

REVIEWS

1. This Is a Nice Collection Of Thoughts & Lessons On Life.

By William Phenn (12/09)

Not only has the author learned from his mistakes, but he has written a book about it. With a nice peppering of his own views, advice and ideas on life, this collection of 409 thoughts, quotes, ideas, lessons, suggestions, words of advice and reminders is the next best thing to a "Bartlett's Quotations." I use Bartlett's as a mild comparison because the book contains quotes from some famous people. It is actually much more than that. It is a book full of life lessons - a collection of quotes from the author on how to live life, with a mixture of quotes borrowed from many others.

Mr. Costa is inspirational in what he tells the reader. He emphasizes positive thinking and self esteem. Another specific in his advice is goal setting; Rodolfo instructs the reader to set goals and to stick with it. He reminds the reader to never stop learning, to read as much as they can and to study and observe. His philosophy on finance and spiritual growth was another interesting point of view, as was his suggestion that we should learn to relax, to take time for ourselves.

"Let the cell phone rest and give yourself a break," is just one of his many suggestions. (In a perfect world, that would be a very nice thing to do.) It sounds wonderful in theory but this is what Rodolfo is saying that we have to do in the grand scheme of things.

My favorite quote in the book is number 403: "You are not growing old; you are only growing more experienced."

I keep telling that to my kids but they insist that I am just plain, "Old."

Mr. Costa's book is 120 pages of suggestions for living your life as a better human being. Young or old, "Advice My Parents Gave Me and Other Lessons I Learned from My Mistakes" by Rodolfo Costa will appeal to anyone that is interested in ideas to better one's self. I gave it an overall A and thought it very fitting reading for this day and age.

2. Live Your Dream Life.

By Rebecca Johnson (01/10) www.seasonedwithlove.com

"Be an optimist. Learn to see and appreciate what life offers you. Concentrate on the positive and beautiful things in your life." ~ pg. 6

We all have an image of what it means to be successful. Your idea may include a bigger house or a better job. But how do you make these dreams come true? Is it really as simple

as thinking positively and taking action? In "Advice My Parents Gave Me and Other Lessons Learned from My Mistakes" Rodolfo Costa explores all the ways we can make our life great.

"Someone's opinion of you does not have to become your reality." ~ Les Brown

This book has tons of original thoughts and also contains pages of quotes that I'd never read before. While you are reading this excellent book you may find yourself reevaluating your life. What is holding you back? This book has many answers.

I like that Rodolfo Costa organized his thoughts in meaningful chapters. There is a theme to each section. There are thoughts on how to maintain good relationships, how to parent effectively, how to forgive and how to be healthy.

This book is really about being happier and living a more fulfilling life. Within the pages there is so much positive encouragement that is so needed in our society today. I sometimes feel that I have to fight the world to be positive so this book was a much needed respite.

Highly Recommended to help you keep your New Year's resolutions!

~The Rebecca Review

3. Very helpful!

By Leticia Bartra (01/10)

This is a great book full of ideas and words of advice, as the author wrote in his introduction some of them I had heard before but I forgot about them and I just needed a reminder. Now I find myself reading and rereading this collection of words of advice and wisdom almost everyday. This little book is a complete "pick me up".

4. Don't Judge a Book by its Cover

By Grady Harp (01/10)

Were the casual reader to browse the shelves of books in the self help section of either brick and mortar bookstores or online resources such as Amazon.com, this little book would like go unnoticed. The cover is plain, not eye catching in design or in reaching out to the viewer, and would likely be passed over as yet another 'one man's guide to happiness'. And what a mistake that would be! ADVICE MY PARENTS GAVE ME AND OTHER LESSONS I LEARNED FROM MY MISTAKES may not grab the attention readily, but pause and open this little straight forward caring guide, read the tender Introduction by author Rodolfo Costa in which he relates his childhood in Peru and journey to the US at age nineteen to find his place in the world in the USA, and then follow the simple but poignant format of his delivery, and chances are this book will

become one of those sources of inspiration to keep by the bedside for years to come. Though he does not dwell on the bumps in the road that brought to the point of wanting to share his discovery of living a successful and fulfilling life, Costa suggests that his journey has not been easy: this lack of whining dialogue about how unfair life has been until he reached a point of enlightenment makes this book even more unique.

