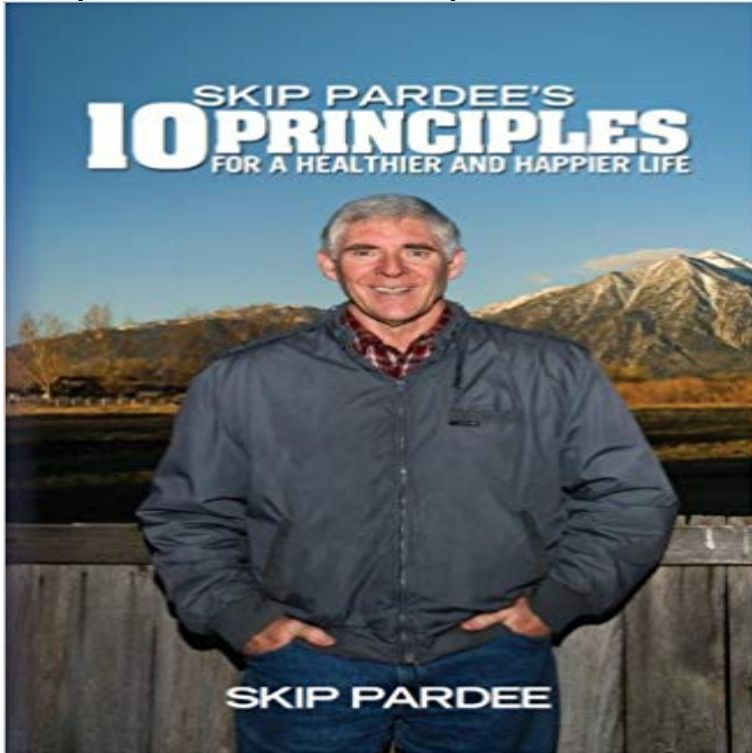


Skip Pardees 10 Principles for a Healthier and Happier Life



Everything in Skip Pardees life says Success. Honor student and three-sport athlete in high school, Air Force Academy graduate, Air Force pilot (including 370 combat missions in Vietnam), beautiful wife and great kids, and since 1983, highly successful chiropractor. Yet in the early 1990s when Skip was in his mid forties he battled depression, wondering where his life was taking him. So for many months he wrote thoughts in a notebook on what he felt it took to be happy in life. He eventually organized and prioritized those thoughts. The top ten he calls his 10 Principles. They are the guiding principles of his life, and are the subjects of this book. The theme of the book centers on Principle #1, Take Personal Responsibility for Your Own Life, and Principle #2, Live a Life of Integrity. Principle #10, Understand That the Seeds You Sow in Your Lifetime Will Be the Rewards You Will Reap, sums up the other nine principles. Skip kept this book short (78 pages) and easy to read for one reason: so young people will read it. It takes about an hour to read. The 10 Principles are timeless. The older you are, the more you will appreciate Skips 10 Principles, and the more likely you will be to say, my children (or my grandchildren) need to read this book. It is the best gift you could ever give a young adult

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