

ESSENTIAL NEEDS IN LIFE

How to get and to keep them

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Simple talk about life

and

Motivation in life and work

Book # 1

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Introduction

When people talk about what is important in life there are many diverse answers, although one mention will come up with most: a good health. In this, what I call, motivation novel, health will be one of the subjects, but all the other wishes and needs will be passing through too.

What makes a person happy in and with his life? The answer to that question cannot be answered with a general answer because everyone has his own wishes, dreams, and priorities. Also, where, and the way we grow up, can have considerable influence on how our life will develop from the moment we enter this world. Nothing is just straight forward and there are a lot of obstacles in everyone's life to first detect and acknowledge, before finding a way to deal with these obstacles.

This is going to be a book, written by someone who traveled the world and worked and socialized with all levels of the society.

Out of all the subjects, solutions, advise, and facts to know, and all recommendations, you will be able to pick the ones suited for you.

Read this book and pick what you think will do good to you. Unity and respect are an important ingredient for a stable and fulfilling life. The rest is up to you! This is going to be a book with simple language and a simple message:

'Be positive and never give up, you can do it!'

How life begins

Splash.....

The water in the ditch, with pollard willows along the side, forms large ripples because of the green duckweed that makes its way.

Only some seconds later, the duckweed closes again into a dense green mass and the ditch resembles a long and smooth, green gravel path. Not for long, however. In a fraction of a second, the image of the street changes into a sequence of events.

A man rushes out of the house, the single house on the other side of the road. The road that again borders the narrow strip of grass with the above-mentioned pollard willows on the extreme side, one straight and proud, the other sloping the ditch at an angle.

The ditch side is the desired destination of the man, a young man in his thirties, with a face tanned by the sun and working in the open air. A tall, muscular, and strong-looking man who crosses the road with long strides, taking the strip of grass with one big step.

All of this happens in just a fraction of seconds, and in the same fraction of seconds, the man braces himself on the water's edge, raises his muscular right arm, and lashes out in one fluid motion at a little boy of seven years old who is on the edge of the grass, on the waterfront.

In front of this little boy lies another child, three years old, wet, head to toe, all over his body, dripping with water, covered with the green duckweed of the ditch.

"What are you doing now", the man shouts. "Are you completely screwed up?"

"But, but", the little boy calls out, with one hand on his glowing ear, and left cheek. He sounds even more upset by the words, than when hit by the big hand of his father. However, the man does not even notice his son's stammering words. The father had already drawn his conclusion when, just coming out of the house, he heard the splash and saw briefly the scene looming before him. He had heard the splash and the next moment, in that split second, saw the image of his little boy, leaning over the wet younger boy, his youngest son, his youngest child of three boys and one girl in all.

"When do you learn to play normal games, isn't that kid much too small to play this kind of thing?"

There was no way the eldest of the two children could make it clear to his father that he had just pulled his youngest brother out of the ditch, because the boy thought you could walk on the green duckweed.

The above event is the first memory in the life of the author of this book, the father's youngest son, the diligent working father, a notable figure of the small country village on the outskirts of a big city.

“This book is like a mirror, with a piece or more pieces in it, of everyone who reads it, and when it is finished and you know which pieces to use, and especially how to use them, you can make your own mirror. Your mirror will tell you who you are!”

When we are born, where and with whom, we had no choice in that. Still, that moment, that place, and these people made the first choices for your life. Here, the first decisions were made, the first direction was entered. Then, when growing up, there is a period, which length can be different for anyone, in which we start to work with or against these choices and decisions. Now there are diverse ways and timeframes in which young people do that. At the end there will always be a moment that we either choose to start making our own choices and decisions, or we are forced to that, because of things happening in our lives or with the people around us.

This book is not about that first period. This book is about the period from when we make or made the choice and decision to work with or against the choices and decisions these other people have made for us. Be aware that a lot of people never notice they made a choice, never did, consciously. Maybe you are one of them. Reading this book will tell you that you did choose, because a person can also choose, again consciously or unconsciously, to let things go as they are happening, actually, to just accept and live the life that is presented to them.

To keep it simple we take the two opposite groups of people. The first group is the group of people who decided to work with the choices and decisions that were made for them, and the second group is the group of people who, at one time, chose to work against the choices and decisions that were made for them by other people.

In the course of the book, also the people who did not make their choices like the above two groups, but in the middle, will find their way to read it towards themselves and to work with it, as they choose.

The author of this book hates boredom and would not like you fall asleep while reading this book because it is boring you. Therefore there will be moments with anecdotes or short stories in this book.

Anecdotes and short stories, relating to the text and experienced by the author, once during his life.

So, let us start with an anecdote out of the life of the author, related to the text above.

- *He was 14 years old when he decided not wanting to be like his father, not wanting a life like his father and mother. At one of his regular arguments with his father he had shouted it out:*

“As soon as possible, I am going to leave this house, and do the things I want, and not the things you want me to do. I do not want to be like you!”

The father had just laughed and as usual had his denigrating and demotivating words ready. “You? How do you think to do that? You are not doing good at school, so, there is nothing you can do.”

The young boy already had developed a shield against the words of his father and used them even to motivate himself. His choice was real and definite, and four years later he opened the path to go his own way, The day he got eighteen years old, he signed as a volunteer in the army, knowing it would bring him away from where he was, knowing it would bring him in different directions.