

How to Have an Easy Life

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Introduction

You know you want an easy life. A life that is so good, so smooth, so easy and so satisfying that other people look at you and wonder how you do it.

This is the how. This is how I do it.

It is not easy to do this. It is simple, but not easy. Everyone else in the world is pushing you to complicate your life, work harder, work longer, do more, be more, get more stressed, get busier, engage in more and more activities, buy this and buy that.

All that nonsense will stress you out and leave you with no money, no energy and no time.

None of that will make your life easy.

Take charge of your life. Read this short, easy to read book and learn how to have an easy life.

This book is broken down into 4 parts. The first part is about stuff and how to deal with it decisively. The second part is about people and how to make your

relationships better and easier. The third part is about changing how you look at life and why this is important. The fourth is a large collection of simple ideas you can use right away to make your life easier and better.

PART 1 - STUFF

Chapter 1 – Get Rid of Stuff

Throwing out excess clutter is the most important part of having an easy life. It is the backbone of reducing your complications and stress. It is not really possible to have an easy life and to have a lot of stuff. The two do not go together. I throw and throw and throw some more. The more I throw out the better I feel. The more I throw out the more organized I become. The more I throw out the easier my life gets.

I make it a point to look for things to throw out. I throw out clothes, papers, containers, furniture, kitchen stuff and anything that doesn't work, doesn't fit, things that I'm tired of and anything else that looks like clutter.

I even throw out things that just get in my way.

I throw out bad habits, bad relationships and activities that take a lot of time. I am constantly tweaking and working on my schedule to make my life easier. I look for ways to cut out what I do not want to do.

In spite of all this throwing I still have plenty of stuff. The point is that you do not have to be afraid that you will have nothing; you'll just have a lot less. The stuff you have left will be the things you want, love and are useful to you. I keep the books I want to reread or that are a good reference. I throw out or give away the rest. I keep the hobby equipment I want to pursue; I just throw out the equipment from hobbies that no longer interest me. I keep my monthly calendar because it is important to me and has a lot of good information.

I throw out all the other calendars that I have for seeing the day and month. I only write on my one main calendar that I carry around with me. Those other calendars, even though they have nice pictures on them, get tossed at the end of the year. If you really love a picture from a calendar, then just cut out the picture to save, rather than keep the whole calendar.

I know what is important to me and do not feel guilty for throwing things out.

I think you do not know what is important to you. You don't know what is easily obtainable again. You

don't spend any time thinking of how you could have an easier life by having less clutter. So you just keep everything. You buy new clothes and keep the old clothes. You buy new books but keep the old books you will never read again. You keep every paper you receive in the mail or that is handed to you or that you print off from the computer. You just can't seem to get rid of any of it. Don't do that, the ease of your life and free time is more important than stuff.

You may want to save stuff for your kids and grandkids. I always think that it is best to only keep what you want to keep and let others do the same. Do not force others to do what you want, even if they are your kids.

I see so many people who have huge amounts of stuff and clutter to deal with. My old boss at work has a desk piled high with papers. He cannot seem to do anything about it. A number of the other people in that office are the same way. But a number of others doing similar types of things have very neat, orderly, uncluttered desks and office areas.

I think it is the way a person sees the world. I want my world to be uncluttered, free and easy.

Unless you are continually getting rid of stuff, it will win. It will take over your life. Stuff gets in the way of a great life. It will butt into your relationships, your goals and life. Don't let it. Let the important things be first. Let the stuff come last.

Keep it in its place by always throwing it away. The dirty secret to live clutter free is to always be throwing. When your stuff knows you are a thrower, it will be more respectful of you and will not try to push its way to the front. It will know its place in your life. The clutter you allow in your life will know its usefulness to you. It will know that you are in control. You control the clutter; the clutter does not control you.

You are not so much getting rid of stuff as making room to live.

Chapter 2 - The First Step to Getting Clutter Free

Toss out the clutter that is making your life the most difficult. This is the stuff that is out in the open:

1. Stuff in hallways.
2. Stuff on the stairs.
3. Stuff piled up by your doors.
4. Stuff on the kitchen table.
5. Stuff on the kitchen counters.

This is the stuff that bugs you when you are trying to leave the house in a hurry. This is the stuff you stumble over at night when you are tired. This is the stuff that gets in the way when you are preparing a meal. This is the stuff you always have to walk around. This is the most annoying stuff you have.

This isn't the stuff packed in closets, dressers, drawers and shelves. This is the stuff that is stacked up, piled up and strewn about that you have to walk around and climb over and deal with all the time.

This type of stuff is the worst offender, because you just get used to dealing with it. You get used to dealing with it and working around it. You are almost oblivious to it.

This kind of stuff includes shoes and coats by the back door. This is the packages you brought back from the store. The mail you leave on the kitchen table. This is the dirty laundry on the floor of the bedrooms. This is the half-done project in the living room. This is the extra shelf unit in the back hall you can't decide what to do with. This is the stack of newspapers you want coupons from and magazines you want to read. This is even the extra chairs you have that no one sits on.

But this is the stuff that can kill you. Stuff on the stairways will trip you and send you to the emergency room. This is the stuff that just makes your life so much more difficult. Deal with this stuff first and decisively and your life will improve dramatically.

Chapter 3 - The Second Step to Getting Clutter Free

Throw this stuff out in the garbage. Not to the garage. Not to charity. Not to eBay or craigslist or at a rummage sale. Not to someone you know.

All that trying to sell and trying to give away will not help you.

When you are trying to make your life easy you are not in a position of helping others or even of making a few bucks. You are the person in need. You need is to get rid of enough stuff to get back to a better level. Your excess stuff is making you a person in need.

I know this is counter-intuitive. You think that because you have all this stuff that you are doing fine. You are the person with your life together. You are the person who should be giving to those in need.

No.

You are the person in need. You are the one who needs help. Too much stuff is the problem.

You need to take care of your needs by throwing the stuff out. Only a person who is not cluttered can give it away or sell it. This is the huge consciousness shift that is needed to make your life easy.

You are always told to think of others and to not be selfish. To give to those in need. In the process you spiral down until you are the person most in need. You are the unfortunate one. A home filled to the brink with stuff is not a home of abundance. It is a dangerous place filled with lack. It is a home of scarcity.

Once you throw away a massive amount of clutter and you become clutter free, you will be able to give to those in need.

But you have to take care of yourself first.

Chapter 4 - Fear of Throwing Things Out

You will have to get over your fear of throwing things out.

The forces in control would want you to believe that it is a bad thing to throw things out. That you need to reduce, reuse and recycle. They will have you spending massive amounts of your time sorting your trash into various bins and charging you for the trouble.

You can't afford to be wasting time reducing, reusing and recycling if you want an easy life. You need to be busy working on your life, not sorting trash. In order to have an easy life you have to throw more.

Nothing will happen to you if you throw something out in the politically incorrect way. If you are worried about that, throw it away quietly with no one knowing.

Chapter 5 - Know What to Keep

You will want to keep some things. Don't throw everything away. Here is an idea list of things to keep:

1. Photographs.
2. Birth certificates.
3. Baptismal certificates.
4. Passports.
5. Social security cards.
6. Documents from court proceedings.
7. Mementos.
8. Memorabilia.
9. Heirlooms.
10. Yearbooks.
11. Scrapbooks.
12. Awards.

13. Antiques.
14. Special cards and letters.
15. Anything special your children made for you.
16. Things your children find sentimental.
17. Things your children need for their comfort.

The key is to have so much excess room that keeping these important things is not a big deal. It fits easily into your home. You can use these things as centerpieces, as artwork, as conversation pieces, as decorations. If they are special or important they should have a special place in your home.

PART 2 – DEALING WITH OTHER PEOPLE

Chapter 6 – The Government

You hear a lot of talk of how the U.S. government is a nanny state. The implication is that the government is micromanaging our affairs, telling us what to do and what not to do and generally being like a nanny or an overly controlling mother. That certainly seems to be the case on the surface. The government tells us how much and what to eat, how much and what to drink, how fast we can drive, when we can start drinking alcohol, how much alcohol we can have in our blood, how much of our money we can keep and countless other things. The government seems to be like a big, overbearing mother telling us what to do all the time.

But is government just an overbearing mother? Is this really what is happening? I don't think so. I think government is not a nanny state, I think it is more of a bully state.

Think of the worst time you had as a kid and it is most likely because of a bully.

The bully may have been a kid in school or a neighbor kid. Often it is an older brother or older sister. It can also be your mother or your father.

In all cases the bully makes your life miserable. It is not easy to know what to do about the bully, especially if the bully is someone in your family.

We are told to stand up to the bully. We are told to just fight the bully. We are told to ignore the bully, or avoid the bully or to tell on the bully. We are told if we only stand up to the bully, the bully will back down and everything will be fine.

But is that what really happens?

No.

What really happens is that the bully goes on making your life miserable until you grow up and leave your bullying family member or the neighbor kid bully moves away or you grow larger than the bully or the bully finds someone else that he likes to pick on more than you.

It is more the bully keeps on being a bully and you find a way or a way develops that you no longer have to deal with the bully.

I think that this bullying idea is directly related to how government operates. The only difference is that everyone sticks up for the bully government. We even vote for the bully we want to treat us badly. Of course, we are just hoping that our bully will pick on someone else and leave us alone or takes some other kids lunch money and give some to us. Everyone lets the bully do what it wants. No one can do anything about the bully.

So how does this relate to having an easy life?

You cannot change the bully. You vote and vote and get involved and yet the bully goes on doing whatever it wants.

You cannot tell on the bully. Every time you speak out against the bully, everyone says we need the bully and you must be the problem.

So where does that leave you?

I believe that it is your life to live it as you please. So I just ignore the bully. Or move away from it. Or avoid it. I just do what I want to do in spite of the bully. I do not let the bully run my life. I run it.

My other point about government is that when you are listening to a debate, an argument or if there are two sides to something and it is difficult or impossible to tell which side is right, it means that both sides are wrong.

We are continually bombarded with the idea of voting for one side or the other or deciding which is best out of 2 things.

If you cannot easily tell what is right, wrong, better or worse, then the answer is none. Neither side is right.

When people ask me if I am a Democrat or a Republican I just say neither. They are both wrong.

Conservatives and Liberals are both wrong.

That is the answer. They are all wrong.

When I am listening to a disagreement and I cannot easily tell who is right and who is wrong, I know that the real answer is that they are both wrong.

This is so obvious, so simple, yet never done.

Things are never thought about this way. But once you can understand this, and decide for yourself that it is possible that both sides are wrong, life becomes so much easier.

I just do not worry about the government, what they do; who to vote for or what they should do next. I do not bother to vote. I do not get involved. I do not watch politics on TV or listen to it on the radio. When people talk about I get up and leave. There is nothing about it that you or I can do anything about.

I can have an enormous impact on my life. I concentrate on what I can do. There have always been some types of terrible government situation and people who thrive, live well, prosper, live abundantly and live in an easy manner in spite of whatever government they live under.

Chapter 7– Your Children

Children are hardest to deal with when they are babies and small. Babies are cute, loveable and very adorable. But they are tremendously difficult when they are small. It is a huge mistake to have multiple small children at one time.

Twins and triplets take a huge toll on your health, your resources, your time and your goal of an easy life.

Having a new baby every year is a massive mistake. You need time to recover. It does not matter if you are the mother or the father. Caring for small children is a lot of work for both.

I have 2 kids who are about 4 years apart. This was a very good split in ages. Their mother and I were fully recovered from our first by the time the second arrived. The older child was out of diapers and somewhat easier to care for. Our older even helped a little with the younger one.

