

Most of our worries are about health, human relationship, money and business,

6 rules to improve your immunity

- (1) Don't smoke
- (2) Nasal breathing (Abdominal breathing)
- (3) Warm your body (Don't cool your intestines)
- (4) Have small meals (Keep your intestines clean)
- (5) Deep sleeping (Ideally 7 hours and a half)
- (6) Laugh a lot

6 rules to improve human relationship

- (1) Natural smile
- (2) Make greetings
- (3) Remember names
- (4) One phrase "Thank you"
- (5) Don't speak ill of others
- (6) Forgive people

6 rules not to be short of money

- (1) Healthy body and good human relationship
- (2) Don't gamble and borrow money
- (3) Sell your value, not your time
- (4) Don't only save, but also make money work
- (5) Control your money
- (6) Don't live for money

6 rules to be successful

- (1) Set your dream clearly in mind
- (2) Learn authentic know-how
- (3) Keep company with successful people
- (4) Quick decision, quick action
- (5) Never give up
- (6) Give something from you at first

I wish that the 6 rules of these 4 themes will be helpful for you.

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