

LIFE LESSONS FOR JAMES EDWARD LUCIA

Just being there is sometimes all a person needs from you to feel better

Assessing the problem is the first step to finding the solution

Making the best with what you have is easier than regretting what you lost

Enjoying simple pleasures with help you cope with complex worries

Stop something bad from occurring by starting something good

Eliminate sad feelings by thinking happy thoughts

Doing the right thing isn't always easy, but it is always worth it

Worrying about the past can stand in the way of having a future

Any time someone says they need to talk be prepared to listen

Rowing with the current is always easier than trying to row against it

During moments of sorrow try to think of times that bring you joy

Letting something go is sometimes better than holding on to it

Uniting people in love is always better than dividing them in hate

Consider the consequences before taking any action

Ideas are only great only if you have a way to express them

All of life's best lessons teach us how to lead the best life

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