As your children get older they will require less and less of your time and energy. The key is to understand this and avoid piling more work on yourself by getting your kids involved in more and more activities.

It is supposed to get easier and easier as they get older until one day you wake up, they are on their own doing fine and your life is fully your own again.

Many parents don't do this. They are busy getting into all aspects of their children's lives. Enrolling your children in every activity there is will not make your life easier. Doing homework with your child every night will not make your life easier. Dressing your child in the latest fashions will not make your life easier. Giving in to every whim your child has will not make your life easier.

The title of the book is how to have an easy life, not a more difficult one. If you have many children all in various activities you will never have any time for what you want to do. You will be on the go constantly taking them to various things.

These things may add value to your children's lives. But they add no value to your life. You are an adult and need to concentrate on adult things.

You will have to pick and choose how much you let your kids do. You could try one season on and one season off. You could insist on one activity at a time. The best idea is parts of the year where they are involved in no organized activities. You have to encourage them to be self-sufficient, to play by themselves, to bathe themselves as soon as possible, to pick up after themselves, to help around the house, to get along with their siblings.

They have to understand that you deserve a life too. Just as they will deserve a life when they are parents themselves.

Chapter 8 – Your Spouse

I was married for many years and am now divorced. Being married did not make my life easy. My wife complicated my life every day.

If you truly want an easy life do not get married.

If you are already married and any of this makes sense to you, get divorced.

There is no way to have an easy life being with someone else all the time.

I have freedom from the drama of being married. I am free of the chaos and the problems.

It is not only your spouse who will enslave you, it is all of society. You will have in-laws to deal with. You will have your spouse's work schedule to deal with. You will have your spouse's needs, wants and desires to deal with. You will get your name, your bank accounts, your accounts with everything all mixed up together. Your spouse's problems become your problems.

It has taken me years to get disentangled from my ex-wife and I am not complete yet. Just as I get past one hurdle, another one shows up.

My marriage was taking a toll on me. Once I left my wife, all the time consuming things she put me through were eliminated. No more arguing. No more fighting. No more worrying and wondering what she would say and if she was going to be upset. No more being afraid to talk to her. No more time spent explaining everything I did.

Being married to a person who criticizes everything you do, nags at you constantly and never has a good thing to say to you will cause you no end of problems. This kind of a marriage will waste all your time. A bad spouse is the biggest time waster ever. Not only is that time wasted but your life span is shortened.

Since I have left my wife I have had time to:

1. Lift weights.
2. Start a business.
3. Write numerous books.

4. Enjoyed the nightlife.
5. Coached my son's hockey team.
6. Read dozens of books.
7. Watched over one hundred movies.
8. Made plans for the rest of my life.
9. Gotten a good night's sleep every night since I left.
10. Lost 10 pounds.
11. Hiked in natural areas.
12. Gotten back in touch with my sister and brother.
13. Have a better relationship with my parents.
14. Have a better relationship with my friends.
15. Have a better relationship with my kids. In fact, I would say that me leaving has helped my kids even more than I thought it would help me.

It's not easy leaving your wife. There is so much wrapped up in it. If you choose to stay, stay for you. Don't stay because you think you are obligated to stay married. If it is bad, leave. You cannot stay for the kids,

for her, for her family, for your family, for your friends, for your church, for money. Only stay for you. If you are miserable, leave.

Leaving my wife was the biggest improvement I have ever made to my life. My life is easy now. I have time to explore topics like this. I have time to help others. I have time for a great life.

Part 3 – MINDSET CHANGES

Chapter 9 - Quitting

Quitting may be the best way to improve your life.

We all hear the stories of people who never quit and stick with things and become a success. I'm not sold. Everything I have quit has worked out great for me. Every time I have quit something I hated, or I dreaded, that I had no interest in or that was not for me, my life improved. My life got far easier. My life improved immediately. It did not improve in weeks or months or years later. It improved that day at the moment of quitting.

I quit playing high school basketball. A sport I hated playing and hated practicing. Basketball destroyed my ankles. I dreaded practices and games. The sport ruined all my winters. The moment I quit, I became free of all the stupid nonsense of playing a demanding sport I hated.

I quit trying to get a Master's degree in a field I was not interested in and not qualified for. I became free to get a full time job in a well-paid field.

I quit a boring dead-end City government job, twice.

I quit a demanding, stressful low paying private sector civil engineering job.

I quit eating the free candy at work.

I quit drinking heavily.

I quit over eating all the time.

I quit exercising so hard that I was constantly sore, getting sick and suffering horrible injuries.

I quit feeling sorry for myself.

I quit always looking to the future so I could live now.

I quit a marriage that was killing me.

Chapter 10 - Elimination

The simplest way toward an easier life is eliminating what you don't want.

There is no sense keeping things you don't want and will not be using in the near future.

Nothing makes your life as easy as constantly throwing things out and making room for the new.

You want to get to the point where you have the right amount of stuff and a huge amount of free time.

Elimination applies to people, relationships, habits, employment and almost everything in your life.

If you can find something to eliminate from your life, do it and enjoy the free time and an easier life.

Start small if you have to. Eliminate something that does not help you.

Chapter 11- Forget What They Say You Should Do

Forget about energy conservation. I just can't get excited about saving energy. It seems so pointless. The politicians preach about energy conservation and then jet around the world with all kinds of people and expensive gas-guzzling vehicles. They point on extravagant parties. They light up the huge buildings all night. If there were a problem, wouldn't they be the biggest culprits?

The only argument that makes sense is to only save energy if it saves you money.

I do not leave my lights on to save the environment. I turn them off so that I have a smaller electrical bill.

I do not buy a new car to save money for myself for other things.

I do not chain my trips to save gas. I do it to save time and cost.

I am only concerned with what I can do to make my life better in some way.

I am not worried about landfill space. Anyone who can read a map can see that the space for landfills is limitless. Besides, the garbage is packed in so tightly, it does not take up more room.

Forget about saving water. Trying to save water seems like a stupid waste of time. The earth is 75% water. We will never run out. It rains and snows all the time. The ground is full of water. The only reason to save water is so you do not have to spend money on it. That's it. The water utilities charge you for what you use or you can buy it at the store. What is the problem? If water is a little harder to get where you are, you will just have to pay a little more for it.

I think the idea of conservation is really a tool to make us think that resources are scarce. If we think they are scarce, we will not be complaining so much when the prices go up.

If we think oil is scarce, that we have reached peak oil that it is in short supply; then they will be able to

charge whatever they want. We will feel guilty over the increase in prices. After all, if we weren't wasting so much gas by driving around, there would still be lots left for future generations. Plus, now we feel guilty enough to buy tiny cars. Did you ever notice that these tiny cars are not safe, extremely inconvenient and cost just as much as larger cars?

The idea of scarce resources is just a scare tactic to get us to believe something that isn't true. It is just a method to make your life more difficult.

I believe in making my life easy. It starts with questioning what you are told, what you hear and what you read. Much of what is sold to you is just to get you to more easily give up what is yours.

Forget about buying very tiny cars. It seems the person doesn't value their own safety at all. How can you honestly think you can survive an accident in a tiny car? How can you really do anything in those tiny cars?

Forget about doing what others tell them you to do. Continually being told what to do is so degrading and dehumanizing.

Forget about being willing to do whatever. This goes with being told what to do. I am hardly ever willing to do whatever. I only want to do what I want to do.

Forget about believing in groups. I have no faith whatsoever in groups. Religious groups, political groups, associations or committees all seem like such a waste of time. I believe in what I can do. I am never interested in having to do what others tell me to do.

I know because I did all these things. I did them because I did not value myself. I bought small, cheap cars because I wanted to save money on the car and the gas. I did what others told me to do even when I knew it was wrong for me. I was willing to do whatever I was told to do. I believed in groups, especially government.

But now I see it differently. I believe in myself. I believe in watching out for my own safety. And part of that means I want a larger, safer car. I believe in my own health. And that means I guard my time and get my rest and make my own decisions on what I should and shouldn't eat. I believe in doing what I know is right for

me and ignoring advice, orders and directions from others.

I believe in myself and do not join groups. Groups are just a way to waste my time. And as much time as I have gained with all my organizing, it is still not enough to waste by joining groups.

Forget about giving things away to charity. Sometimes the effort involved in giving things away is so much trouble that you cannot do it. I called the Salvation Army to see if they could remove a large, steel desk from my second story apartment. Once they learned that there was no elevator, they hung up on me. They are not going to haul down a nice desk for someone to use. I will have to do it and I am going to throw it away.

Forget about working a bunch of overtime hours. What are you attempting to gain with all those extra work hours? How do you get an easy life with more hours of work? Work as few hours as possible. Do you want a browner nose? Do you want to work yourself into an early grave? Are you trying to make your co-

workers feel guilty? Do you want a few extra dollars from overtime, or a supposed bonus?

I used to do this all the time. I came in early and stayed late. I worked in the evening, sometime even late into the night. I worked Saturdays and Sundays. I worked like a fiend.

What did it get me?

I have nothing to show for it now. All the extra money I made was spent by my ex-wife. I have nothing to show for all that extra work. I am no farther ahead in my career as when I started. I was still laid off for most of one winter when there was no work.

I ate myself closer to an early grave with all that work. I ate tons of junk food to keep going with all this work. I would not see my kids for days at a time with this schedule. I had no time for exercise. I had no time for anything.

I am quite happy working 40 hours a week. I am using my spare time for working on my small businesses,

writing, podcasting, exercising, traveling, and taking care of my kids, my health and for fun.

Forget about authority. Listen to yourself. It is not up to you to blindly follow someone in authority. You may choose to do so to save yourself. I do not put myself in a position to be punished, jailed or beaten by the police. I do not give them a hard time. I just avoid them. I stay out of their way.

Why ruin your life getting involved in things you have no way of winning.

If your job gives random drug tests, don't take drugs. If you would rather do drugs than have the job, quit the job first. Never get caught with drugs. Never getting caught is the key to an easy life. It is like poking a snake, a stupid thing to do.

Forget about owning a home. Owning a home can be a prison. I owned 2 different homes and also had a rental home. Maybe the problems I had with my wife contributed to the problems I had with owning a home.

She wanted to keep remodeling the homes. I did not. I wanted to try to maintain them as they were. I had bought much more expensive homes than I wanted purely because my wife wanted a nicer home that did not need anything done to them. Then when I gave in and bought the more expensive home, she started remodeling them anyway.

This remodeling is very expensive and very time consuming. It is not worth it if you value your time.

I rent now. It is so much easier. I have zero desire to remodel. I do have a desire to rent a somewhat larger place, but that is it.

Chapter 12 - Flow with the Tide

This means to work with the natural ebb and flow of life, the seasons, others and the world.

When I was married we lived in a big house on a big corner lot with lots of trees and brush. Being young and stupid and trying to impress our neighbors, my wife and I worked on our yard a lot.

Every spring the Village we lived in would come around and pick up everyone's yard waste and tree branches.

They had a cut off of the date when they would do this work so it made a lot of sense to trim your trees and bushes prior to this date and get all that waste to the curb and not have the enormous task of dealing with this.

My wife insisted on being a part of the yard work instead of letting me handle it.

I knew of this cutoff date and kept reminding her that if we were going to trim the trees we needed to do it now and get it done.

She said she did not think the trees needed any trimming and we could concentrate on other things in the house. That was fine with me.

The day after the last pickup I got home from work to find she had trimmed all of our trees and bushes. Our yard looked like a storm had come through. There were huge branches everywhere under every tree.

I was really upset. I had gone over this with her a dozen times the last month.

It took us months to clean up her mess. We had to sneak it little by little into the garbage. Instead of an easy haul all this to the curb we had a massive amount of work to get rid of all this waste.

