

Living On Purpose (LOP)

Statement Workbook

Adapted from D. Amen's M.D. One Page Miracle

In Cell Assignment

Answer the following question to help you shed light on what you value, use another sheet of paper if needed.

9. Name five people you know whom you do not admire. Describe the specific things about them that turn you off.

I can't think of five people alone who I do not admire, or even certain things about five individuals I dislike. Rather, I would have to say that I despise the lazy-mindedness of some people. Ironically I place manic ADD folk right up there on top of my list too, in that an undisciplined mind that is easily swayed seems to be a very unreliable force to reckon with.

I can tolerate liars, thieves, and demagogues who appeal to the bestial nature of undisciplined souls. It is always the undisciplined souls which rile my ire and tempt the primal predator within my Teutonic Nature.

In my opinion, Nature validates this animosity in that Nature's way has always been Survival of the Fittest.

In the feral world it is the incisor and canine teeth that catch and chew cute cottontails sans remorse. Yet in our "civilized world" our species has developed the acumen to conquer... or at least control nature's phenomena, be that by farming and slaughtering our fair-share, or by enslaving other minds to serve some purpose — from obedient wives and kids, to religious and political obedience to the death if necessary.

All in all, in one word I can honestly say; I do not admire; Cretins.