



**attitude**MEDIA  
taking sides, taking action

**Living Sanely Series**

**Why**

**Do**

**We**

**Get**

**Up**

**Everyday,**

by John F. Groom

**And Try Again?**



“To say yes, you have to sweat and roll up your sleeves and plunge both hands into life up to the elbows.”

— Jean Anouilh

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The morning paper contains yet more tales of senseless greed, warfare, and the general failures of mankind.

Yet we make the coffee and move on with the day, with a little assist from our

Remember how when we were young we used to laugh so often? What happened? We had to deal with making a living, all the stealing that goes on,



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Our cat and dog don't see the issue; it's just another day in which they need to be fed and petted. And they will be, and thus all is right with their world. In return, they give the love that never gets old. Free, love without limit, waiting at the animal shelter.



“I had no ambition to make a fortune. Mere moneymaking has never been my goal. I had an ambition to build.”

- John D. Rockefeller, Jr.  
(1874-1960)

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Can we make it to the weekend? Maybe, maybe not. Here's another story about someone getting rich from a lawsuit. And another about a CEO getting millions while the shareholders get nothing. And yet we choose to try to make an honest living.

Why? Let me tell you why. Someone has built this building. They had to find the money to buy the land, and deal with endless bureaucracies to get the permits. But the building is built. And it will stand for many years. And this thing is beautiful.



“Happiness lies in the joy of achievement and the thrill of creative effort.”

- Franklin D. Roosevelt  
(1882-1945)

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While others may have all the money and the fame, keep in mind that its you, and the thousands of others like you, that

The buildings that stand, the planes that land on time; the endless commitments that are made and kept; everything about the world that works; this is you, not them. They consume the value, but without your work there is nothing to consume. You are the reason the world works.

Photo by Jorge Franganillo



“I think the purpose of life is to be useful, to be responsible, to be honorable, to be compassionate. It is, after all, to matter: to count, to stand for something, to have made some difference that you lived at all.”

- Leo C. Rosten  
(1908-1977)  
American Writer

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Yes, there is a seemingly endless amount of corruption in the world. But there are also these kids. Not yours, not mine, but they live and laugh. And years from now, they'll ask why they get up in the morning.

Photo by Sharon Pruitt



“For a few dollars,  
hours and hours  
of pleasure, and  
inspiration...”

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Okay, maybe you just can't face a new day. Go back to bed. But read a great book. For a few dollars, hours and hours of pleasure, and inspiration. Shogun. The Fountainhead. Pride and Prejudice. Bleak House. Dune. The Way we Live Now.



“As the body needs physical exercise in order to remain in fit condition, man’s spirit also requires the spiritual exercise derived when he confronts his problems and combats life’s vicissitudes.”

- William Sahakian and Mabel Lewis Sahakian, describing the philosophy of Epictetus

Many people don’t make an effort. But over half a million Americans will run a marathon this year, with about 50,000 - mostly middle aged and with a rapidly growing number of women - doing so for the first time.

Photo by Michael “Mike” L. Baird



“To be alive, to be able to see, to walk,...it’s all a miracle!”

- Arthur Rubinstein  
(1887-1982)  
Polish Pianist

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In church, we’re told about achieving a state of grace. Yet this world seems to be so far from grace it would be laughable, if we could still laugh. Will we find grace in the life to come? Or can we find it here? The big planes take off, and, virtually without fail, come to a safe landing. What would have been considered a miracle is now just boring routine. But the miracle is real.

Photo by Enrico Wloch / UggBoy UggGirl



“The real glory is being knocked to your knees and then coming back. That’s real glory. That’s the essence of it.”

-Vince Lombardi  
(1913-1970)  
American Football  
Coach

This person has not given up.  
Why should we?

