

Stein Chiropractic Center

Weekly Wisdom

October 25 – October 29, 2010

Selfishness

“In overcoming selfishness, we must differentiate between egoism on one hand and extreme altruism on the other. If we view all people as actors on the stage of life, we see the slaves of selfishness playing a pathetic role. But no less pathetic is the picture presented by the slaves of mistaken unselfishness. When someone sacrifices at too great an expense of personal welfare, that person is no longer a contributing factor to society. Instead, he or she becomes a burden, actually contributing no more than the slave of greed. Eventually that person breaks down and has to be helped by those whom they hoped to assist. Thus altruism improperly understood causes suffering.

Ironically, the selfish seem to gain ascendancy, for those in who evil predominates are clever in their schemes and take advantage of the good. Most individuals pervert the innate urge of self-regard by

allowing it expression in the destructive force of selfishness. Others, however, in an attempt to escape from the evil of self-love, become the victims self-neglect. “Who forces time is pushed back by time; who yields to time finds time on his side.”

--The Talmud



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Can you solve these riddles?

I'm white & used for cutting & grinding.
When I'm damaged, humans usually
remove me or fill me. For most animals I
am a useful tool. What am I?

Teeth!

The answer I give is yes, but what I
mean is no. What was the question?

Do you mind?

8						2	
2			5		1	8	7
6			4	2			9
		4		1	5	2	
5	6						4 1
		7	8	4		6	
4				9	3		6
7		5	2		6		3

Congratulations to Sara Baila Lederman,
and Tonya & Ashley
on solving the last sudoku.
“easy” challenge.

Happiness Tip of The Week

Do you suffer from the Sunday night blues five nights a week? Shawn Achor, author of "The Happiness Advantage," conducted his own research at Harvard University (one of the largest studies on happiness) and concluded that only 45 percent of workers surveyed were happy at their jobs -- the lowest in 22 years of polling.

Immediately following the economic collapse in 2008, Achor -- who has designed a "happiness course" based on his studies and has worked with Fortune 500 companies in 42 countries -- was invited in to help the world's largest banks restart forward progress. "Most people believe that success leads to happiness, but that formula is backwards," he said. "The truth is that happiness is the precursor to success. When you raise your happiness, you raise your success rates and increase productivity. The best part is that this isn't just a motivational speech -- it's science. This is how our brains work."

Pretend you're Zorro.

It's a simple fact -- when the brain gets fatigued, it takes much longer to complete a task. But what you may not know, said Achor, is that after just two hours of continuous work, your brain function actually slows your body and your body starts to rapidly accumulate stress and strain. "The secret to beating this pattern -- and avoiding burnout -- is taking five-minute breaks after every 90- to 120-minute sprints."

Achor says when you've set huge, ambitious goals for yourself or when your tasks appear to be overwhelming, take a step back and learn a thing or two from Zorro. "In the beginning, Zorro's passion far exceeded his discipline," Achor explained. "The higher he flew, the further he fell, until he felt out of control and utterly powerless." That is, until his sword master forced him to fight only within a small circle before widening it little by little. "And by the end, he was swinging from chandeliers. So the point is for you to draw a metaphorical line in the sand and be successful in a small sphere." In other words, identify one small goal you can quickly accomplish, like deleting all unimportant emails or setting aside a designated time to do research. "Once you achieve smaller goals, the brain then automatically believes it can be successful at bigger ones!" stated Achor. In fact, research published in the Journal of Personality and Social Psychology showed that people who believe that their power lies within "their circle" have higher academic and career achievement and are much happier at work.