

CONTENTS

CONTENTS

Introduction ix

1. First, keep this in mind:
You will not live forever! 2
2. Next, think about what is
most important! 16
3. Be generous! 26
4. Be thoughtful! 43
5. Be polite! 68
6. Be patient! 84
7. Be committed! 112

CONTENTS

8. Remember who you are! 123
9. And seal it with a promise! 142
- Note on the translation* 147