



How To

Recession Proof Your Life



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When times are tough it's important to remember that tough times don't last forever, but tough people do. By tough people I mean people with an unshakeable positive attitude in the face of dire circumstances. They focus on what they still have, rather than on what they have just lost. They find joy in nature, music, humor and selfless acts of kindness.

If you focus on what you have just lost or what you are losing you can become immersed in self-pity, lack of self-worth, and depression. This is not only counter productive but it feels bad. Stop it. Now is the only time you can do anything, don't waste your present moment looking at the gloom in your life. Acknowledge it and move your focus to the joy. There is always joy; you just have to seek it out. It's your choice.

Financial anxiety causes stress and can bring you down if you let it. The first thing you need to do is to acknowledge your role in your financial downturn. Blaming others does little to eliminate the problem. If you screwed up, so be it, let it go. Michael Jordan says that failing was the key to his success. Remember: The road to success is paved with failures. Learn from your mistakes and move on.

Fear of the future is a major cause of stress and depression. Remember this: **Never ruin a today worrying about tomorrow.**

Here's an even dozen helpful tips:

1. **If what you have been doing is no longer working for you, reinvent yourself.** **Look and see how and what others are doing successfully** and use that to influence a new plan and positive course of action. The ancient Greek key to success was simply find something that works for someone and do the same thing.
2. **Spend some quiet time alone** in your backyard or in a park (if you don't have a backyard) and become in tune with your surroundings. Close your eyes and listen to the sounds of the birds or the rustling of the leaves. Open your eyes and take in the beauty of a rose bud, the fragrance of flower or even the strength of a blade of grass. Focus your attention on a singing bird, or a slow moving bug. The same life-force energy that animates you animates them. Feel your connection with the creature or plant and know that all is well with the world.
3. **Eliminating all treats and pleasures from your life only reinforces a sense of lack.** Don't do it. Be kind to yourself, you deserve it.

4. **Make a plan and test it out through trial and error.** Try new things and new ideas. Search the Internet; ask advice from successful happy people. **Once you have a plan focus on your goal and take positive action toward achieving it.**
5. **Exercise.** Not only is this a good distraction from your problems, it's good for you. Take a 30 minute walk around your neighborhood or park. Maybe get a training buddy and start lifting free weights. As you progress, not only will you be distracted from your situation, you'll gain confidence and this can only be a good thing. The extra oxygen intake will help you think of solutions so you can better your situation.
6. **Laugh!** This is the best thing in the world to counter feelings of doom and gloom. Tell jokes, listen to jokes, go online and look at funny stuff, rent funny movies, go listen to stand-up comedians. This is important! On the rare occasion when depression extends its green murky tentacles and tries to get a life hold of me, I make myself laugh. I've even been known to march myself into a solitary bathroom and start making funny faces into the mirror. I defy anyone to stay depressed when they're making goofy faces, it can't be done.
7. **Read empowering books.** Books like: *As a Man Thinketh*, *Think and Grow Rich*, *The Power of Positive Thinking*, *The Science of Getting Rich*, *The Secret*, can all help you. Eckhart Tolle, in his book, *A New Earth: Awakening to Your Life's Purpose*, writes of a monk who tells his disciples that his key to happiness is that he doesn't mind what happens. Let it go and move on.
Read these books here: <http://drhopefixyourlife.com/>
8. **Take a bath.** Ok, you've just taken a financial bath, now it's time to take a real one. It's especially soothing to lie in a tub of hot water and just soak your problems away. Ahh.
9. **Negotiate** with your creditors for terms that will better fit into your budget. You'd be surprised at how flexible they'll be. And if not, you tried. Make adjustments and move on.
10. **Forgiveness.** **Never hold a grudge or hate in your heart**, it does little to the person hated but can destroy your happiness.
11. **The best way to cheer yourself up is to cheer up someone else.** A simple act of kindness toward someone less fortunate than you will go a long way toward healing your own soul. **The giver, more often than not, gets more than the receiver.**
12. **Focus on what you have left** and not on what you've lost. Make a plan on where to go from here and act on it. Live in the present moment and strive to enjoy every one of those precious puppies.

I hope that you found these hints helpful.



The reason I know this stuff is because of my mother. Through her actions, words, books she had me read, and her deeds she taught me what I like to call, 'Life Lessons.' Some would say that she had a very rough life, but she wouldn't agree. She was always happy. A miserable person has a rough life, and my mother was never that. The things that she taught me helped me through what others have called, 'some difficult times.' It didn't seem that way to me, thanks to the attitude that I inherited from her.

Here's a little about me: As a child for a time, I was forcibly removed from my mother and placed into foster care with some pretty sleazy folks. I have long since forgiven them. I lived in over 30 different places as a youth and adolescent, mostly with my mother who inspired me to be happy in spite of sometimes incredibly trying circumstances. I was a happy child.

As a young adult after losing my place to stay, I lived in my 1939 Chevrolet business coupe for two years while attending college. When I lost my car I became homeless for 6 months, then I got a 1961 Corvair and I lived in that new home for about a year. I was happy. I've had jobs from cleaning out toilets to washing dishes to playing music in dive bars. I was always happy. As an adult I made millions of dollars and felt the pain of losing everything and having to start from nothing, not once but twice. I remained happy. Why? Simple. I saw how my mother handled all the challenging circumstances that she went through with grace, dignity, humor, and a never ending sense of optimism. She told me I could do anything, just get a plan and focus and don't let bad things get you down. She was right. She was the inspiration for my award-winning series of children's books. www.DrHope.com

That's about my story; I hope that this was helpful to you.

Tim 'Dr. Hope' Anders

PS If you would like to know more about my mother's life, I've written her story in a novel entitled *Everybody Calls My Father, Father*. **My mother was a successful actress who met and fell in love with a Catholic priest.** Society and the Church say that this is a no-no. My father never left the priesthood, instead my parents hid their relationship from the church for years until... shall we say, all hell broke loose.

If you would like to learn more about her life click here:

www.EverybodyCallsMyFatherFather.com



Thank you for reading this. Have a great day!

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