

# If Life Is a Game, These Are the Rules



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著者:Cherie Carter-Scott

出版者:Harmony

出版时间:1998-12-30

装帧:Hardcover

isbn:9780767902380

Editorial Reviews

Amazon.com

If you loved "The Rules for Being Human" attributed to "Anonymous" in the bestseller Chicken Soup for the Soul, you're in luck. The author--corporate trainer Chérie Carter-Scott, Ph.D.--has stepped forward and written a follow-up book: If Life Is a Game, These Are the Rules. This book, "a basic spiritual primer for what it means to be a human," discusses each of the 10 rules (e.g., "There are no mistakes, only lessons," and "Lessons are repeated until learned,") and discusses them with kindness, eloquence, and wisdom. For example, rule 1 is, "You will receive a body. You may love it or hate it, but it will be yours for the duration of your life on Earth." Carter-Scott discusses the challenge of making peace with the body we've been given, and the lessons of acceptance (appreciating it as it is), self-esteem (viewing yourself as worthy, despite how your body looks or performs), respect (treating it like a "valuable and irreplaceable object"), and pleasure (indulging in the five senses to "unlock the joy stored within you"). Similarly, each of the rules has four "lessons." You'll read this inspirational book more than once, and mark quotes to tell friends. --Joan Price

## Amazon.com Audiobook Review

Before Cherie Carter-Scott discovered her true calling as a writer of inspirational books, she worked as a teacher. As she reads, her experience and talents as an instructor are evident. She carefully outlines her rules and lessons, frequently slowing her cadence to verbally highlight key points for her "students." Fortunately, Carter-Scott's reading is more like listening to an insightful and sometimes humorous storyteller than sitting in a classroom waiting for the bell to ring. You're likely to find yourself nodding in recognition of shared human foibles, and Carter-Scott speaks with such contagious enthusiasm that even the most resistant among us will be persuaded to do a bit of self-examination. (Running time: three hours, two cassettes) --Elizabeth Laskey --This text refers to the Audio Cassette edition.

## From AudioFile

Welcome to new-age living in the light chic-speak. Chérie Carter-Scott is nothing if not positive. Still, this book is hard for a guy to endure, and I think I speak for all of us. For example, she asks if it takes you twenty minutes to decide what to order in a restaurant. No, I'm a guy, it takes me one minute. In my experience, all women take twenty minutes to order, and, oh yes, please put the dressing on the side. All kidding aside, the issues here are self-esteem, respect, forgiveness, ethics, compassion, humility, gratitude and courage. Carter-Scott's message is to turn problems into opportunities. Just listening to her musical voice is a mood elevator. M.D.B. © AudioFile 2000, Portland, Maine-- Copyright © AudioFile, Portland, Maine --This text refers to the Audio Cassette edition.

## Review

Advance Praise for *If Life Is a Game, These Are the Rules*:

"*If Life Is a Game, These Are the Rules* is a template for living. Everyone needs to read these words of wisdom. It's 'simple' yet important stuff."

--Richard Carlson, Ph.D., author of *Don't Sweat the Small Stuff*

"How wonderful it would be if we were all given Chérie Carter-Scott's ten rules the day we were born. Chérie has been teaching these rules for over twenty years. In her seminars, these rules have resonated with thousands of people. *If Life Is a Game, These Are the Rules* are universal truths that all of us can learn to live happier lives that are full of self-acceptance, understanding, love, success, and the inner knowing that we're all in this game together, on the same team. The door to a satisfying life lies within each of us, and Chérie's eternal inspiring message provides the key."

--Jack Canfield, coauthor of *Chicken Soup for the Soul*

"The Ten Rules for Being Human are entertaining and fun--but more than that, they're TRUE."

--Marianne Williamson, author of *The Healing of America* and *A Return to Love*

"*If Life Is a Game, These Are the Rules* will free you to wake up to your no-limit life."

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## Book Description

The Ten Rules For Being Human:

1. You will receive a body.
2. You will be presented with lessons.
3. There are no mistakes, only lessons.
4. Lessons are repeated until learned.
5. Learning does not end.
6. "There" is no better than "here."
7. Others are only mirrors of you.
8. What you make of your life is up to you.
9. All the answers lie inside of you.
10. You will forget all of this at birth.

