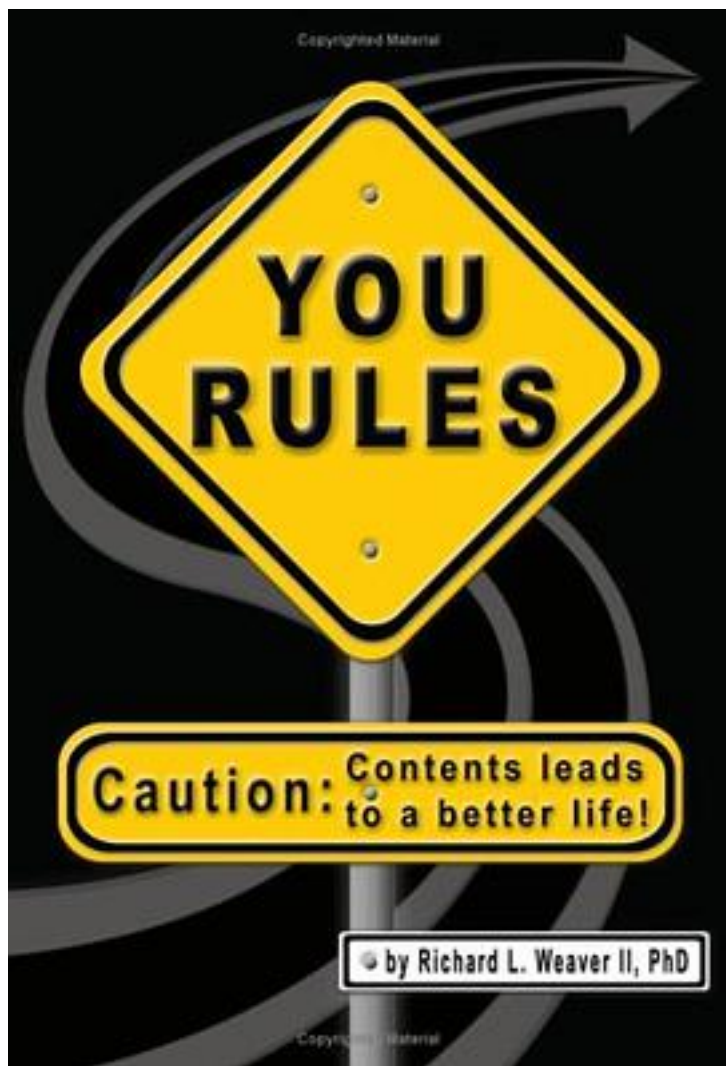


# You Rules!



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You Rules is a collection of essays designed to assist in growth, development, and change. The essays offer encouragement, specific suggestions, and inspiration. There are 50 essays divided into six separate sections. . "Establish the Characteristics" includes essays on optimism, attitude, habit, passion, luck, and comfort. . "Strive to be Healthy" discusses exercise, a sense of wonder, a sense of humor, and the establishment of healthy selfishness. . "Get Where You Want to Go" treats subjects such as self discipline, time management, listening to instincts, worry, memory, effective listening, and how to move to the front of the pack. . "Exercise Your Creativity" helps readers understand creativity, characteristics of creative people, and how to develop a life in which creativity can flourish. . "Maintain Your Progress" covers dealing with failure, the aftermath of mistakes, and undesirable social influences. It ends with an essay on making self-improvements last. . "Look to a Positive Future" includes ten essays that will assist in maintaining balance, developing a growth mindset, reflecting on blessings, understanding and achieving forgiveness, becoming a loving human being, striving for improvement, and living the good life

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