# Health
(Skill 10)

## 1. The greatest assess is health

"The greatest wealth is health." -Virgil

## 2. Food

"The more you eat, the less flavor; the less you eat, the more flavor." -Chinese proverb

## 3. Exercise

"Those who think they have not time for bodily exercise will sooner or later have to find time for illness." -Edward Stanley

## 4. Emotional intelligence

"What really matters for success, character, happiness and life long achievements is a definite set of emotional skills - your EQ - not just purely cognitive abilities that are measured by conventional IQ tests." -Daniel Goleman

## 5. Sleep

"If you can't sleep, then get up and do something instead of lying there worrying. It's the worry that gets you, not the lack of sleep." -Dale Carnegie

## 6. Rest

“The time to relax is when you don't have time for it.” -Sydney J. Harris

## 7. Safety

"Safety doesn't happen by accident." -Anonymous

## 8. Managing stress

"You largely constructed your depression. It wasn't given to you. Therefore, you can deconstruct it." -Albert Ellis

## 9. Addictions

“Drugs are a waste of time. They destroy your memory and your self-respect and everything that goes along with your self esteem.” -Kurt Cobain

## 10. Top 3 book recommendations