If life is a game, what are the rules?

We all know the feeling: In the game of life, why am I the only one who doesn't know how to play? But now, help is at hand, because this wonderful little book will teach you the rules so that you can conquer life's challenges and manage its unpredictable ups and downs.

For one of her workshops several years ago, Chérie Carter-Scott, a corporate trainer and consultant, composed a list of basic truths about life, which she named "The Ten Rules for Being Human." Right away, the Rules resonated with her clients, who photocopied and passed the list to friends and relatives. Within months, Chérie's Rules were in thousands of homes all over the country, and eventually, they were published in *Chicken Soup for the Soul* and have also appeared in Ann Landers' column. Although there's no formula to help you win the game of life, Chérie's Rules convey a universal wisdom that, once understood and embraced, can contribute to meaningful relationships with ourselves and others, at work and in the home.

In *If Life Is a Game, These Are the Rules*, Chérie shares that there are no mistakes in life, only lessons that are repeated. In thoughtful, inspirational essays illustrated with encouraging personal anecdotes, she includes the lessons that can be learned from each of the Rules and offers insights on self-esteem, respect, acceptance, forgiveness, ethics, compassion, humility, gratitude, and courage. Best of all, Chérie shows that wisdom lies inside each one of us and that by putting the Ten Rules for Being Human into action we can create a more fulfilling life.

*Chicken Soup for the Soul*, they instantly became a favorite section of that wildly successful book.

Now Carter-Scott, an internationally acclaimed motivational speaker, brings the rules to life by applying them to anecdotes drawn from her own encounters, as well as stories from her family, close friends, and workshop participants. Presented in a personal format, these steps to becoming a satisfied and well-adjusted person are sure to garner an even wider following. -->

### Download Description

Published in *Chicken Soup for the Soul* (over 7,000,000 sold), Carter-Scott's ten simple rules for living a whole, healthy, and happy life are a favorite part of that book; and now she revisits and expands on the list for an eager audience.

### From the Inside Flap

The Ten Rules For Being Human:

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From the Back Cover

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Are the Rules are universal truths that all of us can learn to live happier lives that are full of self-acceptance, understanding, love, success, and the inner knowing that we're all in this game together, on the same team. The door to a satisfying life lies within each of us, and Chérie's eternal inspiring message provides the key."

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## About the Author

Chérie Carter-Scott, Ph.D., author of the bestselling *Negaholics* and *If Love Is a Game, These Are the Rules*, is a corporate trainer and management consultant. As chairperson of the Motivation Management Service Institute, she has worked with over 200,000 people worldwide, leading seminars on self-esteem, communication and leadership skills, and team building. Chérie lives in Nevada with her husband and daughter.

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## Preface

In 1974, when I was twenty-five years old, I passed through a premature midlife crisis. I had pursued a career in teaching to please my mother, and then a career in acting to please myself. Neither one really satisfied me, and I was confused about what was next. The suggestions I received from family and friends only exacerbated the confusion. I didn't know where to turn for answers and so I started to pray for guidance.

After several weeks, I received three clear "messages"--from what divine source I was not really sure--that answered my questions. The first stated, "You are a catalyst for discovery." The second said, "You will work in growth and development." The third came through loud and clear, "You have a gift for working with people."

I knew these three messages were the answer to my prayers, but I didn't know how to deploy them. These three "revelations" didn't point to an industry or provide me with a job description, so I was left trying to figure out what to do. I formulated a sentence: "I am a catalytic agent who works with people in their growth and development."

From that moment on, the messages came to me on a regular basis. They led me to create my seminar, the Inner Negotiation/Self-Esteem Workshop. In addition to the messages, people also started coming to me--to learn how to find their own inner answers. I started seeing people in one-to-one sessions to help them discover their own messages. Shortly thereafter, these same people requested a course in which they could quiet the voices of the mind and listen to their inner spirit. Subsequently, when I received requests from my clients, I responded by creating the programs they requested. People heard their inner directives, received answers to their questions, and, in turn, told their friends. And so my consulting business was launched, as well as

a subsequent training program to teach other people how to do the same work I was doing.

