

HOW TO LIVE 365 DAYS A YEAR. BY JOHN A. (JOHN ALBERT), 1903- SCHINDLER



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- Published on: 1967
- Binding: Mass Market Paperback

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8 of 8 people found the following review helpful.

A Guide to a Good Life

By Grandma

This book will guide you to getting control over your emotions. I wore out my first copy, which was an old paperback that fell apart from so much use, but then I found a hardbound copy in a garage sale many years ago. The book has changed my life in regards to how I deal with people, letting go of old emotional baggage, being satisfied, forgiving yourself and others, making the most of the present moment, and looking forward to the future. It has also helped me to help other people. If I had to choose one word, I'd choose the word "stalwart." It will help you to keep your feet on the ground versus letting your emotions control you and ruin your life. It guides you into becoming the kind of person you would admire for their fortitude and graciousness. In a nutshell, it tells you how to be a happy, decent human being and feel good about yourself right now, not tomorrow, not when you get x or x, or this or that happens, but right at this very moment. When I die, I've asked my people to throw this book into my grave with me.

8 of 8 people found the following review helpful.

An oldie but a REALL GOODIE!

By Marie Townsend

The reason this book came to mind is that many years ago it was a great help to me when I was dealing with depression. For some reason I was convinced I was going to die young and every time i felt the least bit "unwell" I'd panic and blow it out of proportion and/or focus on whatever was "wrong" (real or imagined) to the exclusion of everything else, of course making myself worse (and making myself and everyone around me miserable). It has been a LONG TIME, and I mean a long LONG time since I've read this book, and yet it left such a lasting impression on me that when I noticed a friend going through the same thing I'd experienced all those years ago this book immediately came to mind and I wondered if it would help her as much as it did me. Seeing as it's still around, I guess a lot of people must have benefitted from it, so I decided to write this review in hopes it will help even more people. Good luck!

19 of 19 people found the following review helpful.

Would help anyone in pain

By Walk Softly

The other reviewer described the book so I will write about what it did for me. I had sprained a tendon in my leg/hip (how, I have no idea; it just came on) and was in some pain. I didn't know it was a tendon, so I began to worry about it. The pain increased, I began limping, and kept worrying--magnifying it into some sort of dreadful cancer eating away at my bones. (Well, you know, sprains should heal up in a few weeks. I'd had this for a couple months! And I still have it three months later.) Anyway, I read through this book and ended up releasing all the emotional involvement in my leg. The pain was reduced about 80 percent and I no longer

limped. Now I just refuse to worry about it and instead bought a bicycle so I can strengthen and provide better stability for my muscular system.

We humans are very capable of endowing our minor injuries (or even major illnesses) with such power that they incapacitate us or, at the very least, demand a lot of attention. This book will help you put such things in perspective. Attitude truly is everything for the body/mind/spirit is a trinity, each component affecting the others. If you can improve your attitude you can improve your health. And the more you concentrate on your injuries or illness, the worse they will become. I highly recommend this book for anyone in pain or anyone with a bad attitude. And I recommend it for everyone who likes to read or who breathes on a regular basis. It's a keeper to which you can refer over and over for encouragement and reminders of the important things in life!

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