

Conclusion

It's no good to have the heart and lungs of an Olympic athlete if your liver and kidneys are failing. Likewise, it's no good if you're smart and wealthy, but antisocial and unhappy. This book covers five areas of self improvement because you need balance to achieve your full potential. Don't develop one area and neglect the others. Otherwise, you'll be like a weightlifter who only exercises his upper body. You'll have big arms but scrawny legs.

What I dream of is an art of balance.

-Henri Matisse

Connections

James Burke is a science historian. In the 1990s, he wrote and narrated *Connections*, a science documentary series for The Learning Channel (TLC). The premise of *Connections* is that a chain of seemingly unconnected events is responsible for many aspects of modern technology. For example, the invention of the ballpoint pen is linked in a round-about way to the development of German airships in World War I, and the work of agricultural chemist Justus von Liebig on phosphate fertilizers.

On the surface, many events in life seem unrelated. But you often discover unexpected links when you look deeper. What connections can you find between the five sections in this book?

We cannot live only for ourselves. A thousand fibers connect us with our fellow men.

-Herman Melville

Practice Makes Perfect

This book contains a lot of knowledge. Give it time to sink into your brain. Review and re-read the chapters to refresh your memory. Practice the exercises and invent new ones. Keep doing them until they become integrated into who you are. As you master each of the skills, reflect on how they interrelate with each other. Being smart helps you become wealthy. Being wealthy helps you become healthy. It's a reinforcing cycle.

We are what we repeatedly do. Excellence then is not an act, but a habit.

-Aristotle

Power and Responsibility

After being bitten by a radioactive spider, Peter Parker gained superhuman strength and an ESP-like "spider sense." Seeking to capitalize on his new Spider-Man powers, Peter donned a mask and body suit, and performed incredible feats on a TV show. He was an instant success. In the hallway after the show, Peter let a burglar run past him. "Why didn't you stop him?" asked a security guard. Peter arrogantly replied, "Because chasing criminals is *your* job."

A few days later, Peter's Uncle Ben was murdered. The murderer turned out to be the burglar who Peter had let escape. Filled with remorse, Peter realized that with great power comes great responsibility. He vowed to use his superpowers to fight crime and protect the innocent. What will you do with the power you gain from this book?

Live Your Best Life

In India, Mahatma Gandhi is revered as "Father of the Nation." In 1947, his 40-year campaign of non-cooperation and peaceful resistance achieved the end of British rule in India. Gandhi once said, "Live as if you were to die tomorrow. Learn as if you were to live forever."

Life is short. Every day is precious. You owe it to yourself to live your best life.