One day, as I sat designing the training program for the Consultants Training, the Rules for Being Human came through me onto the paper. I thought, "I have been asking for these answers my whole life, and finally they have been delivered to me." The Rules answered the fundamental question I'd asked, "What is the purpose of life?" Delighted, I decided to include them as a handout in the three-month training course.

In the last twenty-four years, the Rules for Being Human have circled the globe--photocopied and passed from friend to friend, transmitted via the Internet, printed on brochures and on page 81 in the book Jack Canfield wrote, *Chicken Soup for the Soul*, where the Rules were attributed to "Anonymous." One day Jack called to say he'd heard from Dan Millman, the author of *The Way of the Peaceful Warrior*, that I was the author of the Rules for Being Human. Jack asked if that was true. When I acknowledged that I was, Jack apologized and offered to give me credit in the next printing.

Years have passed since that day. The most recent message that I have received was to write a book about the ten rules, so they can be passed on to everyone who is looking for a template for living a happy life. My hope is that this book will be a spiritual primer for those who are just setting out on their path, and a gentle reminder for those already well on their way.

Enjoy Ten Rules for Being Human, share them with others, use them to initiate conversations you have always wanted to have. Most of all, apply the Rules to your own life. Learn the lessons, listen to your messages, align with your spiritual DNA, and fulfill all your dreams.

Blessings on your journey,

Chérie Carter-Scott, Ph.D.

Introduction

"Life is a succession of lessons which must be lived to be understood."

Helen Keller

Life has often been compared to a game. We are never told the rules, unfortunately, nor given any instructions about how to play. We simply begin at "Go" and make our way around the board, hoping we play it right. We don't exactly know the objective of playing, nor what it means to actually win.

That is what Ten Rules for Being Human is all about. These are the guidelines to playing the game we call life, but they are also much more than that. These Rules will provide you with a basic spiritual primer for what it means to be a human. They are universal truths that everyone inherently knows but has forgotten somewhere along the way. They form the foundation of how we can live a fulfilling, meaningful life.

Each Rule presents its own challenge, which in turn provides certain lessons we all need to learn. Lessons are what you learn when you come up against problems that need to be solved and issues that need to be exorcised. Every person on the planet has his or her own set of lessons to learn that are separate and unique from everyone

else's, and these lessons, as you will see in Rule Four, will reappear until they are mastered.

The Ten Rules for Being Human are not magic, nor do they promise ten easy steps to serenity. They offer no quick fix for emotional or spiritual ailments, and they are not fast-track secrets to enlightenment. Their only purpose is to give you a road map to follow as you travel your path of spiritual growth.

These Rules are not the oppressive rules and regulations that tell us what we should or should not do, or think, or say. These Rules are not mandates, but rather guidelines as to how to play the game. There is nothing you absolutely must do. I hope this book will help you to become more aware of them. By learning the valuable lessons and wisdom they offer, your journey on this Earth might just be a little bit easier.

Rule One: You Will Receive a Body

Rule Two: You Will Be Presented With Lessons

Rule Three: There Are No Mistakes, Only Lessons

Rule Four: A Lesson Is Repeated Until Learned

Rule Five: Learning Does Not End

Rule Six: "There" Is No Better Than "Here"

Rule Seven: Others Are Only Mirrors of You

Rule Eight: What You Make of Your Life Is Up to You

Rule Nine: All Your Answers Lie Inside of You

Rule Ten: You Will Forget All of This at Birth

作者介绍:

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## 评论

拜老师指引，大概2003年读的，已经没什么印象了。

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比较无聊

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Lessons to learn!

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actually there are no rules in life, it's how u see the world really matters.

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读得早已无甚印象

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## 书评

在图书馆看到这本英语原版。很喜欢。苦于工资微薄，舍不得买。便抄下了十条规则。感觉讲得深刻，到位。其中不乏有儿时就知道的道理。比如“学无止境”。其中最喜欢的是这条“All the answers lie inside you.”在内心深处，其实我们都知道所以问题的答案。只是我们因为这样那...

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