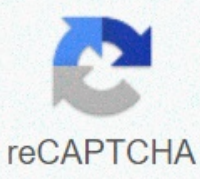




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I can't make this up life lessons pdf

Keep up with the latest daily bustle with buzzfeed daily newsletter! One day last March, a potato farmer from North Dakota named Tommy Holm started telephony Martha Jane Bonkemeyer, Richard Petty's personal secretary, seeking an appointment to see King.Maybe it was a long, cold winter out there hard against the Canadian border, or maybe it was something of his short career as a racer, but Holm, who also raises cattle on his farm 60 miles northwest of Grand Forks Just had to see Richard Petty.Martha Jane told Tommy that Richard would see a few fans next Wednesday at 10:30.m to the Richard Petty Museum there at Level Cross, and that if he wanted to come all the way to North Carolina, Holm could see him then. So Tommy Holm drove to Grand Forks and got on a plane, and then another and there was a museum waiting for that Wednesday morning when the king walked in time, dressed in full uniform: jeans, cowboy boots, cowboy hat, sunglasses, leather racing jacket, and a mile-wide smile. Petty's way showed that he was in no hurry. First he chatted with a small group of fans, poised for photos with them and signed autographs. Then he greeted a Couple of New England who just happened to drop the museum. They came to the front door, and their mouths fell agape when they noticed Petty himself standing there as some kind of celebrity impersonator. When Petty was done with everyone else, he turned to Tommy Holm and said, So you flew all the way from North Dakota, huh? C'mon, let's go here. And the king took it toward the back of the museum to give himself some privacy. Over the next 15 minutes, King listened and laughed and chatted, and gave Tommy Holm exactly what he hoped to get. Later, Petty smiled and said, He'll just settle there right on the Canadian border. He still speaks Canadian, I think he just gets to think about this stuff and he wanted to see what was goin' on. So he jumped on the plane to come to Level Cross, according to hisself, especially talking to me. It's a bargain heck if you think about it, Richard Petty has always been this way with his fans. It reaches them with a level of heat in the uneven stakes of car races. In turn, they adored him. Now, if he could just join, like that with his son, Kyle. This content is created and maintained by a third party and imported into this page so that users can provide their e-mail addresses. You may be able to find more information about this and similar content piano.io My 13 - yes, 13! — the first cousins and I cherished every moment we shared with our grandmother Phyllis and were honored to know such a special woman. She died in 2013; and while I miss her dearly, I will never forget her little nuggets advice. I even proudly share them with the daughter I named Memory. She taught me: 1. 1. The Grammy had a weakness for Dean Koontz's mystery/horror novels; and prompted me to read some of the most terrible; reminds me it's not what you read, but that you read in general.2. Photos live up to the place. In each of her home-made and cranberry, the Grammy had photos of her passing - some of the photos were in frames, some were touched inside her lockers, some of which were propped before books on the bookshelf. There's nothing better for her than to wake up next to or surround those you love.3. Take the bread. When the bread basket was placed on our table in the restaurant, the Grammy wrapped bread (and buttered bags) in the fabric and took it home with her so that later we would have. No food loses waste; and don't spoil your dinner!4. Revel in the details. She once picked me up from Fort Lauderdale airport with five plastic dogs looking out the back window of her car. Her animal friends made her happy, run out of her car, and just wanted to come along for a ride, she rationally explained. Why do you care what anyone else might think?5. It's good to be a creature of habit. I still buy - and eat - Crispix cereal because I liked so much as a little girl and a Grammy to make sure she had it on hand for me. Any time I see it in the grain aisle, thinking about her and how she never forgot that it was my favorite snack.6. Make everyone your best friend. I was never surprised to see my Grammy chat with a complete stranger - in her lobby, at Publix, her favorite restaurant - complimenting them with a real smile. Three friends at my wedding said they felt like one of the Grammy's grandkids, and only met her that day; I'll never forget that. She made everyone feel special just saying, Hi. 7. Hugs are the best medicine. No one could hug like my Grammy; it has engulfed you in warmth and goodness. She hugged her children. Her grandchildren. my friends. Her doctor. Totally unfamiliar people. And then it felt better. Always.8. There is no such thing as a small achievement. Bashful little to me, it was just a college making an email or a job interview – not a biggie. But if the Grammy had its way, it would pilot the plane and skywrite my news all over New York and Florida!9. Stop fighting with your sister/brother. Like me, the Grammy was the oldest of four siblings. If I ever complained to my sisters or brother, she patiently reminded me they were my built-in best friends. There's no better friend than your sister - now hug him! The family comes first, the family comes second, and the family comes third; and no one does mess your family.10. Bath soothes. At the Grammys, there was nothing like a long, hot bubble bath washing his worries down the drain. I guess I agree because I also love the bubble baths and the power they have, you feel refreshed and relaxed.11. Never leave the house without a face. You never know who you're going to run all day, so before leaving the house, put a little lipstick and blush , especially if it makes you feel better