



Ten Commandments for Peace of Mind

1. Do not interfere in others' business
2. Forget and forgive
3. Do not crave for recognition
4. Do not be jealous
5. Change yourself according to the environment
6. Endure what cannot be cured
7. Do not bite more than you can chew
8. Meditate regularly
9. Never leave the mind vacant
10. Do not procrastinate and never regret



Too difficult?

Take the shortcut!

Give Blood!