I rented trucks to try to haul all this away. It was a massive effort that took all summer. The yard was a mess the entire season.

Chapter 13 – Your Job

Jobs do not help you to have an easy life. There is the massive time you spend at work. There is the time getting there and getting home. There is the time for lunch. There is the time getting ready. There is the time agonizing over all of it. Jobs are a massive time sink that is difficult to overcome.

Here are a few ways to make better use of your time at work:

1. Get a job that you actually like.
2. Keep your expenses low so that you do not feel the pressure to continually make more money by taking on more and more responsibility.
3. Do not be afraid to keep changing jobs to find a good one. You may have to keep changing jobs your entire life.
4. Explore internet business ideas that provide passive income.

5. If your job frustrates you in any way, get busy moving toward a new one.
6. Get so good at your job that your boss does not bother you.
7. It is better if the work you do, your boss does not really understand.
8. Avoid having your default work mode be extreme pressure, deadlines and chaos.
9. Make a game out of getting work done.

PART 4 – SIMPLE WAYS TO MAKE LIFE EASY

Chapter 14 - Minimize wearing socks

Socks are smelly. Socks are hard to clean. Socks are hard to fold up and put away. They are hard to put on the older you get and the larger you get in the middle.

The solution is to not work harder, hire a laundry service or lose weight. The easy solution is to not wear socks or at least not wear them so much.

There is no real reason to wear socks around the house if the weather is mild. All spring, summer and fall you can avoid wearing socks most of the time. No socks to bed. No socks to lounge around in. No socks unless they are absolutely required to fit in with what you are doing.

Wear sandals to go out and about in. Wear slippers to keep your feet warm. There are sandals that are good for walking.

I know you will need to wear socks to work, to the gym and during the winter. What I mean is as soon as it gets warm enough minimize your sock use. You will gain

a lot of free time from avoiding all that extra sock laundry, sorting the socks and putting them away.

This little tip will free up many minutes for you every summer. It is an amazing little time saver.

Finding the mates to the socks can take many extra minutes. Turning the socks right side out always irritates me.

Just start looking for appropriate footwear that does not require you to wear socks.

I have good-looking nice leather sandals for going out and about in. I have slip on athletic sandals for doing my chores around the house. I have fur lined slippers for when it is cool.

I will be starting to look for athletic type sandals that are suitable for walking and hiking.

Chapter 15 - Sleep more

Once you have a bed and bedding, sleeping is free. Sleeping is easy. It does not cost anything to sleep.

The more you sleep the better you feel. The more you sleep, the less you eat. The more you sleep, the healthier you will be.

Chronic sleep deprivation will age you faster than anything else. You can do everything else right, but if you are not sleeping enough it will not help that much. You absolutely must sleep and sleep and sleep some more if your life is not easy

I found myself very sleep deprived when I was married. I had a job that started every day at 7:00 a.m. My wife was always up to at least midnight. She made it very difficult for me to go to bed at 9:00 p.m. This is when I should have been going to bed to have enough sleep. I would get more rest on Friday and Saturday night by sleeping in, but that was it. I lived for years like this. I never really felt good. I used plenty of caffeine, lots of

junk food and massive will power in order to get up and alert during the day.

But this lack of sleep really hurt me. I had limited energy, I did not look well and I felt terrible. I spent the first 3 months after leaving her sleeping as much as I could. You may need to spend weeks or months catching up to the point where you actually feel good.

You cannot go wrong being well-rested. If you are feeling rundown, get more sleep. If you are sick, get more sleep. If you lack energy, get more sleep. If you are eating too much, get more sleep. If you are depressed, get more sleep.

Sleeping will cure many of your problems.

Chapter 16 - A productive commute

Listen to self-help CD's during your drive to work. Turn off the same old news and the same old problems. The inane nonsense blathered on morning radio only makes you uptight and irritated.

Self-help CD's are more calming, more relaxing and more helpful to your state of mind.

These types of programs are most effective when you listen to them over and over again. Just keep playing them over and over again until you have them memorized. Then go onto the next one. You can go back to the older ones eventually.

It is this constant repetition that helps. It is like how you can memorize music and commercials so easily. It is done over and over again.

Take that process to your own personal development.

Chapter 17 - Hire people to help you

Hire a cleaning service clean your home. Hire a virtual assistant to help you with your computer work. Hire a lawn service for your outdoor chores. Hire a handyman for house repairs. You do not have to do everything yourself.

The mistake most people make is asking for free help from other people. Free help does not go that far.

Your friends and family have too much to do to drop everything and run to your aid. You have to do whatever you can yourself and pay people to help you. It is the easiest and best way.

If you cannot afford to hire help, don't do what you are attempting.

Chapter 18 - Do not settle

Spend your money on improving your life and buying what you want most. I have struggled with this issue for years. I was always buying cheap things and then suffering. I have found that I have the most success if I just spend more money to get something of better quality.

If you buy better shoes they will last longer. Your feet will feel better now. Buy fewer things of better quality. Make lists of what you really want and get those things.

If you settle for something that is not what you want, you will not be happy.

This applies to everything and everyone.

Chapter 19 - Think and Plan Rather Than Do

Spend more time thinking and planning rather than just jumping into something. Action is necessary to get things done, but it is the last step after thinking and planning. Many times after thinking and planning you will realize that you do not want to do something anyway. It is much simpler to stop something if you never started.

The thinking and planning will save you countless time on the back end. Instead of redoing everything or spending time trying to fix a mistake, do more thinking.

You may still have problems and mistakes, but they will be minimized.

Chapter 20 - Prepare Easier Meals

I do not like to cook that much. I would rather someone else prepare my meals. I enjoy going out to eat and eating at other people's houses.

Because eating out is expensive and somewhat time consuming, cooking my own meals is something that I do. The easiest way to make good meals and have lots of time is to mostly eat the food that you like the best ND that is easiest to make. I balance the food I like the best with the health of the food and the ease of preparation.

Quick Breakfasts

1. Cereal. Have plenty of healthier type cereal and milk on hand.
2. Eggs. I have eggs most days with a glass of milk or coffee.
3. Toast.
4. Sandwich.
5. Bagel.
6. Deli meat and cheese.

7. Leftovers.

You have to get away from the idea of taking a long time to cook. I can make eggs, toast, eat and clean up the kitchen in 20 minutes or less. I know this may seem long if you normally rush off to work without eating, but this works to have a hot meal every day before work. You come home to clean dishes and you did not spend much for good that day.

Chapter 21 - Easy to make lunch ideas

1. Sandwiches.
2. Cold cuts and cheese without bread.
3. Canned soups.
4. Salads.
5. Reheated leftovers.
6. The easiest way to deal with your kid's lunches is to just pay for school lunches.
7. Go out for lunch.

You don't need to spend so much effort, time and money on lunches. You eat lunch every day; it does not have to be an event. It's just lunch.

Chapter 22 - Easy to make dinner ideas

1. Spaghetti and salad.
2. Steak and salad.
3. Chicken and salad.
4. Pizza.
5. Barbeque sandwiches.
6. Take out.
7. Go out to eat.

Dinner does not have to be that hard. It is great to have some nice dinners. But you do not have to make every night an extravagant meal. Make it somewhat nutritious and filling. But make it fast, eat, clean up and be done with it.

Talking during meals is overrated. I do not get much out of talking over a meal. I prefer to eat and save the talking for after.

Chapter 23 - Kitchens ideas

1. Keep your countertops clear. If there is stuff on your countertops you need to throw enough stuff away to keep them clear so it is easy to cook.
2. Use a laminate covered table for most of your eating. Laminate is great because you can just wipe the table with your dish rag after a meal. This will not work with a glass or wood table.
3. Avoid table clothes or place mats. These are just one more thing to clean. I just put the plates right on my laminate table.
4. Use paper napkins rather than cloth. Then you can just throw them out when done. Paper napkins are very cheap. Cloth napkins are just one more thing to bog down your laundry.
5. Use a dish cloth to wash dishes and clean up after a meal. Cleaning pads do not work nearly as well as a dish cloth for wiping the table and countertops. Then you wash the cloths in the laundry.

6. Clean up after every meal. Do not let the dishes pile up.
7. Avoid cooking lots of food at once. Dealing with leftovers is a lot more work than preparing smaller, simpler meals.
8. Buy smaller packages of food. You will eat less. The best part of smaller packages is that they are so much easier to store, cook with and deal with. It is not always less expensive to buy larger quantities.
9. Buy real food and not so many sauces and spices. Sauces and spices use up a lot of room and seem to be always in the way of real food. Just have a few small packages of your favorite sauces and spices on hand instead of endlessly trying new ones.

Chapter 24 - Multi-tasking that works

The chores around the house can very quickly overwhelm your life and use up all your time. It is hard enough to pick up after yourself. Then when you add a child or two, the work is multiplied.

This work has to be done. Your life and living conditions will quickly slide into a messy, disorganized disaster if you are not keeping up with these tasks.

The way to deal with this is to do these chores as quickly as possible and with as many routine's, and systems as you can. This is where multi-tasking and hustling works best.

You cannot multi-task when you are writing your novel, or negotiating a business deal, doing carpentry, or performing brain surgery, but you can around the house. The chores around the house are custom made for multi-tasking.

If I am not doing multiple things around the house at the same time, I am quickly bored out of my mind. There

is nothing as boring as standing in the kitchen waiting for food to cook.

Here are some multi-tasking ideas:

1. Take a walk while your clothes are in the washing machine or dryer.
2. Put away the clean dishes, wash dishes, make the bed, put away clean clothes, do the laundry or do some cleaning while a meal is cooking.
3. Run errands on the way home from work rather than making a special trip.
4. Prepare portions of your next day's meals while you are preparing today's meals. You can make lunch for the next day while preparing the evening meal.
5. When you take a bathroom or snack break while watching TV or working on the computer get your bed ready or get the stuff you need for the next day ready.

Doing a little bit more when you are already doing something is not that difficult. Just hustle a little. Pick up the pace on your chores. Being leisurely does not get this stuff done. Hustling does. You can get a lot of

cleaning done in 5 minutes. You can pick up a lot of stuff and put it away in 2 minutes or less.

Chapter 25 - Easy Cooking

You need to approach cooking like any other task that you want to make easier. Here are some ideas:

1. Minimize the clutter in your kitchen.
2. Have only the minimum amount of cooking utensils and tools that work for you. There is no need to have multiple kitchen utensils and fancy gadgets. Having all kinds of gadgets, multiple knives and excess pots and pans will make your cabinets too full and your countertops cluttered. You cannot do any easy cooking with excessive clutter.
3. Have a core number of meals that you and your family like and can eat often. Once you know how to prepare it there is no need to spend the time looking at recipes. Plus, there is not much time spent creating shopping lists because you know what you need to get.
4. Think about creating a schedule of what you eat on what days. That seems like a good idea the more people you have to feed.

5. Know how much you and your family eat so you have a really good sense how much food you should prepare for each meal so that you avoid leftovers.
6. Leftovers are ok sometimes, but it is much easier to eat all you made for that meal and throw out the few leftovers you have. This way you avoid messing up your storage containers and your refrigerator with leftovers.
7. Most people would rather have a fresh meal than leftovers anyway.
8. Leftovers are kind of a pain to reheat. Then you have to clean the containers and the pots, pans and plates you used to reheat the leftovers. So it is a lot more work and not easy.
9. The only time leftovers make sense to keep is when you are specifically making bigger meals for the reason of cooking two or more meals at one time and after a big gathering and you have a lot of expensive food that wasn't eaten at the party. Then it makes sense financially to store the leftovers.
10. Eat simpler easy to cook meals most of the time. Why do you need fancy meals all the time? I

don't. Save the elaborate meals for holidays or once a month at the most.

