

10 Things I Learned from Dying

1 Ask for help, even from new friends. They often end up becoming among your closest friends, because of you reaching out to them in a time of need, they respond with kindness.

2 When someone instinctively “gets you”, when you can’t explain yourself, that person is a keeper.

3 Holding grudges hurts you, more than it does the other party.

4 Just because someone doesn’t acknowledge your impact on their life, doesn’t mean you didn’t make one.

5 Differences contribute to the value of friendships, just as much as similarities.

6 Friends, and the friendships they offer, come in all shapes and sizes. Like the typical woman’s wardrobe, some of them just no longer fit our body or our style and need to be cleared out from our closet. Hand them down, toss them out; either way, ending a friendships that have run their course, though not easy, creates more space for those that continue to be vital part of your life.

7 Never miss an opportunity to say “Thank you.”

8 Nothing helps you conquer anger like laughter.

9 Stop concentrating on what you cannot do and find something, anything, for which to be thankful.

10 Things do not make you happy, people make you happy; moments make you happy.

Want more?

My book *Stripped* has all 49 life lessons.

Book Nancy to speak at your next event, email us at Team@NancyMichaels.com