

## Rich London

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**From:** Richard London [rlondon=ahandbookforlife.com@mail78.atl11.rsgsv.net] on behalf of Richard London [rlondon@ahandbookforlife.com]  
**Sent:** Sunday, October 19, 2014 10:05 AM  
**To:** =?utf-8?Q??=  
**Subject:** A message from Richard London - Are you prepared for this?

Bimonthly Newsletter from Richard London and A Handbook  
for Life

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# A HANDBOOK *for* LIFE

It's my pleasure to present you with this issue of my bimonthly newsletter. This complimentary electronic newsletter will provide you with hints and tips on how to deal with the obstacles and stressors in your life. I know that you will find it beneficial.

Richard London  
[www.AHandbookForLife.com](http://www.AHandbookForLife.com)

## Preparation is the Key

Have you ever heard of the five P's in preparation? They are, "Proper Preparation Prevents Poor Performance." Preparation is the key to everything. When you're not prepared for something you're virtually guaranteed that you won't receive the optimum results. We understand the need for preparation when we hound our children about preparing for a test in school. We put the time in to properly prepare when we have a presentation to give to our boss at work.

When we don't prepare properly for a task we know it, even if it's on a subconscious level. We feel overly stressed. When the task is completed we frequently are dissatisfied with ourselves and our performance.

You need to spend time being prepared for everything in your day; your next meeting, sales call, job interview, doctor's appointment, and for your next vacation. You even need to get prepared to brush your teeth in the morning. (I'd hate to see how you would brush your teeth if you didn't have a toothbrush and toothpaste ready and available.) I challenge you to tell me one activity in your life that you don't need to prepare for.

Take a few extra minutes to ask yourself if you are properly prepared for the task you are about to undertake. Taking the extra time to prepare is well worth the investment. When you do you will be calmer, more confident, and get better results. Be prepared in everything that you do and I promise that you'll not only have better results, but you'll be less stressed in the process.

Warm Regards,

Richard London

[www.AHandbookForLife.com](http://www.AHandbookForLife.com)

**Upcoming events:**

\* 2nd & 4th Monday evening of every month – Talk show host of

*Parkinson's Chat with Richard London*

[www.ahandbookforlife.com/parkinsons-chat-room](http://www.ahandbookforlife.com/parkinsons-chat-room) 8:00-9:00PM Eastern

\* 10/22 – 10/25 National Publicity Summit, New York

\* 11/1 National Parkinson's Foundation Moving Day, Cary, NC

11/13 – 11/16 Davis Phinney Victory Summit & Upstate South Carolina

Parkinson's Community Weekend, Greenville, SC

1/13/15 Parkinson Association of Southwest Florida

**Want me to speak to your group? Send me an email and let's talk.**

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