



Constructive Living

Outgrow shyness, depression, fear, stress, grief, chronic pain. Achieve the goal of Constructive Living--to do everything well.

by *David K. Reynolds*

University of Hawaii Free Press © 1984
120 pages

The Big Ideas

The Goal:

Self-Mastery.

The Five Principles

Of Constructive Living.

Copernicus & You.

Lessons in astronomy.

The First Step

Take it.

The Question:

Now what needs to be done?

Doing Depression

Stop doing it!

Fear & Stress

We all have it.

Mastery of Life

& Constructive Living.

“There are no neurotics or geniuses or failures or fools. There are only neurotic moments, flashes of brilliance, failed opportunities, and stupid mistakes. But these moments, pleasant or unpleasant, can never fix us into rigid, immutable characters. We cannot help but change. This book is about choosing the direction of your changingness and acting upon your choice.”

~ David K. Reynolds from *Constructive Living*

Constructive Living.

It's a book a friend and favorite author of mine, Dan Millman (*The Way of the Peaceful Warrior, Everyday Enlightenment*, etc.), recommended to me. I've always admired Dan and his work for his ability to blend East and West with an ultimate focus on ACTION. And, now I know why he recommended this book to me: it's an incredible manual on how to master ourselves and learn to take consistent, impeccable action.

Constructive Living is based on the fundamental notion that, although we can't control our feelings, we CAN control our behaviors. And, as a result, craft our ideal life. Or, as Reynolds says so poetically: “Our behavior is controllable in a way that our feelings are not. There is a very special satisfaction for the Artist of Living who works within life's limits to produce a fine self-portrait. The more control we develop over our actions, the more chance we have of producing a self we can be proud of.”

That, in a nutshell, is what Constructive Living is all about.

I have no doubt you'll enjoy this book. It's a quick read--only 120 pages--and I'm excited to share some of my favorite Big Ideas with you now!

■ The Goal: Self-Mastery

“The mature human being goes about doing what needs to be done regardless of whether that person feels great or terrible. Knowing that you are the kind of person with that kind of self-control brings all the satisfaction and confidence you will ever need. Even on days when the satisfaction and confidence just aren't there, you can get the job done anyway.”

Amen. It's amazing to me to look back at my own life and see the swings of productivity --up and down... up and down--dependent on what was going on outside of me. To watch my own maturity into the kind of human being that can more and more consistently show up in spite of what's going on has, as Reynolds so powerfully articulates, given me an