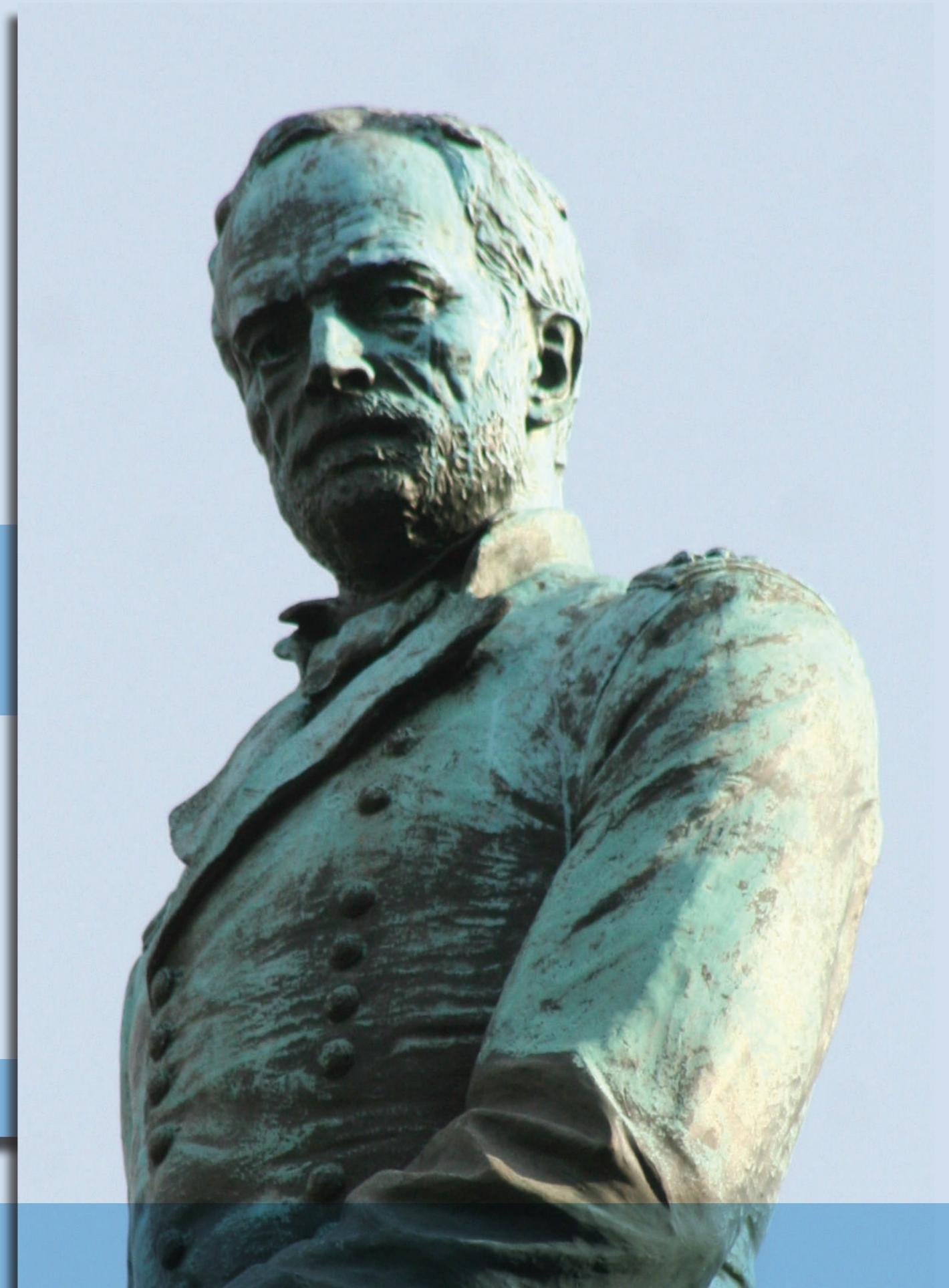


Photo by Mikel Garcia

“The self is not something that one finds. It is something that one creates.”

