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Table Of Contents

Intro

Chapter 1:

Why Are We So Detached?

Chapter 2:

Steps on How We Can Help Others

Chapter 3:

Being a Mentor: How This Helps Us Help Others

Chapter 4:

How Being Patient and Healing Ourselves Helps Other Go Higher

Chapter 5:

Why it's So Crucial to Help Others in Order to Help Ourselves

Foreword

Many people report that helping others feels good, often claiming that they get more out of the experience than those with whom they help. Is this true? Absolutley. There are many ways to start. There are many ways to help others and most importantly help ourselves in the process.

***Resolve To Help Yourself Through Helping Others
Commit To Unselfishness By Giving And Helping The
World This year!***

Chapter 1:

Why Are We So Detached

Synopsis

Too frequently the trend in our society is for individuals to be detached from one another. Automobiles have taken us off the streets, where we used to greet each other and stop to chit chat.

Cubicles have removed a bit of the humanity in working, as have factories and even computers to some extent. Television has planted us firmly in our living rooms, instead of out with other people. Even movie theaters, where many people get together, cut us off from true conversation because we're staring at a big screen. You could also add to the list cell phones and social networks. It takes away from face o face conversation.

Why We Are So Detached

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Television has planted us firmly in our living rooms, instead of out with other people. Even movie theaters, where many people get together, cut us off from true conversation because we're staring at a big screen. You could also add to the list cell phones and social networks. It takes away from face o face conversation.

And while I'm not railing against any of these inventions (except perhaps the cubicle), what we must stay away from is the tendency to be focused on ourselves too much. This only results in being detached from our fellow human beings. We have a tendency towards selfishness rather than giving to or helping our brothers and sisters in humanity. I'm not saying we're all like that, but it can happen, if we're not careful.

So strike back against the selfishness and greed of our modern world, and help out a fellow human being today. Not next month, but today. Helping a fellow human being, while it can be inconvenient, has a few humble advantages:

1. It makes you feel better about yourself.

2. It connects you with another person, at least for a moment, if not for life.

3. It improves the life of another, at least a little.

4. It makes the world a better place, one little step at a time.

5. And if that kindness is passed on, it can multiply, and multiply.

So take just a few minutes today, and do a kindness for another person. It can be something small or the start of something big. Ask them to pay it forward. Put a smile on someone's face. Don't know where to start? Here's an extremely incomplete list, just to get you thinking — I'm sure you can come up with thousands more if you think about it.

Chapter 2:

Steps on How We Can Help Others

Synopsis

There is a ton of different ways you can help other. Here is a list of twenty. You can always add more, do more, or think of other ideas. This is just a list to get you pointed in the right direction.

Give some thought on some of these things, and start feeling better about you today!

Twenty Ways You Can Help Others to Help Yourself

1. Smile and be friendly. Some of the time a simple brief things like this can put a smile and caring feeling in someone else's heart, and make their day a bit better. They could then do the same for other people.
2. Call a charity to volunteer. You do not have to go to a soup kitchen today. Just search the number, make the call, and make an appointment to volunteer sometime in the next month. It can be any charity you like. Volunteering is among the most amazing things you're able to do.
3. Donate something you don't use. Or a whole box of some things. Drop them off at a charity - other people can put your clutter to great use.
4. Make a donation. There are dozens of ways to donate to charities online, or in your local community. Instead of buying yourself a new gadget or outfit, spend that money in a more positive way.
5. Redirect gifts. Instead of having people give you birthday or Christmas gifts ask them to donate gifts or money to a special charity.
6. Stop to help. The next time you see someone pulled over with a flat, or somehow in need of help, stop and ask how you're able to help. Sometimes all they need is a push, or the use of your cell phone.
7. Teach. Take the time to teach somebody a skill you know. This could be teaching your grandma to use email, teaching your baby to ride a bike, teaching your co-worker a useful computer skill, teaching

your spouse how to clean the darn toilet. OK, that last one does not count.

8. Comfort somebody in grief. Often a hug, a helpful hand, a kind word, a listening ear, will go a long way when somebody has lost a loved one or suffered some similar loss or tragedy.

9. Help them take action. If somebody in grief seems to be lost and does not know what to do, help them do something. It could be making funeral arrangements, it could be making a doctor's appointment, it could be making telephone calls don't do it all yourself - let them take action too, because it helps in the healing process.

10. Buy food for a homeless person. Cash is often a bad idea if it is going to be used for drugs, but buying a sandwich and chips or something like that is a good gesture. Be respectful and friendly.