11. Eat out during the work week to save yourself some kitchen time. Use coupons, discounts, 2 for ones, just order water and no desert to keep the cost as low as possible.
12. Get takeout during the work week for the same reason.
13. If you do get takeout, throw out the containers the meal came in. I love getting takeout from my local Chinese place. It is really close and cheap. I get some once or twice a month. They put the meal in a really nice plastic container. I could wash this container and reuse it. I know most people would. I throw it out. I have plenty of containers. I am enjoying takeout to avoid preparing a meal. I want to keep things easy.
14. Buy what you need at the store rather than what looks good. Use your grocery list and your budget.
15. Develop a core group of meals that you like and that you can prepare quickly and easily.

Whenever you are grocery shopping you can look for these things and try to buy them when they are low priced.

16. Purposely plan your meals that work with the time you have. Slow cooker meals work well for me on the weekends. I also cook meals in the oven on weekends. I rarely cook in the oven during the week. I want fast cooking, stove top meals during the week. I also have food that does not need to be cooked liked salads during the week. I would say that most of my meals during the week are some sort of meat I cook on the stove and a lettuce salad. That combination is so easy, so healthy and so good.
17. If you carry a lunch, make it the night before while you are making your dinner. It is so much easier to prepare and clean up the kitchen one time. Making lunches in the morning is just so much harder unless you absolutely love getting up super early. I just leave plenty of room in my refrigerator for my lunch box. If you are making

lunches for a bunch of people you will love this idea.

18. Have healthier snacks available. I try to have nuts on hand for those snacking times. Nuts are hard, get it, hard, because they are so expensive compared to other snacks. You will just have to decide, your budget or your health.
19. It seems that instead of having a food item for a snack, what is even more satisfying is something to drink. Doesn't everyone want to be eating or drinking something in front of the TV? Try to just have something lo-Cal to drink when you are relaxing in front of the TV or anytime. I know I can eat a tremendous amount of snacks during a show. I try to have decaf coffee, tea, or even a glass of wine or beer in the evening. It is less calories and more satisfying anyway.
20. The best way to avoid excessive eating is to have less food in your home.

Chapter 26 - Easier Laundry

You need clean clothes and even if you are doing laundry for just yourself the task can be very time consuming and overwhelming.

Doing laundry more often is the easiest and least time consuming way to do speed up your housework chores. Letting your laundry build up into huge piles is too demoralizing. Giant piles of dirty clothes, towels and sheets are smelly and unsightly. Stay on top of your laundry. The easiest way is by doing a load every day or so.

I currently live in an apartment building that has machines in the basement for the tenants. It is a 4 unit building and I kind of know when others normally do their laundry so I don't try to do mine during times when I know they are doing theirs. I do not want to carry a big load of dirty laundry into the basement only to carry it back upstairs.

Wash all your clothes together in cold water. There is no need to do all that sorting if you just wash with cold water.

I want to have all my clothes available all the time for whenever I need them for. That means I need to keep washing them often. I only have the minimum amount of good clothes that I want and that I look good in. In order for my system to work, I need to do laundry every few days.

I need about 2 hours for one load. This includes, carrying the laundry down to the basement laundry room, loading the machine, going back upstairs and waiting for 30 minutes, going back downstairs to transfer the clothes to the dryer, going back upstairs for 45 minutes and going back downstairs to get the dry clothes, carrying them back upstairs and then putting away the clothes. I always try to do something productive while the machines are working.

By doing my laundry this often I always have my favorite clothes available to wear. Obviously, if I miss a day or two it's not a big deal.

There are some clothes that I do wear more than once such as jeans, pajamas, lounge wear, sweatshirts and clothes that I wear around the house to do housework or relax. Clothes that I wear to work, going out in public and working out in only get worn once. You should go by the smell and feel of the clothes. If you only wear a shirt for an hour to do something that doesn't involve sweating, then it probably could go back in the closet.

Here are the basic laundry items that you need:

1. Tall laundry baskets. 1 for clothes for each person in your home. 1 for towels. 1 for sheets
2. Large plastic clothes pins.
3. Plastic hangars. You need enough to hang all your clothes plus do the laundry because there are a lot of clothes to hang to dry that will be folded and put away. There are some special hangars that work well for laundry. There are kinds that have built in clothes pins. There are kinds with little hooks for holding straps (mostly for girls and women's clothes, I guess). There are kinds with notches on the top that are good for holding boxer shorts or underwear.

Wire hangers are worthless and should be thrown away immediately.

4. Detergent.

5. Spot cleaner.

6. Quarters in a container if you don't have your own washing machine and dryer. I keep my quarters in a big plastic class right in the closet where I keep my detergent.

The best part of doing laundry often is having your favorite clothes clean and ready to wear.

Don't forget that getting it washed is only part of the process. You still need to put it away. Big piles of clean clothes are unsightly too, just not smelly.

When I was married, my wife did all the laundry. She didn't want me to do any of it. I would gladly have been involved. It's not that hard, the machine does all the cleaning. All you do is put it in, push the buttons and take it out. It's something anyone can handle.

She made a big production on how hard it was. She never wanted to fold the clean clothes and put them

away. It wasn't that she was working a 40 hour a week job. She didn't work outside the home at all.

For large portions of our marriage I was working a lot of overtime. I would get to work by 7 a.m. and be home around 7 p.m. I would get home and want to change into some comfortable clothes, relax, eat and maybe do a few things around the house.

When I'd get into the bedroom to change my clothes the bed would be mounded high with clean clothes.

I would start folding the clothes immediately. I hated having the bed full of clothes and did want to do my part of the housework. I was looking forward to going to bed in a few hours and didn't want to deal with those clothes when I was exhausted and ready for sleep.

She would get really upset with me for folding the clothes. I thought I was helping. If she didn't want me to fold them, why were they on the bed?

Make your housework simpler and easier by doing your laundry often, having a system in place for

maximum efficiency and make sure and put the clean clothes away as soon as they are dry.

Chapter 27 - Setting Things Out

Set out anything you need to take with you the next day on the kitchen table or by the door you leave through. This might include your planner book, your lunch, the garbage to throw out, letters or bills to mail, DVD's to return, book's to return to the library or any items with receipts that need to be returned to the store.

Set out your toiletries on the bathroom counter while the water is warming up before you take a shower. After your shower, everything is ready for use and you can put away each item as each task is completed.

Set out the food ingredients, mixing bowls, measuring devices and cook pots and pans before you cook. Put things away or in the soapy dish water as you are done with them.

Set out all the files and reference material you need for the paperwork projects at home or at work.

Chapter 28 - Picking Up as You Go

Wash the dishes right after a meal. It is easier to wash the dishes right away before the food hardens. It is easier to clean a little at a time.

Make your bed in the morning. Your bedroom will look clean. Instead of wrestling around with the blankets late at night when you are exhausted you will be getting into a comfortable made bed.

Keep books in their proper place on a bookshelf. I love books. I have a lot of books. I buy them. I borrow them from the library. I download them from the computer. But I don't like them piled all over the place.

I only keep out what I am reading at the time. I may be reading a bunch from the library. In that case I keep them neatly stacked by my main reading chair. As soon as I finish a library book, it goes into a bag to take back to the library. As soon as I finish a book I own, it goes back on the shelf.

I can only read so much at once. I might have a book by my bed and another by my living room chair. If the book you are reading is interesting or important then you should be able to carry it around with you.

I only keep the papers I am currently working on out. Having all the papers out for multiple projects really makes life difficult. Finding something is a nightmare when all your papers are out.

It's a daily habit to keep putting things away. It doesn't take much time if you do it daily and you don't have much stuff.

I don't like to work on too many things at once. I like to concentrate on only a few things at a time. If I have too much stuff lying around, it's distracting.

It always seems to me that people who have a lot of stuff out are messy and don't get a lot accomplished.

I like to have my home and car always ready for guests. It is nicer for them, but really that is the way I want it. I am not compulsive cleaner but I like my home to be clean and not messy.

Chapter 29 - Know How Long It Takes to Get Ready

You can always tell if a person has an easy life if they are early or on time. If someone you know is always running late, it means their life is not easy.

The most important part about being on time is the knowledge of how long it takes to get ready or allowing plenty of time if you are not sure. This one tip will save you countless times of being late.

You need to have a sense of how long it takes to do everything you need to do and work backwards from that perspective. This is how a person with an easy life will think.

It takes longer to get ready for other events different than your normal daily routine. You should at least double the time you normally spend to get ready for a special event.

You know how long it takes to get ready for work and how long it takes to get there. If you didn't you

would be late every day. Just take that knowledge and apply it to every other thing you do.

It was so frustrating with my ex-wife and her slowness in getting ready and her constantly saying it didn't take her long to get ready. It took her a minimum of 3 hours from the time she started until we left to a weekend party or wedding or event like that.

The funny thing was that each time it was something different that made her late. I pointed out that it took her at least 3 hours to get ready so that she would know what time to get up so that we would be on time for the event.

I thought I was helping her but she didn't see it that way. She just stubbornly stayed in bed or wouldn't start getting ready. This was even after we agreed what time she should get up and start getting ready.

She would argue with me that it didn't take her 3 hours to get ready because part of the time was spent doing other things like dishes, preparing food, laundry or something else. I would point out that the effect of doing those things at that time made for the 3 hours and until

she chose to not do those things at that time then it took her 3 hours and we would be late.

It is just not possible to have a stress free life if the people you are dealing with are chronically late and disorganized.

Chapter 30- What To Do in a Few Minutes

Make your life easier by using all the spare minutes. You will be tempted to do nothing but using those spare minutes will free up longer blocks of time that you can use for more enjoyable activities.

Here is a list of things you can do in just a few minutes:

1. Throw something out. Always be looking for something to throw out.
2. Straighten something out like a bookshelf or the couch cushions.
3. Put like items together such as clothes, books or kitchen items.
4. Put things in a more logical place.
5. Make a call.
6. Make your bed.
7. Put away the dishes.
8. Clean the kitchen counter.
9. Clean the bathroom mirror.

10. Dust the TV.
11. Read a short article.
12. Look through your planner book.
13. Look through your briefcase.
14. Make some lists.
15. Check your email.
16. Check your messages.
17. Read a few pages in a book.
18. Surf the web.
19. Do anything related to your life goals and dreams.

The number of things you can do in only a few minutes is endless. You should make your own list based on your needs. I really like to get a lot done in the spare minutes so that I can develop longer blocks of time for the things I really want to do.

I use being more productive in these small time fragments to free up more time and make my life easier. There is nothing like having all your minor chores and errands done so you have multiple hours of free time.

Chapter 31 - Family Organizing Tips

It is very difficult to have everyone in your family as organized as you are. Not everyone will see the value in an easy life.

Organizing is something that is individual. It is a way of thinking and acting to make your own life easier.

So you may have extreme difficulty in getting your children, spouse or family members to be organized in a way that suits you.

What is easy and make sense to you will not be apparent to them.

My ideas are based on what a person can do to make their own life better and easier. It is not about demanding others do what I want. I am pointing out ways of thinking and actions that work for me and that I know work for others to better their lives.

Since my other love besides having an easy life is freedom and being left alone to live my life I cannot justify ever demanding others do what I insist they do. Not even my children. I just cannot make that leap.

So even though I know what works for me and what would work for my kids I do not insist that they do exactly what I want.

I do model for them. I show them. I explain what I do and why. They are free to determine for themselves if they want to use my methods or some other method to have an easier life.

People, including your children, will only change if they are willing to change.

