

Tuesdays with Morrie - Mitch Albom

- People in general are too involved in trillions of little acts just to keep going
- Form the habit of standing back and looking at life and ask, "Is this all?" "Is there something missing?" "What is really important in life?"
- Strip away all stuff and focus on the essentials.
- Every one is in such a hurry, are we heading the right direction?
- People who have not found meaning in their lives are running all the time looking for it, they look very busy.
- We all need life coach.
- Do we take care of others and take care of our inner child?
- Are we seeking success or seeking simplicity?
- "A teacher affects eternity, he can never tell where his influence stops." Henry Adams
- Am I doing all I need to do?
- Am I being the person I want to be?
- Once you learn how to die, you learn how to live.
- If you are battling against getting older, you are always going to be unhappy; you are currently living an unsatisfied life, an unfulfilled life.
- I am every age; I live the cuteness of a 8 month old baby, the curiosity of a 8 year old boy, the youthfulness of the 18, the aggressiveness of the 28, the steadiness of the 38, the power of the 48, the contribution of the 58, the wisdom of the 68, the transcendence of the 78, the blissfulness of the 88.
- Experiencing and noting your emotions and let them go.
- Look straight in the eye when communicating gives the feeling of being fully present.
- If we do not respect a person, we are going to have a lot of trouble communicating with him; if we do not know how to compromise, we are going to have a lot of trouble. If you cannot talk openly about what goes on in you, you are going to have a lot of problem.
- Respect and love one another or we shall perish.
- Work at creating your own culture; look at your potential, stretching ourselves into becoming **WHO** we can rather than **WHAT** we can become.
- Who is the most important person in the world?
- Invest in the human family, invest in people.
- Be compassionate and take responsibility for each other, this world would be so much better place to live.
- Forgive yourself and forgive others.
- Do the things that come from the heart.
- Only an open heart will allow you to float equally among everyone.
- Giving is what made us feel alive.

A summary of learning points from reading the book. Thanks to Alex for lending me the book. May you be blessed with abundance!