11. Lend your ear. Often somebody who's sad, depressed, angry, or frustrated just needs somebody who will listen. Venting and talking through an issue is a major help.

12. Help somebody on the edge. If somebody is suicidal, urge them to get help. If they do not, call a suicide hotline or physician yourself to get advice.

13. Help somebody get active. An individual in your life who would like to get healthy might need a helping hand - offer to go walking or running together, to join a gym together. Once they get started, it can have fundamental effects.

14. Do a chore. You can do something little or big, like tidying up, washing a car, or doing the dishes.

15. Create a care package. Soup, reading material, tea, chocolate ... anything you can think of the person might need or enjoy. Good for someone who is sick or otherwise in need of a pick-me-up.

16. Send a kind email. Just a quick note telling somebody how much you value them, or how proud you are of them.

17. Show appreciation, in public. You can Praise somebody on a blog, in front of coworkers, in front of family, or in some other public way. It's a great way to make them feel good about themselves.

18. Donate food. Clear out your cupboard or buy a couple bags of groceries, and donate them to a shelter.

19. Just be there. When someone you know is in need, sometimes it's just good to be there. Sit with them. Talk. Help out if you can.

20. Be patient. Sometimes people can have difficulty understanding things, or learning to do something right. Learn to be patient with them. A hug, a kind word, spending time, showing little kindnesses, being friendly, it all matters more than you know.

Chapter 3:

Being a Mentor: How This Helps Us Help Others

Synopsis

When I'm asked what my favorite hobby is, I reply "Helping other people to succeed". I don't say this because I want individuals to think of me as an overly-nice guy, however for me, helping other people to succeed is a source of absolute delight and enjoyment. This is definitely not a unique quality; it seems to be in our nature to want to help others. We all may not have the wisdom needed to help other people succeed, but roughly everybody has enough wisdom in some area to help somebody with something. By being a mentor, we can help other people while we help ourselves.

Being a Mentor Also Helps Others

When I'm asked what my favorite hobby is, I reply "Helping other people to succeed". I don't say this because I want individuals to think of me as an overly-nice guy, however for me, helping other people to succeed is a source of absolute delight and enjoyment. This is definitely not a unique quality; it seems to be in our nature to want to help others. We all may not have the wisdom needed to help other people succeed, but roughly everybody has enough wisdom in some area to help somebody with something. By being a mentor, we can help other people while we help ourselves.

A mentor can generally be defined as a wise and trusted advocate or teacher. Nevertheless, a mentor/mentee (or mentor/protégé) relationship is often more personal and less strict than that of a teacher/student relationship. Where teachers are generally looked upon for information, and counselor's guidance, mentors provide advice, encouragement, and inspiration. It's crucial to note that teachers, counselors, friends, and even lawyers can also be mentors.

While money is regarded as a valuable asset, an even more valuable asset that you are able to share is your wisdom in a special area, which is made up of your knowledge and experience. When you mentor somebody, besides the individual fulfillment and enjoyment of helping another, you benefit by learning even more yourself. Learning is a constant process that happens to be a very beneficial side effect of mentoring.

Mentoring is also a form a leadership. Mentoring gives you practical leadership experience also practice as a leader. Leading just one person to start can turn into leading an entire organization or even a nation.

Anybody can be a mentor, but not everybody can be a great mentor in each situation. Being a great mentor requires the right set of circumstances and qualities. Below are some of these circumstances and qualities. Remember not to sell yourself short. While you may not think you'll make an ideal mentor, the chances are you'll make a fine mentor.

Knowledge. To be a mentor, you have to have a certain degree of knowledge in the area in which you're mentoring. This may sound obvious, but some individuals love to give advice just because other people are willing to listen to them. There are also those who feel that because they have not mastered the material, they don't have enough knowledge to help other people. Just knowing a little bit more is all it takes.

Experience. Experience is a something that can't be measured, although many individuals try. Some individuals have 10 years experience where others have one year of experience repeated 10 times. Learning from experience and changing your actions and behaviors as a result, is what makes experience a useful teacher. The more experience you have, the more wisdom you are able to share as a mentor.

Confidence. A mentor must have self-confidence. It's confidence of the mentor that helps give the mentee his or her confidence.

Salesmanship. When you are a mentor, you're selling ideas.

Empathy. Mentors should be able to identify also understand a mentee's situation, feelings, and motives.

Caring. More than just understand mentors should care about those whom they're mentoring.

Inspire. Mentors who can inspire through their words or actions are most respected by those whom they're mentoring.

Time. A Mentor must have enough time to give the mentee the attention he or she requires.

