friends Rules -- If You Are Going to Be a Friend, Be a Good Friend -- Never Be Too Busy for Loved Ones -- Let Your Kids Mess Up for Themselves - They Don't Need Any Help from You -- Have a Little Respect and Forgiveness for Your Parents -- Give Your Kids a Break -- Never Lend Money Unless You Are Prepared to Write It Off -- Keep Schtum -- There Are No Bad Children -- Be Up Around People You Love -- Give Your Kids Responsibilities -- Your Children Need to Fall Out with You to Leave Home -- Your Kids Will Have Friends You Don't Like -- Your Role as a Child -- Your Role as a Parent -- Social Rules -- We're All Closer Than You Think -- It Doesn't Hurt to Forgive -- It Doesn't Hurt to Be Helpful -- What's in It for Them? -- Hang Out with Positive People -- Be Generous with Your Time and Information -- Get Involved -- Keep the Moral High Ground -- Just Because You Have, Doesn't Mean They Have to -- Do Compare Yourself with Other People -- Have a Plan for Your Career -- Look at the Long-term Ramifications of What You Do for a Living. Be Good at Your Job -- Be Aware of the Damage You Are Doing -- Be for the Glory, Not the Degradation -- Be Part of the Solution, Not the Problem -- Check What History Would Say About You -- Not Everything Can Be Green -- Put Something Back -- Find a New Rule Every Day - or Occasionally at Least.

Sommario/riassunto

A personal code for living a better, happier, more successful kind of life. The hugely anticipated second edition of this bestselling title will show you the simple principles that will help you do less, be more - and live a better and happier kind of life. Some people seem to be just good at life. They glide effortlessly onwards and upwards, always seeming to know the right things to say and do, in every situation. Everybody likes them - they are great to work with and to live with. They are happy (for the most part) and they know how to roll with life's punches. They have time for everybody and always seem to know what's important (and how to deal with what's not). Is there something they know and do that we don't? Is it something we could all learn? The answer is a most definite yes. They know the Rules of Life. The Rules of Life are the guiding principles that will help you achieve more, shrug off adversity more easily, get more out of life and generally be a happier, calmer, more fulfilled person. You'll feel the benefits - and so will everyone around you. The second edition of the ultimate self-help Bible, by renowned author Richard Templar has now been updated with new rules in response to real reader suggestions.