Insisting that they change to better suit you is not right. Even if you do know what is best for them.

You can find ways to make it worth their while. You can pay your kids to keep their rooms cleaned. You can show them how much more time they will have for fun by being more organized.

The other option is to demand that they do what you want and make their lives miserable until they fall into line.

Your best approach is just to be super organized and have this easy life yourself and get what you want in that manner.

I guess if I knew then what I know now about clutter and living an easy life I would not have got married to my wife. She came into the marriage with a huge amount of stuff. She was always late. She was chaotic and filled with drama and chaos.

I just assumed that after we were married she would be happy to get rid of her stuff to make me happy. Wrong. She never got rid of anything. Once I did throw something of hers out and she was just so enraged. It was like I did the worst thing imaginable. It was an awful awakening for me.

I thought she would learn to be early and follow along on my way of living an easy life.

But none of that happened. She was and continues to be a cluttered person, who is usually late, filled with drama and chaotic. She does not believe in having an easy life.

An easier way to deal with children that are disorganized and to have an organized family is to avoid doing all the extra things that families are supposed to be doing all the time.

Activities to Question Doing:

1. Going to church every week and additional times during holidays.
2. Having your kids involved in all kinds of extracurricular activities.
3. Volunteering for your kid's school.
4. Volunteering for groups of any kind. If you want to accomplish something just go ahead and do it yourself. If you are really concerned about having an organized family you will spend the majority of your time on family type things.
5. Preparing elaborate meals. Most people, especially kids do not really appreciate fancy meals.

6. Keeping your house spotless. A little dirt does not hurt anyone. Excessive clutter is the real eyesore and causes most of the problems in most homes. Concentrate on eliminating clutter and your home will look good even when it is not.
7. Having an immaculate yard.
8. Having a yard at all. Kids do not really play in yards that much. A little grass is nice but it really is not necessary.
9. Being in adult activities that take a lot of time and that are constant. Bowling leagues, volleyball leagues, softball leagues, other things like that take a lot of time.
10. Insisting your children continue activities that they have started. Some sports and groups seem to imply that once you start you will be a member for years. Let them quit once they are done with it.
11. Thinking how it was for you as a child will be how it is for your child. Times change dramatically. You have to change with them. I am most concerned with providing for my kids, keeping them as safe as I

can and letting them have some opportunities for fun.

12. Thinking that you will be able to do all the things you want to when you want to do them.
13. Putting things on hold or layaway at the store rather than just buying them as you need them and as you have the money available.
14. Saving all your child's toys for your future grandchildren.
15. Driving all over town, shopping chaotically before Christmas instead of making a list.

Chapter 32 – Buy Less Food

Buying smaller amounts of food will help your kitchen, your waistline and your whole life.

Here is why smaller quantities of food are better:

1. It costs less. You can compare the unit price with your price book and see. The bigger quantities are not always less.
2. They take up less space in your pantry. Why should you have to buy more cabinet space and have food stacked up everywhere? Isn't that what the store is for?
3. You won't get tired of eating the same thing day after day.
4. They take up less refrigerator space and since the amount is smaller it will be in your refrigerator for less time. This will keep your refrigerator cleaner and smelling better.
5. It is very difficult to get all the food out of the bottom of tall containers

6. If you buy large packages of meat and you don't cook it all right away you will have to take it out of the package, repackage it into smaller amounts using expensive wrap. I would rather just buy the right size at the store. They already have it wrapped. I just put it into the freezer if I am not going to cook it in the next day or so. That is so much easier than dealing with all the repackaging.
7. You will eat less. I tend to want to eat all that is there so I have fewer leftovers. I just don't like the mess. By buying less at the front end I eat less at the back end. My health is more important than the cost savings of food I really should not be eating that much of anyway.
8. Smaller quantities are easier to carry. It is so much easier to just carry a few small bags of groceries than a lot of heavy bags.
9. It is a lot work dealing with a massive amount of food.

When you buy food at those huge stores in massive quantities it is not only a huge expense all at once it is a tremendous amount of work.

The stores are massive and take a long time to get into and walk around. You can spend many hours there,

The carts are huge and heavy.

The food is in giant, heavy packages. Your cart quickly gets overloaded and hard to push.

You end up buying massive amounts of good looking food that there is no way you will ever eat.

The lines are long and slow. The cost is enormous. They rarely bag things up for you so you have to do that boring task yourself. The store and parking lot are huge so it takes a long time to get to your car. I remember buying so much food at times that we would have a hard time fitting it into our van.

Then there is the hardest task of all, getting it into the house and putting it away. We would have to repackage everything into smaller containers. The refrigerator would be packed. The basement freezer

would be packed. The pantry cabinets would be so full the doors wouldn't close. The basement shelves would be full. There would be food stacked on the kitchen floor in all the corners. Our house looked like a warehouse.

Then there wouldn't be anything to eat and we'd have to go out to eat.

If you just contrast an entire Saturday afternoon doing this stupid shopping at the giant store with a half hour trip after work to your local small grocery store, you will see who has an easier life.

Buy the smaller cans, cartons and packages. Buy bottles or cans of soda, not liter bottles. You just end of drinking a lot more soda and everyone knows that is not healthy.

Buying smaller containers of food as much as possible seems counter intuitive at first because everyone says to buy in bulk. But buying in bulk only works in certain circumstances.

If you are preparing food for dozens of people you would want to buy in bulk or if you have a lot of kids for

instance or if you have a huge pantry and really enjoy dealing with lots of food.

Most people don't enjoy spending lots of time on food. They are better at dealing with smaller amounts of everything including food for their pantry.

Chapter 33 - Bathroom Ideas

Set up your bathroom so that you can get ready in the minimum amount of time, so it is easy to clean and it looks good. There will be days where getting ready fast is essential. You can always go about it more leisurely when you have time.

Here are my best tips to have an easy to use bathroom:

1. Never use those mats or stick on type things in the bottom of your bathtub. They are supposed to be there so that you do not slip but what they really do is make your bathtub really hard to clean. The stick on things never comes off and the mat gets ground into the tub and makes it impossible to get the tub totally clean.
2. If you have the choice, get a one piece tub and shower surround. Even one of the three piece units is better than tiled walls around your shower. The grout is very hard to clean unless you are a cleaning fanatic and the gap between the tub and tile that is

filled with caulk will get moldy and disgusting no matter how often you clean it. Plus there is always the risk of leaks.

3. Never get a glass or Plexiglas sliding door on your shower or tub. These things can never be cleaned that well, plus they make your shower area much smaller. The best thing to have is a rod with a waterproof curtain. You can get a decorative type outside curtain. The inside curtain can be washed or replaced because they are not that expensive. The best part is that the curtain gives you more room in the shower. You won't bang your elbows on the glass or risk breaking it.
4. Never clean your bathroom, or anything, with a bleach type cleaner. The bleach is hard on your lungs for one thing. The worst is that the bleach will ruin your faucet fixtures. It will also ruin your clothes and anything else that it touches. The right way to clean the bathroom is to just clean it a little more often with a mild cleaner.

5. Do not fall for those toothpaste dispensers that look so good on TV. After they are used a few times they will be a gross, disgusting mess.
6. Put your toothbrushes and everything else away in a drawer or somewhere hidden from view. I am a little squeamish, but seeing people's toothbrushes is just disgusting to me. Even if you are not as squeamish as I am, you will have to admit that all those personal products being out is a real eyesore and will make even the most beautiful organized bathroom look bad.
7. Avoid at all costs the pedestal type sinks. I know they look elegant but where will you put the necessary things in your bathroom without a bathroom vanity. People with the pedestal sinks will always have their personal products just sitting out for everyone to see because they have no place to put them. Even the guest bathroom should just have a vanity to store some things out of sight.
8. You need plenty of towel racks in your organized bathroom. I have one for my hand towels and 2 for the towels I use after a shower. Sometimes I shower

twice a day and the first towel will not be dry for my second shower. Since I use these towels to dry off multiple times, they need a place to dry. I do not want them hanging over a door or over a chair or in my bedroom. I just want to neatly hang them on a towel rack to dry in the bathroom.

9. Give a little thought to where you place your toilet paper dispenser. Most people are right handed so the best is to tend it to the right within easy reach when you are sitting on the toilet. There is nothing as irritating as to twist around on the toilet or reach a long way away or at an extremely odd angle to get some toilet paper. Being able to easily get the toilet paper should be the first consideration in every organized bathroom. That is the most important function.
10. Use a liquid soap dispenser for washing your hands. Bar soap for hand washing seems so disgusting.
11. The best set up to avoid excess clutter on your bathroom vanity to would just be the liquid soap dispenser. Keeping the stuff to a minimum means

your sink area will always look good and be very easy to clean.

12. Toilet seat covers are very unsanitary. The best thing to do is just clean the entire toilet every time you clean your bathroom.
13. If you are in an older place with the bigger toilet that holds more water, keep it forever. Those old toilets with more water work so much better than the new ones with little water. The newer toilets are like living in the dark ages with the filth and the mess. You need to flush so many times and the toilet is always getting clogged. Now instead of keeping the plunger hidden in the basement or garage you have to keep the filthy, unsanitary thing right by every toilet in the house.
14. If you are replacing the bathroom faucet get the one handle ones that are easy to clean. I hate the 2 handle faucets. The water will either be too hot or too cold.
15. Clean your bathroom often. It is easier and faster to do it more often rather than waiting until it is hard to clean.

16. Keep your cleaning supplies handy in the bathroom. Keep the supplies away from small children.
17. If you share the bathroom with someone, have an honest discussion as to if you want privacy or not. When I was married my wife always wanted to be in the bathroom even when I was on the toilet. Anyone with any sense prefers privacy in the bathroom.
18. Set up your personal products and supplies in a way that you can get ready as fast as you can. Even if you have the time to get ready leisurely, there may be times when you really need to be fast and if you have it set up for speed, it will really help. I get ready at a steady pace with no wasted motions. I do not want to spend a lot of extra time getting ready.

Chapter 34 - House Cleaning Tips

1. It is easier to clean when there is less stuff to work around. Get rid of clutter first and make getting rid of clutter a continual priority.
2. Concentrate on creating and keeping open spaces in your home.
3. Bathroom and kitchen counter tops should have as little as possible on them.
4. Keep cleaning supplies and cleaning tools where you need them.
5. Get the right cleaning supplies and cleaning tools to make it as easy as possible for you, not as difficult.
6. Clean often so things don't get as dirty.
7. Move fast, don't dawdle over it.
8. It is going to start getting dirty right away anyway. Just do it quick and be done with it. Having a spotless home, car, clothes, whatever, is great, but having time is better. Only spend the time as necessary. Besides, the stuff that is out is what makes things look bad. It is not really dirt and filth

that is the problem; it is piles of stuff that is the mess.

Chapter 35 - Easy Living Furniture

Some people have their couch and chairs so far from the TV that they can hardly see it. They turn the volume way up in order to hear it. You may have a beautiful living room but if you don't enjoy watching TV there then what good is it? Set up your living room around what you do in it. If you watch TV put your chairs up close so you can see it.

Some people have extremely beautiful furniture that is very uncomfortable. If the furniture is uncomfortable no one will enjoy being there, no matter how beautiful it is. In fact, the more used, and relaxed looking, the more people enjoy being there.

The best furniture is very comfortable, very functional, easy to clean, light enough to be easy to move around and not so expensive that you fuss over it, have to have it or care more about it than people.

Start with comfort. This has mostly to do with the furniture you sit on, recline on, put your feet up on or lie

on. Things like living room chairs, recliners, dining room chairs, couches, sofas, loveseats, footstools, ottomans and coffee tables.