from the inside / outside.12. You're just as young as you feel. The Grammy always said she was 39. She thought at 39 every day past the day she actually turned 39 – and took full responsibility for her age. She never felt defined by her age; had her first baby as a teenager, hugged a young mother and grandmother, and was an eternal child in the heart. More Sweet reads: • 11 Love Lessons Each mother should teach her daughter • 14 tips we give to our younger Selves • 5 truths Every happy woman knows this content is created and maintained by a third party and imported into this page to help users submit their email addresses. More information about this and similar content can be found piano.io Change is an interesting concept. When we see change as good, we welcome it, we even strive to achieve it , but when we look at it as bad, we turn around, run away and do our best to resist it. We live in a world that bombards us with change: Change it so you can do it or change it so that it doesn't happen. Change it to be happy or change the fact that you will not be sad. Hard. These mini-life lessons are not the main changes to be made, they are simple things to know for those of us who are looking for more connection to now.1. Give more hugsThe should be easy? But why not? We all know that moment. We run into an old friend, but then we wonder how good friends we really were, but we only have five seconds to decide if we should hug them. It can be inconvenient. Well, let's take it awkward. Just be the person who goes for a hug. We can hug people we see every day (well, maybe not our bosses) and hug people we haven't seen in years. Run the hugger. Follow the time to hug yourself. Literally. Wrap your arms around you and show yourself love. People need five hugs a day - at least! So go out and start!2. Do not label, just loveTa is difficult. Go ahead and ponder the last time the label really served everyone, including yourself. On the labels, people are placed in boxes. No one wants to live in a box, but unfortunately we mark others and ourselves all the time. As a yoga teacher, I often think well of what a yogi or spiritual person does in this situation? I'm catching myself in a label box. I ask myself how I should deal with the situation according to the label I gave myself, not my true self, which is rooted in love. The question is: What would love do? The truth is that we are all many things that we think we can describe in words, but we are all also many things with words that are to do justice. Lets promise yourself to know how we use our words and boxes we and others with our labels. Sometimes I feel sad and don't know why. Then I feel sad because I feel sad. Then I feel anxious because I don't know what I'm going to stop mourning. So in the process of all this, I created a lot of emotions to deal with myself, not just one. Here's a promise: promise your hearts that when they feel joy, we will welcome it, but when they feel sadness, we will also welcome it. The struggle between what our mind wants and what our heart feels is difficult, but it is also very important. Let's give up our hearts. Give yourself permission to feel what we don't want to feel. Sometimes we have to drown a little to get even higher. There is suffering in life, and this is good.4. Enjoy the space between BetweenLife is not about to wait for other relationships after a break, or a new job after the last failed. How yoga is not only about posture, but more importantly the space between postures. Instead of waiting for something in the future, enjoy where we are now.5. Listen to our bodiesOur bodies are always chatting with us, we just have to learn to listen. In my junior year of college I started suffering from anxiety. I would wake up on Sunday morning, after three nights of binge drinking, and feel like I couldn't breathe. Getting out of bed was not an option, but while I stayed in bed I kicked down a hole in self-pity. I felt trapped. The way I lived my life was obviously unsustainable. My body begged me to stop pouring poison into it. It took me about three years to learn how to listen. As I listened I became in tune with other things. How does my body feel after spending time with certain people- drained or updated? I didn't become an expert listener, but the more I listen, the more I'm happy with my choices. Listening to our bodies doesn't mean we have to make sacrifices. This simply means that we are increasingly in tune with our needs and our true self. Our bodies always fall easily on our minds, so they have many more answers than we can expect.6. Be our best selves It looks pretty simple; Try your hardest, be kind, be authentic. Not so fast- this one comes up with a little challenge: being our best selves means accepting that our best selves can look different every day. Sometimes my best self wants to eat salad for dinner, and in other cases I really just want a couple pieces of pizza. Sometimes my best self makes it to a 6 am yoga class, and sometimes I press the slumber button for half an hour instead. As people we show differently every day- and this is beautiful. We make decisions we are proud of and make decisions that make us want to hide in the corner. Ask yourself- have I done my best? That's really all that matters.7. Put yourself in time as children, sent to sit in a quiet room for just five minutes was a penalty. Now for many adults it probably sounds like the sky. So next time we need a little break (and if we listen to our bodies, they will tell us)- just put ourselves in time. Go sit in your car for five minutes (No phone!), and breathe. Go hide in the bathroom for five minutes- do what you have to do! Please take the time.8. TrustTrust is magic. Trust is what allows us to enjoy the space between us. Trust is about the details of life. Confidence. Confidence.

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