

PIPELINE

piping systems inc.

COMMERCIAL/INDUSTRIAL/INSTITUTIONAL MECHANICAL CONTRACTORS

FALL 2009

The economy at the time of this writing is, in one word, "horrible." Our firm was founded in 1971, I have been active here since 1975, and I have not seen the likes of what we're experiencing. We try to latch onto any bit of positive news, but I realize sometimes that even that is suspect because of what I believe to be manipulation of what is publicized in the local, national and worldwide media. I hope that by the time you receive this issue, some of those "positive" events are actually taking place and that good things are happening in the economy.

Rather than write a technical article for this issue, I thought I would share one of my favorite issues of "Dumb Little Man – Tips for Life." I just love this electronic newsletter. The articles are written by a wide variety of authors and I find many of the topics to be timely. This article was chosen because the suggestions are very easy to implement and can help lift ourselves out of the "Woe is me" attitude.

Due to space limitations, some of the original article was left out. To view the article in its entirety, log on to www.dumblittleman.com. You can also subscribe to receive future issues.

—Pauline Lally

Tricks Your Brain Is Playing On You

Our minds are complex and are often our own worst enemies when it comes to being happy. Really. Our own brains that we know and love deceive us into thinking something is right when it is really wrong, that we're in love when we're not, etc. Recognizing and debunking these traps your mind leads you into is essential to realizing a lasting happiness.

I'd be happier if I just had less to do.

Our minds often try to trick us into thinking we'd be happier if we didn't have to work. However, the truth is that idleness often leads to boredom and depression. We need challenge and accomplishment to be happy. Get up and invest yourself into something significant and you will find that your happiness factor will rise!

It's not me, it's you.

Many times our minds lead us to believe we are unhappy due to our spouse, parents or some other person in our lives. Of course, it takes two to tango. As Dr. Phil asks, "How's that workin' for ya?" Generally, we are as much, if not more, to blame than others in our lives. We need to accept responsibility for our situation and do our part to make the best of it. Taking personal responsibility for our actions is the beginning of true happiness.

I just need to discover the secret to success to be happy.

I am convinced that there are no "secrets" to happiness or success. Living a successful life is pretty simple. You create a vision for the future, formulate a strategy and then work hard to achieve it. There are no shortcuts or secrets to this formula.

Accepting this will get you much further down the path to happiness than anything else.

If I just had...

Our minds deceive us into thinking we'll be happy when we get the right job or the right house or the right car or whatever. There is nothing wrong with wanting better things or circumstances, but these do not automatically make us happy. They may create a temporary high, but this quickly wears off. Those wanting a lasting happiness must acknowledge that this is a bottomless pit that we can never fill.

I like things just the way they are and never want them to change.

Believing this is just letting yourself be set up for a fall. Life is a journey of constant change. Some of which we control and some we don't. Resisting change or trying to control the change out of life is self-defeating. It will drain you and rob you of your happiness. Change is inevitable. You must accept this and learn to go with the flow. Being adaptable is very important to your happiness.

If it hasn't happened yet for me, it never will.

Our minds often get discouraged and disillusioned when success is just around the corner for us. Colonel Sanders didn't start franchising his KFC restaurants until he was 65, forty years after he started serving chicken at his service station.

continued on page 4



piping systems inc.

32 Mill Street (Rt. 79)

P.O. Box 409

Assonet, MA 02702

TEL: 508/644-2221 • FAX: 508/644-2447

E-MAIL: psi@piping-systems-inc.com

WEBSITE: www.piping-systems-inc.com

Tricks... *continued from page 1*

Perseverance is very important in achieving happiness. Never let your mind trick you into giving up. One more day may be all it will take to realize your dream!

I'll just avoid the things I don't like doing.

It is usually the difficult tasks that our minds try to trick us into avoiding. Unfortunately, these are oftentimes the very things that would result in the greatest rewards for us. What do you put off doing? Why? Procrastination and avoidance of completing important tasks or resolving nagging issues only delays your march to happiness. Attack these head-on and you will find a deep sense of gratification that will fuel your happiness.

I'll decide when I know for sure what to do.

Over-thinking every decision will leave you stymied. Weighing the risks, analyzing the possibilities and making a plan are important, but nothing ever happens until a decision is made and action is taken. We very rarely have perfect information when making choices. Failure is not the end of the world. Napoleon Hill writes, "Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit." Don't let your mind trap you into over-analyzing everything!

I know I shouldn't, but...

Our minds try to trick us into denying the effects of our bad habits and rationalizing our behavior with flimsy excuses. This seems especially common with health issues. For example, have you heard someone say, "I know I shouldn't smoke, but it helps me keep the weight off." Or, how about, "I know I shouldn't eat this, but life just isn't worth living if I can't enjoy it." A major health issue like cancer, heart disease or diabetes will certainly challenge your happiness. Don't let your mind get away with this trick!

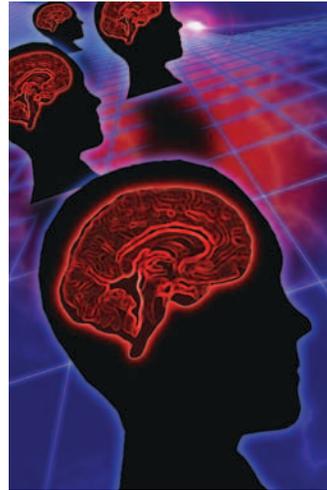
Dreams only come true for those that are lucky.

Thomas Jefferson said, "I'm a great believer in luck, and I find the harder I work, the more I have of it." Our minds will sometimes trick us into thinking we are victims of fate. They will lead us to believe "nothing good ever happens to me." What our brains credit as the luck of others, generally is the result of years of practice, hard work and preparation. Pursue your dream with your whole heart

and you might be surprised at the "luck" that comes your way.

I could never...

Our brains often trick us into thinking we can't. For example, have you heard, "I could never go back to school. I don't have the money." or "I can't learn to do that. I'm too old." Don't fall for this trick! Your mind is very persuasive in the way it uses this one. You are full of potential and although your circumstances might add a degree of difficulty, it is nothing that a little persistence and ingenuity can't overcome. Henry Ford said, "Whether you think that you can, or that you can't, you are usually right."



Don't let these tricks steal your happiness!

See how our minds play tricks on us? If you identified with one or more of the cons on this list, don't despair! The truth will set you free! You now have the power to overcome these deceptions because you can see right through them. Enjoy your new found happiness!

—Written by Jeff Nickels, who writes about his journey regularly on MySuperChargedLife.com.



We're doing our part. This newsletter is printed on environmentally-friendly paper—50% recycled, using 25% post-consumer waste, and is composed of a mixture of fibers from certified forests, post-consumer recycling processes and fibers from other controlled sources.

Visit us online today at www.piping-systems-inc.com



piping systems inc.

32 Mill Street (Rt. 79)
P.O. Box 409
Assonet, MA 02702

ADDRESS SERVICE REQUESTED