The right mentee. For several reasons, some individuals are just not "compatible". If you don't have luck with a mentee, don't give up on being a mentor. Keep looking.

Being a mentor can be a very rewarding experience in numerous ways. Think of areas in which you'd make a good mentor. Think of individuals or groups of individuals that you are able to mentor and actively seek out mentoring opportunities. While your favorite hobby may not be mentoring, the chances are that you'll find another source of enjoyment in mentoring.

Chapter 4:

How Being Patient and Healing Ourselves Helps Other Go Higher

Synopsis

Among the primary ways we can help other people to accomplish new inner growth is by outgrowing ourselves to help others go higher. To help us understand the wisdom in this new idea we must first think about additional equally important ideas. A good portion of the way we "see" ourselves is actually a provision of our relationships with acquaintances and loved one.

Patience and healing Helps Others

Among the primary ways we can help other people to accomplish new inner growth is by outgrowing ourselves to help others go higher. To help us understand the wisdom in this new idea we must first think about additional equally important ideas. A good portion of the way we "see" ourselves is actually a provision of our relationships with acquaintances and loved one. For example, much of the way we evaluate the value of ourselves is secretly affiliated to those values we attribute to other people close to us.

We can help others reach higher by simply agreeing, consciously, to give them space to go through their changes even when these changes may challenge our sense of self and its well-being. As just one simple example of how to help in this way, we must each learn to keep ourselves quiet when the actions of someone close to us start to disturb us. Why is this new kind of self-silence so important for the growth of both parties involved?

To begin with, the disturbance that we feel in these moments is caused by a tremor in us. This is to say that our shaky sense of self is an effect of some picture we have held of this person as it hits the ground and shatters. Apart from our children, whom we must guide through their developing years, we need to learn to leave people alone with their decisions and corresponding actions. There is already a truth, a wisdom that supports this conscious course of action.

We already understand that no action of ours ever goes without its commensurate reward. This eternal principle is best known as karma, the great, inescapable law of cause and effect. This means it is our own nature -- as the backstage parent of what prods us along in life -- that determines what we experience as our life. So too is it with our

family and friends... each receives what he or she is -- no more, no less. This truth tells us why we must not only give them room to make the choices that they will, but then leave them alone to realize and experience the unique results of being who they are. How else can they learn and grow beyond themselves?

Understanding these truths mandates that we back off from being secretly on everyone's back, that we give them the inner room they need to grow and discover themselves. The difficulty here is that in order to give others this space they need, we must first make room within ourselves.

To state this same idea differently, we must remove ourselves from our habitual inner places of judgments, opinions, and knowing better than anyone else. We have always called this place that must be left behind our "self."

This conscious sacrifice of self -- of who we conceive ourselves to be for the sake of who our friend or loved one is yet to be -- gives new meaning to the beautiful ideal of "laying our life down for our brother." This is how we help others to help themselves go higher... by daring to grow beyond ourselves.

Chapter 5:

*Why It's So Crucial to Help Others in Order to Help
Ourselves*

Synopsis

These results may seem surprising, especially since our culture tends to associate happiness with getting something. Why should we humans be programmed to respond so positively to giving?

It's Good to Help Others

These results may seem surprising, especially since our culture tends to associate happiness with *getting* something. Why should we humans be programmed to respond so positively to giving? Group selection played a strong role in human evolution. If something like helping benefits the group, it will be associated with pleasure and happiness. While evolution may have primed us to feel good from giving, it may not be the only reason helping others makes us feel better. Since depression, anxiety, and stress involve a high degree of focus on the self, focusing on the needs of others literally helps shift our thinking.

When you're experiencing compassion, benevolence, and kindness, they push aside the negative emotions. One of the best ways to overcome stress is to do something to help someone else. Even better, feeling good and doing good can combine to create a positive feedback loop, where doing good helps us to feel good and feeling good also makes us more likely to do good.

Numerous studies have found that happy people are more helpful as well. Those who've just found money in a phone booth are more likely to help a passerby with dropped papers. Those who feel successful are more likely to volunteer as a tutor.

It's crucial in life to help others in life. In essence, not only does it make us feel good, it makes the other party feel good. It gives you a sense of fulfillment, and also creates a better feeling for the individual you're helping. Whether it be donating, mentoring, or just giving someone a kind smile its good for our personal health and all around karma.

Wrapping Up

Remember, giving is a great way to help you feel all around good about yourself. It almost always helps the other party feel great as well. There are big things you can do like donating your time and knowledge by mentoring. You can also do small things like being there for a close friend or just giving someone a warm smile while walking down the street. We have a natural instinct to want to help others so get started today! Help others in order to help yourself!