



If you forget to breathe, the universe breathes you. You don't have to remind your cells to reproduce or instruct your heart as to which chamber to use for which sort of blood. If you were not living in a benevolent universe then you would not be living at all. There are so many ways to die every day.



Retain your rituals—they free you up to notice how things have changed, that the slant of early-morning sunlight gives a sweeter glow to new foliage, or that someone has put up a barrier warning that the road ahead has washed out and you need to make a detour.

“The news” is not life. The news tells you that everything is always getting worse—that evil is winning, that the planet is on an inexorable downward slide. If you feel that way, you're probably depressed.



Don't catastrophize about the environment or the president or the Islamic State or the missiles in North Korea. The planet needs your love, not your fear, even if you think your fear is more enlightened than the next guy's fear. It's all toxic.



Twenty-five minutes is about how long you can sustain energy and concentration. Take a 5-minute break every 25 minutes.



Happiness is your most important responsibility.