This type of furniture is the second most important thing in your house after your bed. Beds are another category. Obviously, you will have an extremely comfortable bed, won't you?

There are few things worse than being uncomfortable in your own home. Everyone kind of expects that you will be uncomfortable when you are outside your home. That seems to be the way everything is made. Small cars are hard to get into. The hard and narrow seats on the bus, train and subway are not comfortable at all. Very narrow seats that you have to squeeze into on the plane. The seats at sporting events are very hard and very narrow. Old, rickety chairs with no support at work and everywhere else you go.

Then when you get home you are expecting comfortable furniture to sit down in and relax in comfort and ease the pain away from a day spent in discomfort.

That is the way it should be. If it isn't for you, then getting some comfortable furniture should be one of your most important things you do for yourself and soon.

When I was married, my wife was more into the looks of the furniture, not comfort. I cannot even count the times we would be looking at furniture in a store and she would be begging and threatening to buy some foolish, uncomfortable piece of furniture. It was just unbelievable to even have to try to convince her that something like that is a stupid idea. But I had to spend my time convincing her of the basics or end up paying big money for something worthless.

She would be looking at the soft living room chairs that were really low. Those types of chairs are totally worthless.

I would mention that her elderly father had bad hips and would have a hard time getting into and out of a chair like that. That it would not be good for him. I thought that line of thinking would get through to her because she worshipped her father. She just said, well,

when he comes over, you can just bring up a chair from the basement for him.

She would be looking at the low backed couches that were kind of short. I pointed out that when you sit on a low backed couch your head will not be supported when you are leaning back. I also said it is difficult to lie down on a short couch. I am a little over 6 feet tall and need a couch that is longer than that. She did not care about this argument either saying that people should be able to sit up straight and that there was no need to take a nap on a couch. To me, taking a nap on the couch is one of life's greatest pleasures and reclining with my head back is a really good feeling after a long, hard day.

Trying to look at recliners was a lost cause with her. I just gave up on the entire idea. There is no chair as comfortable as a recliner with a built in footrest. It is the ultimate in easy living furniture but comfort didn't matter to her.

What you really need to have a nice home is to have all your sitting type furniture really comfortable.

We did have some really comfortable dining room chairs at one time early in our marriage. The seats had a really good spring cushion and foam seat. The chair was covered in fabric. I could sit at these chairs for hours. Enjoying a long dinner with the extended family was a delight. I also spent hours doing all kinds of office work, reading and planning at the dining room table on these comfortable chairs.

Then, she got the idea that she needed to reupholster these chairs with a different fabric because they had a few minor stains on them. They were dining room chairs after all. We ate from those chairs all the time with small children.

That was a bad idea. Once the original fabric is off, there is no way to make the chair right again. Those beautiful, comfortable chairs were ruined.

She ended up buying some narrow wood chairs with very uncomfortable seats that you can only sit on for about 10 minutes before you need to get up. Forget about a long conversation at the dining room table

anymore. People would just hurry through meal and get up to leave.

That is what happens when you want your furniture to look a certain way instead of feel a certain way. You end all possibility for long, meaningful discussion. I want comfortable dining room chairs that my guests and I can sit on for many hours discussing our hopes and dreams, laughing until we cry or crying until we laugh. This is how people connect. There is no way to have a good relationship with others if you cannot spend the hours together talking around the table.

The worst furniture:

1. Living room furniture with no arms.
2. Couches and chairs that have very low backs.
3. Dining room chairs with no cushioning on the seat.
4. Extremely soft and low living room chairs and couches.
5. Tables with glass tops that get easily scratched.

6. Huge entertainment centers that have to be put together and then are so big they are impossible to move and they will only fit in one place in your home.

Chapter 36 - The Perfect Couch

1. Long enough and wide enough that you can sleep on it for an afternoon or all night if you have to. It should be large enough to function as a guest bed.
2. Long and wide enough that 3 people can watch movies all night or a full day of football in total comfort.
3. It has a tall back so you can fall asleep sitting up with your head back and you will not get a sore neck.
4. It is made out of material that will not stain if you spill food or drink on.
5. It is not so expensive that you are afraid to use it.
6. Two people can make out on in without hurting themselves.
7. Comfortable for those times you are sick and need to be on the couch in front of the TV until you feel well.

Chapter 37 - The most important chair in the house

The best type of a chair for you is a recliner. There is just no comparison. A chair with a separate footrest is too awkward and takes up too much room. Then you always have to stumble over the footrest, walk around it or move it. It is hard to believe that they still make footrests after recliners were invented.

There is nothing as comfortable as a recliner that you love.

Having your own super comfortable reclining chair in your own house is the first step in having a good, easy life. I have a chair like this where I read, write on my laptop computer, surf the internet, watch TV, nap and spend most of my sitting time in my house.

Chapter 38 - Your Bedroom

Your bedroom should be set up for restful sleep instead of trying to look like a magazine advertisement. Having all those extra pillows for show is one of the most ridiculous ideas ever. You just need the amount of pillows that is right for sleeping or for whatever you are doing in bed.

It is critical to have a really good bed. You cannot scrimp on the cost. You have to spend a lot.

It is important to have good bedding. But not so many extra sheets and blankets that you have to find a place to store. These things hog up a ton of space.

The best combination for me is two sets of sheets, a few extra pillowcases, a thin blanket that fits over the entire bed, a comforter that fits over the entire bed and a throw blanket for the bed for taking naps or when it is extremely cold.

Chapter 39 - Closets

Your closets should store your things efficiently and be arranged neatly in a manner that makes sense so you can grab what you need in an instant. Having a well-organized closet is one of the best ways to have an easy life and feel good about your home.

You may have your house picked up and neat looking when guests come over, but your closets tell the real story of how organized a person you really are.

Do you grab your guest's coats as they walk in and put them on your bed even if there are only a few people coming over? Then you probably have an overstuffed closet that you don't want people to see.

You should have enough room in one closet near the front door for 3 or 4 coats from your guests.

Closets work best when there is excess room in them. Closets are really no different than any other room in your house. You don't want so much stuff in there so they are packed.

The melamine particle board and wire shelving closet systems are a huge improvement over the single pole and shelf above it.

My wife and I put a California Closet system in the master bedroom closet of our first home and it really helped. The salesperson came to our house, measured the closet and drew up a plan right in front of us. It was quite impressive. We ordered the system and a professional installer put it in within about a week after we ordered it. The closet system was not cheap but for our little, old house with small closets it helped us a lot to have an organized closet in our master bedroom.

Chapter 40 - Be Early

There is nothing wrong with being early. Being early makes your life easier. There may be times when you are too early, but being a lot early is better than being a little late.

You will have a very hard time trying to be early when you are dealing with people who are not.

Organizing your life and being early is a private matter and you will really have to be tough about it when dealing with others. You have to pick your battles when dealing with people who are chronically late.

If you manage people, there will be people who cannot be early or even be on time getting to work.

Under the best of situations those people have to be fired. What happens most of the time is that those people have to have allowances made to them. The work will have to be done in spite of them.

Don't be those people who are late.

One of the easiest ways to deal with people who are chronically late is to avoid them. People who are late and make you late add to your stress.

There is no way that it won't affect your relationship. You will have to use judgment here. Sometimes you will have friends and family who are not terribly late but more what I call just on time types.

Just on time types like to squeeze time so that they are not early. They don't like to be early so they have to wait around. This is different than late people who just are late to pretty much everything they do.

If the value the just on time people add to your life outweigh the annoyance of just on time slipping into a little late then you will have to be a little flexible.

That being said, if you need to relax your standards continually and are always frustrated with someone because of them being late then you will have to make the hard choices.

You could have a discussion with that person and honestly tell them how you feel. If your spouse is a late

person and you are an early person then it will really bother you. You need to tell your spouse how you feel about their behavior. If your spouse adds a lot of value to your life then you will have to decide if you can live with the lateness.

Chapter 41 - The best things in life are short

1. The checkout line at the store.
2. The wait at the restaurant.
3. The church service. Nine times out of ten, when you overhear someone they will be commenting on the length of the service. Most people can stand about an hour service, any more than that is too long.
4. A wedding ceremony. The best wedding I ever attended was 10 minutes long. The worst was two hours.
5. Commercials. You're enjoying the game or a good show and the commercials always screw up your enjoyment.
6. Your kid's events. All the sporting events, practices, musicals, plays are nice as long as they are kept short.
7. Any ball game.
8. The amount of research you need to do for a project. Is there anything more demoralizing than having to read an enormous, bulky report? Wouldn't you

rather just need to read a few pages? Finding ways to get your work done faster will really help your career as well as have you become known as an efficiency expert.

9. The amount of work you need to do for a project.
10. Songs. There are only a few good long songs. Because people prefer short songs.
11. Books. Most good books are short and to the point. Long books are ok but aren't read that much.
12. Time with people you don't want to spend time with.
13. Time at a job you're only working at for the money. This means most jobs. People who work a lot are usually just doing it for the money.
14. Exercise. Exercise is great for you but most people are always looking for ways to minimize the time spent.
15. Letters.
16. Reports.

Chapter 42 – Eliminate These for an Easy Life

1. Going to Church every week.
2. Working overtime.
3. Getting married.
4. Having kids.
5. Going to every event.
6. Volunteering.
7. Adult activities like bowling or volleyball leagues.
8. Going to every family gathering.
9. Watching every second of every sporting event.
10. Watching all of the most popular TV shows.
11. Staying married to someone who is no good for you.
12. Voting.
13. Getting involved in clubs and groups.
14. Buying a home.
15. Having a second home.
16. Having multiple cars.
17. Having complicated finances.

Chapter 43 - Never Sacrifice

Another way to make your life easier is to consider getting rid of is the idea of sacrificing for others. You should do things for your own sense of pride and for yourself. Doing anything just for others is just wrong.

I don't take care of my kids because I feel like I should sacrifice for them. I take care of them because I want to.

I didn't play high school football for my teammates or coaches. I played because I wanted to and I had a lot of pride to try to do well.

I don't work overtime as a sacrifice to the company. I do that to get the work done because I have pride in getting it done and for the money.

I would like to strike the word sacrifice from our vocabulary. It's a bad word. When people tell you that you need to sacrifice, run away from them. They are just using guilt to get you to do something for them. Your life will be so much better if you never sacrifice anything.

Occasionally, there will be times when you are inconvenienced, but that is hardly a sacrifice if the things that are inconveniencing you are something that you want to do. Doing things for your spouse, your children, your relatives, your friends, your neighbors and your co-workers is not a sacrifice if you want to do them and it does not take over your life.

You will find that you have really begun to simplify your life once you stop thinking you need to sacrifice and stop doing things you feel like you have to do.

Chapter 44 - Stupid Things All Start with Not

1. NOT stopping earlier to use the rest room.
2. NOT knowing what time it is.
3. NOT bringing any money.
4. Not bringing enough money.
5. NOT keeping your keys in the same place.
6. NOT knowing where the restrooms are.
7. NOT having extra toilet paper.
8. NOT taking notes at the meeting with your boss.
9. NOT getting the work done by the deadline.
10. NOT knowing when the work is due.
11. NOT paying on time.
12. NOT remembering important dates.
13. NOT stopping for gas.
14. NOT reading the instructions.
15. NOT being prepared for the job interview.
16. NOT getting to bed on time.
17. NOT setting the alarm clock.
18. NOT leaving enough time to get there.
19. NOT replacing the last one.

