

## Some Useful Insights...

The five most essential words for a healthy, vital relationship...  
“I apologize” and “You are right.”

Everyone seems normal until you get to know them.

When you make a mistake, make amends immediately.  
It's easier to eat crow while it's still warm.

If he/she says that you are too good for him/her—believe them.

Learn to pick your battles; ask yourself, “Will this matter one year from now?  
How about one month? One week? One day?”

If you woke up breathing, congratulations! You have another chance!