- Thomas Szasz  
(1920-) American  
Psychiatrist

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“The work an unknown good man has done is like a vein of water flowing hidden underground, secretly making the ground green.”

- Thomas Carlyle  
(1795-1881)  
Scottish Writer

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He plays his tune. Is it beautiful? Are you paying attention? Or do you just want to know if he is famous? Does his fame, or lack thereof, affect the beauty of the song? Can you hear the music, or taste the wine, without knowing the brand?

Photo by Ian Sane



“It is not what he has which directly expresses the worth of a man, but what he is.”

- Henri Frederic Amiel

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Yes, you could cheat, and get a higher score in the great money game, which sometimes seems to be the only game in town. Would that make you a winner, or just another loser with money?

Photo by Ludovic Bertron



“All the great things are simple, and many can be expressed in a single word: freedom; justice; honor; duty; mercy; hope.”

- Sir Winston Churchill  
(1874-1965)  
British Politician

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Do you hear that bird? Its a nice sound. Same sound it was making a few million years ago. Beauty, truth, and goodness. Trite? A cliché? Yeah, probably. But these things are real, all the same, and they never change. You can give up, and these things will still survive. All the same, they like company.



“Posterity! You will never know how much it cost the present generation to preserve your freedom! I hope you will make good use of it!”

- John Adams  
(1735-1826)  
Second U.S.  
President

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Millions of people of all different races, ages, and nationalities have fought the good fight, so that you can be free. You didn't die in Hitler's concentration camps. You weren't starved in Stalin's collectivization. You weren't raped in Nanking. Is society just? No, of course not, never has been and probably never will be. You can go back to bed and bemoan injustice or you can use the liberty you have.

Photo provided by The U.S. Army



“He who has health has hope; and he who has hope, has everything.”