20. NOT making plans.
21. NOT exercising.
22. NOT stopping eating when you are full.
23. NOT stopping drinking when you've had enough.
24. NOT stopping smoking.
25. NOT getting directions.
26. NOT fully understanding what you are supposed to do.
27. NOT asking questions.
28. NOT doing what you want to do.
29. NOT getting her number.
30. NOT having fun.
31. NOT talking to her.
32. NOT getting out of a bad relationship.
33. NOT quitting a bad job.
34. NOT telling someone how you feel.
35. NOT speaking up.
36. NOT trying to find something by not looking for it. You may need to get on your hands and knees and look. You have to look for it where you dropped it. You may have to look

everywhere. You may have to move everything. You may need to expend massive energy to find it, especially if you are helping a disorganized person.

37. NOT keeping your wallet in your pocket.

One day I was at my local Wal-Mart with my daughter. We were in line to get some gum (she loves gum). The guy in front of us had a baby in the shopping cart and another young child. The clerk had scanned a lot of his stuff already, stuff like diapers, food, baby stuff and other house supplies. The clerk was on his last item or so when he told her that he left his wallet in the car! Can you believe that? Here was a grown man, with two kids, probably mid 30's and he doesn't keep his wallet in his pants pocket. To me that was a classic example of a disorganized man. What would he be thinking about when he was going into a store to buy things? Why wouldn't he have his wallet in his pocket when he leaves the house? Why would anyone keep

their wallet in the car except in special circumstances?

Chapter 45 - Get it How You Want It

Concentrate on your life with enough detail to get your life, your house, your desk and your relationships how you want it.

I have my apartment set up how I want it. When it gets changed around for whatever reason it is a simple matter to get it back how I want it. Get it how you want it and make how you want it simple to maintain.

If how you want it takes hours of time to get then that's too much.

You don't have things set up simply enough. Simplify your house so after you have guests it doesn't take more than a half hour to get your house back how you like it for yourself.

What will happen to your life is that when your guests leave and you need to spend hours getting your house set back up how you want it, you will not want to have people over.

If the work involved in cleaning up and getting it back how you want it is more painful than the enjoyment of having people over, then you will be reluctant to have people over.

Life is more than just keeping a neat house. You want a neat house and you want people over. Do both by making the getting it how you want it.

Chapter 46 - Pick Up and Put Away

Life is so much easier and better when you just put in the tiny extra effort needed to pick up or put things back where they belong before you stop doing whatever it is you were doing.

Roll up your car windows so that rain or moisture does not get inside.

Pick up and put away your outdoor equipment like lawn mowers and metal tools when you are finished so that they do not get wet, rusty or stolen.

Straighten out your desk so that you can work more productively.

Put away the clean dishes so you have room to prepare your next meal or the dishwasher is open for the next set of dirty dishes. Clean dishes make your kitchen look dirty.

Put away your clean clothes so your bedroom looks nice and neat.

Keep your house picked up so you are not embarrassed if someone stops by.

Make your bed every morning.

Always be tidying things up and condensing things.

Chapter 47 - Do It Yourself

Having an easy life is simpler when you do as much as you can by yourself. Life is too hard when you rely on others.

What can you do by yourself to improve your own situation? Forget about having to convince lots of other people to help you. They have their lives to lead too. Why should they help you if you don't do most of the work yourself?

The key to having an easy life is to set up your life in such a manner that you need very little help with anything from anyone.

This is such a simple shift, but so difficult for most people to realize.

Most everything we do is overly complicated and dependent on others.

If you can just start moving away from that mindset to one of what you can do for yourself, your life will become far easier.

Let's look at some times when you are usually counting on others and how by changing things somewhat you do not need others:

- a. Moving. Normally you will call a bunch of friends and family to help you. What if they cannot make it? What if they are too old, too sick, too frail or too busy to help? A better way is to hire moving men to do this and move as much as possible yourself. Minimize the size of your furniture. Toss out as much as possible before the move.
- b. Doing any type job where you have to work with a partner or a helper or assistant. Working with someone all day, every day would just drive me insane. I am just not interested at all with putting up with someone else's idiosyncrasies and problems. I am not interested in spilling my guts to someone at work.
- c. Doing work that involves others.

- d. Depending on your spouse for financial support.
Depending on your spouse for anything.
- e. Operating a business that depends on having very capable people working at peak efficiency all the time. A better business model is one in which almost anyone can do the work without needing to work that hard or be really bright.
- f. Being in an industry that is highly regulated. You are then dependent on the regulators.
- g. Being in a business that relies on complex, expensive machines that need really capable operators. A better model is to have machines that are easy to maintain and can be easily run by anyone.
- h. Insisting that others agree with you.
- i. Looking outside of you for answers.
- j. Looking to leaders to tell you what to do. This is huge. It is a far better way to live to count on yourself for staying organized and doing what you want with your life.
- k. It is better to hire somebody to help with things as needed rather have employees permanently.

- I. The type of major in college would be one that is naturally suited to being an independent contractor.

Let's face it; people will always let you down. Counting on others is a mistake. It will be great if they help you, but set things up so that you can do as much as possible without their help. Having an easy life is simplified if you just concentrate on what you can do.

Chapter 48 - What to Have and Do for an Easy Life

1. Have the right shoes for any occasion. Shoes that look good are appropriate and that you can walk in.
2. Carry cash and use cash for most of your purchases. You avoid having to deal with receipts.
3. Know where the restrooms are. Inform the people with you with the location also. The first thing I look for in a new area is the restrooms.
4. Remember where the car is parked. I do not want to wander around looking for my car.
5. Find out what hospital room the patient is in and what to bring. Hospitals are huge and hard to get around in.
6. How much cash is available to buy something?
7. How much credit is available?
8. When the bills are due?
9. When are the birthdays and other events?
10. Keep everything in its place, especially your tools, files, bills, books, records, computer files and your clothes.

11. Give gift cards or cash as gifts unless you know exactly what the person wants
12. Drive a 4 wheel drive vehicle if you live in a climate that gets snow every winter.
13. Be punctual. You cannot have an easy life if you are consistently late.
14. Be a thrower. Throwing out excess stuff is the best way to have an easy life.
15. Avoid being a perfectionist. Perfectionists never get anything done and will never have an easy life.
16. Get right at something. Procrastination never helps.
17. Be a quitter. Your life gets easier every time you quit something that is bad for you.
18. You cannot be afraid of work. Having an easy life involves some work.
19. Care about time.

Chapter 49 - Clean Up Outside

Trim your mustache and beard and cut your nails outside. The wind blows this away with some occasional sweeping.

This is so much easier than doing these tasks inside. Hair and nails are hard to clean up after.

Chapter 50 - Eat Outside

Eat outside especially if have a lot of people over. That way the spills and mess happen outside and you will have less to clean inside.

This is why most parties and gatherings are held in the summer. No one wants to do all that cleaning and have to worry about guests messing up their homes.

Chapter 51 - Never Save Good Things for Later

I used to be the person who would save good things for later. I'd wear my old clothes while saving my good clothes for later. I'd do what I didn't want to do now and do what I want later.

I found out that later never comes. I would wait and wait for later and find out that I rarely would do what I wanted.

I made the switch to not waiting for later. I started wearing my favorite clothes now. I started doing things I wanted to do now. My life improved immediately.

It was still warm I started my freshmen year of college. I had 3 pairs of nice shorts and 1 pair of strange shorts. I wore the strange shorts almost all the time.

I was so intent on saving my good shorts that I only wore my strange shorts. I was a freshman in college away from home for the first time trying to make a good impression and I was wearing clothes that made me look like a goof ball.

I was saving my good shorts so I would have them to look good and in the meanwhile I was looking stupid. These are the kind of shorts that I throw out now. I get rid of clothes that make me look bad.

I really do not know why I thought that way. I am not sure where that idea comes from, but I had it and have to always work on it. If you are going to have good stuff, why not use it? What are you saving your good things for?

Maybe you only wear your expensive suit to weddings, funerals and job interviews. But wear the clothes that you look the best in and feel the best in for normal day to day life. Wear your best jeans when you go out at night. Wear your good clothes to work. The easiest way to ensure you only use your good stuff is to get rid of the bad and worthless and old things that are not suitable anymore.

Your life now is the most important thing. Use your good things now. Enjoy your life now. Throw out the bad stuff that is broken, that doesn't work, that is extra and that looks bad on you.

Chapter 52 - Exercise Less

The fitness books and health clubs will try to convince you that you just need to commit to an exercise program of only an hour a day, every day and a very strict diet.

Some people do this and live this way. Most of us cannot. Most of us have very full lives and the thought of trying to find an hour a day every day is beyond our comprehension.

Think of it differently.

You need to exercise but not as much as they say. Do it in a way that you can easily handle. Some exercise is better than none.

Choose to feel good about what you can do rather than beating yourself up over what you cannot. An hour a day, every day is not reasonable for most people. Most people do not have an hour a day.

I am exercising at a pace and in an amount that works for me. It is far better to do everything in your life in a way that makes sense to you and that you can do.

When your major goal is to get in great shape just realize that it will take a lot of time and effort. You will have to give up many things. If you want to follow someone's program or a trainer, go ahead. If you want to only workout on weekends, go ahead. I am all for exercising, but in a way that makes sense for each person at each time in his life.

Chapter 53 - Self Help Advice

Self-help is full of advice that has to do with all kinds of extra work. I prefer to eliminate as much extra work as possible to make my life easier and more satisfying. I like to live life at a relaxed pace so that I have reserves for when it is needed. I also prefer to do things in a way that makes sense for me.

My goal is to keep improving my efficiency of my normal everyday routines and chores so that I have more time for the things I really want to do such as:

1. Taking naps.
2. Reading books.
3. Reading eBooks, magazines, articles and newspapers.
4. Thinking about and planning my goals.
5. Making good meals.
6. Hanging out with my kids.
7. Taking my kids to interesting places.
8. Traveling.

9. Going out to eat.
10. Visiting my parents and family.
11. Spending time with friends.
12. Going out at night to festivals, bars and nightclubs.
13. Meeting new people.
14. Going on dates with girls.
15. Keeping up on sports.
16. Watching the Green Bay Packers and other NFL games.
17. Watching movies.
18. Watching funny shows on TV.
19. Fishing.
20. Hunting.
21. Golfing.
22. Skiing.
23. Surfing the web.

I think that some of the self-help ideas proposed are weird. It seems that once a person starts writing these types of things they think their ideas are the only ones that make sense. I have read a lot of articles and books on the subject. I try to find insights that help me

personally, rather than just following exactly what someone says.

Sometimes self-help people are so much into what they are saying that they cannot believe that there are other ways of thinking about things. Like getting enough sleep at night. I get tired of hearing how you need less sleep. If I don't get enough sleep I feel it. If I'm going to stay up late it is for a good reason, not doing chores and everyday things.

For example, if a person becomes a vegetarian and find that they have more energy and feel better, they may start insisting that everyone become a vegetarian. I don't mind hearing about their experiences and how they did it. I may use their ideas and their recipes. I just do not want to be told that it is the only way and that I am wrong. I like vegetable's, I eat them almost every day but I love meat. I need it for my health.

I keep seeing the idea of being more productive by working really hard all the time, getting very little sleep and avoiding fun. That lifestyle might be right for some people, but it isn't right for others, like me.

I can use some of those techniques at times, but those ideas only work for me some of the time. I can work very hard at times. I can get by on very little sleep at times. I can avoid fun at times and just work. I have done all those things and probably will do them as needed. I just don't want to make it my lifestyle.

I just want to lead my own life, in a way that suits me. I present my ideas in a relaxed way. You can take them, leave them, use them, modify them, come up with your own ideas or find ideas from someone else.

This information is not meant as a how to live your life manual. It is meant as a here are some ideas. Try them, they will free up a lot of your time and make your life easier.