What Rodolfo Costa has done is think through all of the steps and missteps we face as we design our own existence. He pauses now and then for some quotes by other writers that magnify the next door of acceptance through which he invites us to step. But it is the simple structure of the book - 409 thoughts in 112 pages - that is so appealing. Some readers may decide to take only a few pages a day to read: the book could easily afford this approach. But for this reader, taking the time to read the entire book in one sitting gives the aura of what Rodolfo Costa is all about - a tender, caring, loving man who genuinely seeks to help the reader find the happiest, most fulfilling life possible. 'Do not wait any longer. Take charge of your life. Set your mind to start now. Forget about the past - it is gone. Do not worry about the future - it is not here yet. Create the desire to change your current circumstances. Nobody is going to do it for you.'

Once under the very basic but sure guidance of Costa's reasons for wanting to write this book, it then becomes easy to take a few of his ideas at a time, finding that despite the fact that many of the ideas are not original with Costa, the manner in which he describes them, challenges us, and offers a supportive spirit is very real, very now. Looking for inner peace and for a way to find your dreams? Rodolfo Costa is a beneficent guide. Don't pass by the bland cover of this book. It is a treasure. Grady Harp, January 10

5. Best! Live a wonderful, peaceful, prosperous, and successful life.

By Golden Lion "Reader" (01/10)

1. Take Action: Have courage to build your own ideas. If you do what you need today then tomorrow will take care of itself. Take action to realize a dream. You are the only one, who can make your dream become reality. Make the decision to change. Get up and start to move.
2. Don't condemn: Don't wait, don't predict, don't guess, but instead act. Action is better than reaction. Forget the past it is gone. Stop being the victim. We make excuses to feel good about ourselves.
3. Perception: Perception is about making choices. We are constantly making predictions, all of which are wrong to some degree. Action is the result of making a choice and learning from our mistakes. Reality is a perception or a series of choices. Feeling is a decision. Chose to feel happy, confident, and strong.
4. Fear is wasteful: Stop worrying about tomorrow. Fear is cold. Fear can freeze the spirit. Leaders generate hope, present alternatives, and give people choices and efficient leaders don't lead by fear.
5. Visualize and image: Visualize the person you want to be.
6. Be a good Sport: Attitude builds confidence. Don't think you're invincible. Be

confident and not arrogant. Bravery is the ability to move forward against fear. Fear causes caution but can lead to missed opportunities. Be confident in your decisions. Hard times build character. Value your life.

7. Don't over react: Change how you react to things. You don't have to react. One strategy for dealing with stress is not to react.

8. Focus: Concentrate by reducing variables and focusing. Life is not chaotic, it is complex and simplicity is the technique for comprehending complexity. Focus on classifying, grouping, and organizing components to create visual models that explain complex systems. Concentrate on Goals. Goals provide direction into unified direction. Who are you not to reach your goal? Write down your goal and work with each day. Be alert and aware. Awareness is the first defense. Be proactive. Set big goals. If you not progress fast enough on big goals then set a series of smaller goals and accomplish them. Create a feedback loop that rewards, as you go. Success is the ability to reach goals. Don't focus on being the best, instead, focus on doing your best.

9. Imagination: Imagination builds opportunity and don't ignore creative work, instead, discover the intrinsic value of the ideas and concepts. There is no limit to what you can achieve. If you can dream it, you can build it. Imagination provides alternatives. Believe with all your heart you can accomplish your goal. Create a feeling like you have already achieved your goal. You have won before even trying, the power of imagination.

10. Learn by example.

11. Listen: Don't become over preoccupied with the criticism of others. Listen to criticism and try to comprehend the message. People are hard to please.

12. Adapt: Adaption always occurs in complex systems: Change is good.

13. Work and Discipline: Push yourself. Be persistent. Be daring. Practice self-discipline. Inspiration comes from action. Practice until the action becomes a habit.

14. Inspiration: Take a break. Let your mind seek inspiration and guidance and come back with energy and motivation.

15. Teamwork: Surround yourself with good people.

16. Eliminated debt and money: Payoff your debt. You lose your right to spend when you have debt. Automatically save. Invest for the future. Pay off your home in seven years. Help other people by giving. Learn to plan and budget.