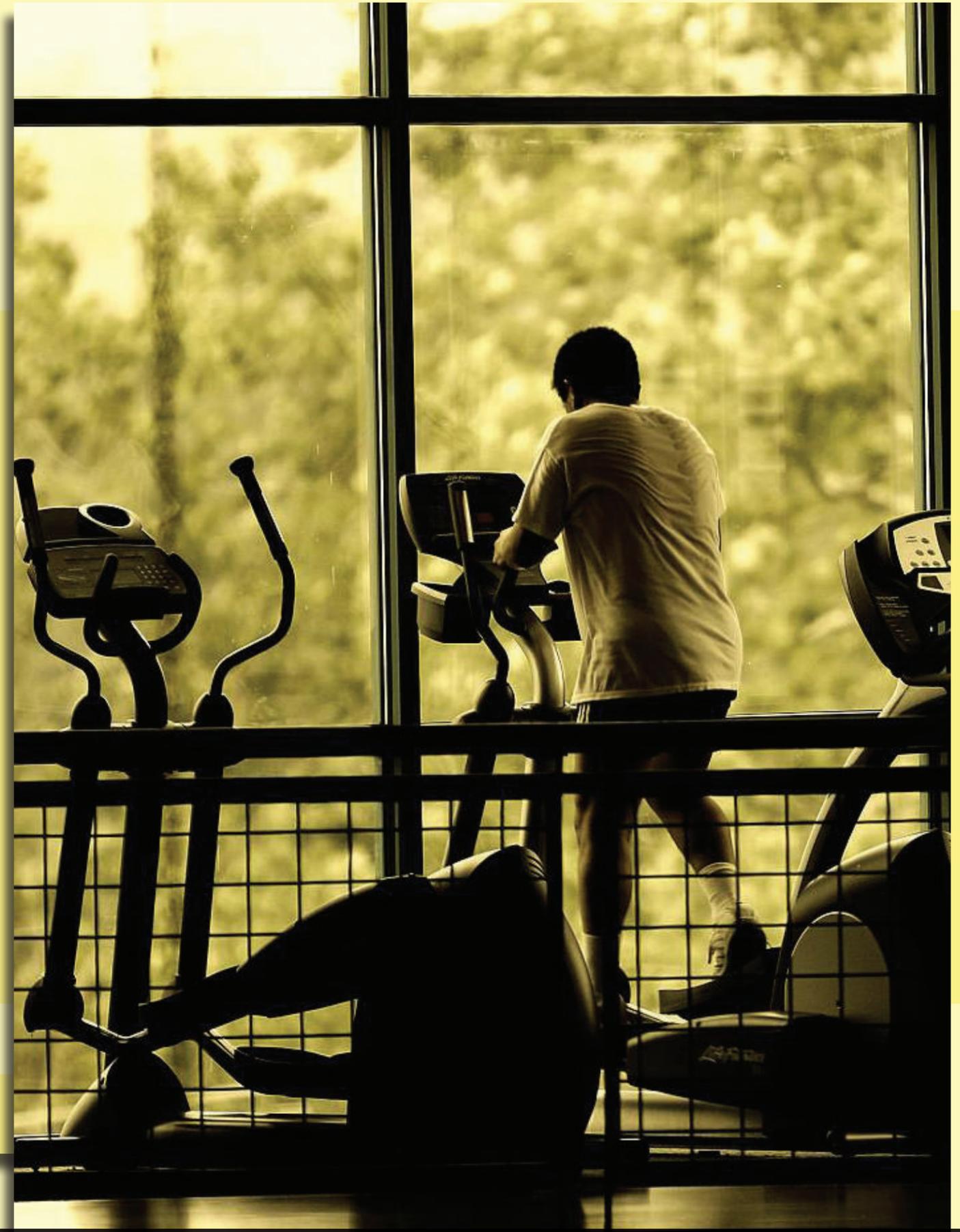
- Arabian Proverb

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Health care got you down? Too expensive? Filled with waste and inefficiency, not to mention frivolous malpractice suits? No doubt. All the same, you have a better chance of living a long, healthy life, or recovering from serious illness, than the vast majority of people who have ever walked this earth. Most diseases are preventable. Eat less, exercise more. Make the effort.

Photo by Dr. Abdullah AL-Naser



“..beauty, without the brand...”

“Art... A human activity having for its purpose the transmission of the highest and best feelings to which men have risen.”

- Leo Tolstoy  
(1828-1910)  
Russian Novelist

Is great art out of reach? You can find an emerging artist, a painting, or vase, in your city, for an amount you can afford. The great names are out of your reach. But beauty, without the brand, is not. And the search for beauty will ennoble you.



“Real life heroism is a marathon, not a sprint.”

“I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.”

- Helen Keller  
(1880-1968)  
American Writer

You are the result of millions of years of evolution. Your species has outlasted fire and flood, famine and global war. Yet that has not made you great. It has only given you a chance. You can use it, or not. Your call.

Did you watch a movie about heroism last night? That was just a movie. In real life, there is real heroism, but its not about saving babies from burning buildings. Its about making an effort, day after day, to be kind to some old people, be patient with some young people, be polite to those who you could get away being rude to. Real life heroism is a marathon, not a sprint. But its still heroism.

In a world of infinite deception, endless drudgery, and continual disappointment, someone walked on the Moon. And figured out how to send an email across the world, for free. And took the time to make that dinner just a little better than it needed to be.



“When you reach the end of your life, do you want to be one of the people who are glad they did, or one of the people who wish they had?”

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She is old. And so, my friend, will you be. Did you try?



Is hope an **illusion**?

Maybe, but surrender is too easy.

So we'll get up, and work, and work some more, and work out, and try not to smoke, eat, or drink too much.

We hope you enjoyed this ebook. To learn about the most recently published book in the Living Sanely Series, *Tragedy to Triumph: 100 Amazing and Inspiring Comebacks*, just click the book cover

Living Sanely Series



And the beat goes on....