Some of them may not work for you now. Some of the ideas may work for you later in your life. All I know is that they work for me and they work for others. My way is just based on simplifying things first and finding the easy way.

All this is just meant as a way to prod you into doing enough work and expending enough energy on the front

end to make your life better now and much better later, as you get better at it. After all, if your life doesn't improve after working at something with the idea of improving your life, wouldn't that have been a waste of time? Doing this organizing work is guaranteed to help your life. After you clean out your closet of clothes that make you look bad, at least when you get dressed you will look your best.

All the self-help advice and good ideas you learn about are useless without having the time to work on them. You really need to get organized first. Create the free time and then you will have the time to decide what you want to do. Organizing yourself comes first. Once you start getting organized you will not want to stop. You will develop your own methods to free up your time in ways that work for you. My ideas will be there, they work, they have always worked and they will continue to work. As you develop yourself, you will find different opportunities coming your way. If you keep being organized you will have the time to take those opportunities as they come up. If your life is a chaotic

mess, taking advantage of opportunities will be impossible.

I just get turned off reading about how I have to change my entire life in order to get ahead. Obviously, some changes are needed in order to get better results, but does that mean that everything a person does is wrong and has to be changed? I don't think so.

I think massive changes may be needed in certain circumstances. When I left my wife that was a massive change. I completely changed from being a husband to not being a husband, but it didn't change who I was.

The decision to leave was probably made months before I actually left but I was not able to bring myself to leave until the time was right. It turned out that when I left was a disaster but I have survived and now that part is over.

It seems that the advice you are given is always assuming from the author's perspective that you will do exactly as they say and that you have unlimited time, energy, money and desire to do those things? Isn't that

totally unrealistic? Doesn't everyone see that? Don't you want to do what you want to do?

I get so frustrated by the experts who demand that you do things their way to see their results. It seems that their ways only work for them. How many times have you seen the diet books who ridicule you for not eating the proper way? Maybe the person writing the article or book eat that way and are not tempted, but how many people can? The amount of great food is staggering. There is so much available and it is getting better and better tasting.

I think most people enjoy eating whatever they like. They just need some guidance in order to remain under control and maintain basic health and fitness. I don't want to work out every day. I don't want to be watching what I eat at every meal.

Those books have been written by people who do those things and they will try to convince you to just do exactly as they do and you will get their results. It is just wrong. I don't want to do things exactly as someone else would do things; I want to do what I want to do. I do

want to obtain information that will help me, but not information that I have to follow to the letter.

My ideas for living an easy life don't involve huge amounts of self-discipline and changing yourself. They are just simple ways to free up your time.

These methods won't make you rich but they will give you extra time to try to get rich.

These methods won't get you in shape but they will give you extra time to work on getting in shape.

These methods won't attract your dream mate but they will give you extra time to work on attracting your dream mate.

These methods will give you the extra time that you need in order to go after what you really want. The most important element of life is free time.

Life is not about hard work, struggle and sacrifice. Life is meant to be enjoyed.

Chapter 54 - Avoid Struggling

My way of looking at getting an easy life is just a way of getting the freedom that I desire. My whole life has been about obtaining freedom. In carving out slices of freedom every day by getting more free time I have succeeded. All my methods have worked for me.

You can use some of my methods to immediately get some free time for yourself. You don't even have to change yourself. In fact trying to change you takes a lot of time. It is less time consuming to accept yourself as you are.

Just add some of these ideas to get a lot more free time. You may want to use the free time to improve yourself, or you may not. At that point the choice will be yours. If you can't create any free time for yourself, you won't have any choices to make. Your life will be the way it is.

Life was not meant to be a struggle. Struggling is not noble. You were not meant to struggle. That idea is

totally wrong. After years spent struggling, I am getting to the point of acceptance of myself and not struggling.

I am almost to the point of hardly any struggle.

I struggled in grade school, high school, college, and working and in marriage. I struggled with my weight, struggled academically in college, struggled socially with friends, struggled with girls and struggled on the job. It's funny and sad at the same time. I have to learn to accept myself too. I have to remind myself not to struggle. It is so easy to go on-line and see all the opportunities to improve yourself. There are ways to lose weight, gain muscular weight, get whiter teeth, have better breath, dress better, have a better car, make more money, be healthier, be more attractive and on and on. There is no end to it.

But get those things without struggle.

Chapter 55 - Your Money

Money helps a lot in your quest for an easy life. But it is not the most important thing. The most important thing is your attitude and the desire for an easy life.

Most people want to get rich because they want to obtain the perceived easy life of a wealthy person.

So if an easy life is what you want, why not just work toward that?

Having an easy life is simpler than getting rich. Getting rich involves lots of effort, lots of energy and lots of luck. You may or may not want to do down that road. If you want to have an easy life, you just need to have an easy lifestyle within the money that you have.

If you want big money, you can still lead an easy life. I think it is easier to get rich if most of your life is non-chaotic so you can concentrate on making money. You need time for that.

Chapter 56 - How to pay your bills

The easiest way to pay your bills is to pay them as soon as they come in or even in advance.

You have to pay them anyway. Why wait until they are due? You do not make enough on interest leaving the money in the bank.

I used to juggle my bills, pay them late, wait until the last minute, go in to pay, make phone payments and make arrangements.

All this was so difficult and so stressful. I never got ahead with this method. All I had was a big pile of bills to deal with.

But I have found a way to get ahead and stay ahead.

I call it the pay right away method.

When I get a bill in the mail, I write out the check and put the bill back in the mail that day.

If I do not have enough money at that moment to pay a bigger, longer term payment, I write a check for

however much I have at that time or whatever seems reasonable and mail it back. If I am going to get paid in a day or two I may wait until then. But the easiest way is to pay now.

You do not have a stack of bills waiting to be paid. There is no stack. There is no pile. There is no need to organize your bill paying. You just pay as soon as you get the bill.

This may be the best advice you ever receive regarding money.

If you do not have enough money in your checking account to pay your normal bills as soon as they arrive, you will never have an easy life. You know you will have arrived at an easy financial life when your bills are not that big of a deal anymore. It is just a few minutes task that you do every few days. It is no longer a big deal.

The trick is getting to the point where this is easy. That is the hard part.

I left my wife, lived on handouts from my parents, lived extremely cheaply for years and still do and now I have that easy life.

I get bills just like you. I have to pay rent. I have to pay heat and electricity. I have an internet bill. I have various insurance bills. I need to buy cell phone minutes every month. My kids have bills that need to be paid. I have old taxes and old bills to pay.

So I just do that.

I have a number of bills that come out of my checking account every month. The easiest way to pay these bills is to write them in your checkbook register months in advance of when they are due. There is no reason to wait to write them in. Account for them now, months in advance.

It is so easy to just write them in a few months in advance. They are going to come out of your account eventually. Account for them now.

Chapter 57 - What to Do with a Lot of Money

I think the first thing a person should do if they happen to acquire a lot of money is to buy things that will make your life easy for many years into the future.

Instead of buying things to needlessly complicate your life, buy things to simplify your life.

You could buy a house and pay it off in full. You could place enough money in the bank to pay the property taxes, utilities, maintenance and upkeep for the rest of your expected life.

You would buy a modest home that is easily paid for and maintained.

You could buy life insurance to help your family. You could buy food and supplies that would last for years.

If you think along those lines you could apply that to almost all the money you get. Use your money to make your life easier, not more difficult.

Chapter 58 - What to Do with Not Much Money

There are some good things about not having much money. You will not pay many taxes. Your family and friends will not mooch off of you. No one will expect a lot out of you. You will also be able to avoid a lot of scrutiny in what you are doing. You can avoid a lot of taxes and a lot of regulations. You can always claim ignorance and poverty and hope they give you a break. Even the most well off people in the world will claim ignorance and poverty, why shouldn't you? This method of playing dumb and claiming poverty are used successfully by everyone even billionaires. Besides you are not even lying. You are ignorant. You are poor compared to a billionaire.

You should always use this tactic as much as possible. You do not want to let your pride get in the way of this. Your pride will cost you a ton of money and a lot of your freedom.

The best part of learning to live on less is two-fold. First you will know it does not matter how much or how

little money you have. You can have a good life either way. Second is that you will really appreciate when you have more. You will enjoy yourself more. You will be more generous. Your life will seem so easy.

Here is a list of things you could do to help your freedom that will not cost that much money:

- a. Do not get married.
- b. Do not have children.
- c. Do not buy or rent expensive housing. I like to be able to pay a year of rent up front. Then as I make more money I set that aside to pay next year's rent.
- d. Do not buy expensive vehicles. This is the same idea as housing, be able to easily afford your vehicle.
- e. Do not buy expensive anything.
- f. Stock up on the things you use as they go on sale.
- g. Only buy and store smaller packages of the things you use. It does no real good to buy gallon sized cans of food. It is far easier to store,

use, transport or barter with small cans and packages.

- h. Keep cash and metal coins close to you. You would not want to have much cash in a bank. If you are reading this section you probably do not have much cash. But if you have a few thousand dollars in the bank, it would be better to hide that money in your home or even carry it around with you.
- i. Be mostly concerned with acquiring things that will help you survive. These types of things are not a waste because you can be using them as you are storing them. You would be buying the types of food that you will eat and be getting whatever medicines you need. It is most important to have some bottled water. You can just be drinking the water and replenishing it as you are using it.
- j. There are different schools of thought as to the amount of supplies you should store. The amount would be based on whatever you can afford. I would say that buying canned food,

bottled water and a few months of your prescriptions would be a higher priority than a new television.

k. Get a few weeks of food and water stored at a minimum. You can always eat and drink it.

l. If you are in an urban area where you believe severe unrest may happen you may have to leave the area. In that case having many months of supplies would have been a waste. Being free and prepared is not an easy or inexpensive task. That is why so few people are prepared.

Chapter 59 - Money Thoughts

Thinking that money does not help you is one of the stupidest sayings ever. You really have to look at who says this and why. It is either people who have an interest in having you give your money to them or it is people who mistakenly think this is correct.

There has not been one time in my entire life where having more money hurt me. There has been thousands if not hundreds of thousands of instances where the lack of enough money has hurt me. Everything I do or do not do is based on how much it costs.

The media will put out stories of how a wealthy person is suffering because of having too much money. This is always meant to get you to more easily part with your money and give it to someone else. Intuitively we know this is not true.

We know that more money helps us and can help us more than anything else in the world. There is nothing we need more.

Yet, we feel guilty for thinking this way. We push this feeling down. We deny that this is true. The only ones who do not deny this are the ones who are getting rich. They are past the guilt or at least past it enough to do well.

Think in your own life how the lack of money is what makes for your suffering. How any time you had extra money was the best time in your life. More money was always better than less. That extra money made your life better, easier, more fun and stress free.

Conclusion

That's the end of this book. Use these ideas to have the easy life you deserve.

Stop the struggling. Stop believing the lies of what you are supposed to do and not do. Do what you want to do.

Think about what you really want to do and then set about doing that in an easy manner. Use the advice in this book to eliminate the hurdles to getting what you want. Use this book to free up time for what you really want to do. Use this book to have the relaxed, easy lifestyle that is a delight to live.

About The Author

Hans D. Hallanger is a Civil Engineer, single, the father of 2 children and lives in Southeastern Wisconsin. He lives an easy life with his kids, reading, surfing the internet, lifting weights, walking, traveling, watching the Green Bay Packers, enjoying life, working on his businesses, writing books and doing what he wants to do.

My Other Books Available On Amazon Kindle

“How to Leave Your Wife”

“The Organized Man”

“The Organized Single Dad”

“Fat Man Improvement”

“The Organized Christmas”

“Women’s Fashion Made Easy”

“How to Get Ready for Winter”

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